



# NEW FOOD PACKAGE COMING!

## JANUARY 1, 2025

### INFANTS 6 MONTHS +

#### NEW OPTIONS:

- Trade jarred fruits and vegetables for a produce cash voucher
- Frozen, canned, or fresh fruits and vegetables allowed

Talk to a WIC staff member to have these items changed on your benefits

#### OTHER CHANGES:

- Fully Breastfeeding
  - o 16oz of cereal
  - o 128oz jarred fruits and vegetables
  - o 40oz of jarred meats
- All others
  - o 8oz cereal



#### Fully Breastfeeding

Food Item	Old	New
Cereal	24oz	16oz
Jarred Fruits & Vegetables	256oz	128oz
Jarred Meats	77.5oz	40oz

#### Infants Receiving Formula

Food Item	Old	New
Cereal	24oz	8oz

