



WIC food packages are reviewed about every 10 years. The United States Department of Agriculture (USDA) and Food and Nutrition Services (FNS) has proposed revisions to the WIC food packages and is looking for public comment on these changes. The comment period is open until February 21, 2023. You can learn more about the changes on the USDA website and [write a comment](#). The National WIC Association has also created a [comment platform](#), with a user-friendly template to help support you in this process. Your voice is important! The following are some of the highlights and major changes you could see in your benefits:

What do you think of these changes?

Do you think these changes support cultural eating preferences?

Would you like to see any additional changes?

## Fruits and Vegetables

- Continuation of the increased benefit amount
  - Children 1-4 years → \$24
  - Pregnant → \$43
  - Postpartum → \$43
  - Partially Breastfeeding → \$47
  - Fully Breastfeeding → \$47

\*Monthly cash value amount would be adjusted for inflation

- Increase fruits and vegetable options by approving larger sizes of packages, allowing fresh and cut herbs, requiring grocers to carry multiple forms of fruits and vegetables (fresh, canned, frozen, dried)

## Juice

- 64 fluid ounces of juice or \$3 additional amount to use towards fruits and vegetable

## Dairy

- Milk amounts slightly decrease from current amount
  - Children 12-23 months → 12 quarts (3 gallons) instead of 16 quarts (4 gallons)
  - Children 2-4 years → 14 quarts (3 ½ gallons) instead of 16 quarts (4 gallons)
  - Women → 16 quarts (4 gallons) instead of 22 to 24 quarts (5 ½ to 6 gallons)
- Expand options for non-dairy milks (soy, almond, oat, coconut), allow soy-based yogurts and cheeses
- Allow greater range of package sizes
- Increase maximum substitution of yogurt for milk from 1 to 2 quarts (½ gallon)
- Provide flexibility in the fat-content of yogurts for children (such as low-fat yogurt for children 1 to 2 years old)

Would you eat any of the additional whole grain options?

How can we increase consumption of jarred infant meats?

Please let us know if you have thoughts on these topics, as it will help us submit our own comments as the Vermont WIC Program.

Email us at [WIC@vermont.gov](mailto:WIC@vermont.gov)

## Peanut Butter

- Allowing other nut and seed butters (such as almond butter, sunflower seed butter)

## Whole Grains and Cereal

- Cereals must contain a whole grain as the first ingredient
- Whole grain amounts will change slightly:
  - Children 1-4 years → 24 ounces (from current 32 ounces)
  - Women → all increase to 48 ounces (from current 32 ounces)
- Expand whole grain options: addition of quinoa, wild rice, millet, triticale, amaranth, kamut, sorghum, wheat berries, whole wheat pita, whole wheat English muffins, whole wheat bagels, whole wheat naan, cornmeal, teff, and buckwheat

## Infant Foods

- Infant foods (6 to 11 months instead of 9 to 11 months) substitute for cash value benefit to purchase fruits and vegetables. Purchase any form of fruits and vegetables for half or all the jarred infant fruits and vegetables.
  - Breastfed → \$10 for any form fruits and vegetables and 64-ounce jars OR \$20 any form fruits and vegetables and no jars.
- Reduce infant meats
- Reduce infant cereals from 24 ounces to:
  - Fully Breastfed → 16 ounces
  - Partially Breastfed and Fully Formula-Fed → 8 ounces

## Other

- Canned fish for most WIC participants (for children over 2 and women)
- Eliminate jack mackerel
- Allow peanut butter and legumes/beans as a substitute for eggs
- Allow flexibility for package sizes

### USDA Proposed WIC Food Packages information:

[www.fns.usda.gov/wic/wic-food-packages](http://www.fns.usda.gov/wic/wic-food-packages)

### Direct link to comment page:

[www.regulations.gov/commenton/FNS-2022-0007-0001](http://www.regulations.gov/commenton/FNS-2022-0007-0001)