

Changes to WIC Food Benefits

Starting October 1, 2025

The USDA has changed WIC benefits to give families more flexibility and choices.

Fruits and Vegetables

Fresh cut herbs are allowed.



Milk and Dairy

- You can get more yogurt in place of milk.
- Children 12 to 24 months can have both whole and low-fat yogurt instead of only whole milk yogurt.
- You can get more tofu in place of milk.
- Milk amounts reduced.



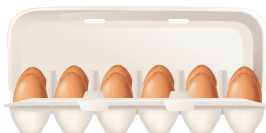
Peanut butter, dried beans/peas, and canned beans.

Households with peanut/nut allergies can choose other nut or seed butters.



Eggs

Instead of eggs, you can have more peanut butter, dried beans, or canned beans.



Whole Grains

- New bread choices include whole wheat English muffins and whole wheat bagels.
- New whole grain choices include quinoa, wild rice, and cornmeal.
- Whole grain amounts increased for adults
- Whole grain amounts reduced for children.



Juice

- Instead of juice, you can have \$3 cash benefit for fruits and vegetables.
- Juice amounts are reduced.



Canned Fish

Canned fish is available for everyone aged 12 months and older.



For more information
HealthVermont.gov/WICFoodChanges

WIC WOMEN
INFANTS
CHILDREN
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