

WIC PROGRAM: AVERAGE MONTHLY BENEFIT PER PERSON					
(Data as of August 8, 2025)					
State / Indian Tribe	FY 2020	FY 2021	FY 2022	FY 2023	FY 2024
Alabama	38.63	36.57	41.04	53.36	56.13
Alaska	45.68	41.06	51.17	67.98	66.18
American Samoa	63.94	63.09	78.83	90.65	99.79
Arizona	<u>30.90</u>	<u>28.59</u>	<u>41.79</u>	<u>49.12</u>	<u>57.31</u>
Dept. of Health	31.08	28.87	41.91	49.01	57.42
Navajo Nation	34.30	31.89	47.10	56.86	63.66
Inter-Tribal Council	25.00	21.01	35.96	46.13	50.34
Arkansas	35.28	32.86	46.89	52.55	59.81
California	43.99	40.48	57.08	64.07	66.59
Colorado	<u>32.99</u>	<u>30.50</u>	<u>43.75</u>	<u>52.14</u>	<u>56.37</u>
Dept. of Health	32.97	30.49	43.76	52.13	56.35
Ute Mountain Ute Tribe	39.28	33.24	40.01	58.98	68.91
Connecticut	42.07	43.91	52.60	58.58	61.49
Delaware	30.08	31.04	34.89	39.37	42.96
District of Columbia	29.80	26.21	25.35	39.57	50.78
Florida	41.81	36.27	54.44	61.93	64.73
Georgia	38.59	34.31	39.17	51.79	60.54
Guam	65.37	61.52	74.71	83.16	87.84
Hawaii	49.23	41.44	57.68	67.93	72.63
Idaho	28.25	26.13	39.94	47.60	51.33
Illinois	48.14	41.68	55.63	58.44	64.69
Indiana	28.71	24.38	39.64	48.03	59.97
Iowa	30.77	28.97	43.07	53.80	54.45
Kansas	29.88	29.19	42.08	49.85	54.19
Kentucky	37.84	32.45	43.05	51.15	60.11
Louisiana	37.79	38.51	43.18	50.03	60.00
Maine	<u>38.10</u>	<u>33.20</u>	<u>43.94</u>	<u>51.07</u>	<u>54.67</u>
Dept. of Human Services	37.88	33.08	43.87	51.01	54.52
Pleasant Point	67.97	56.78	44.94	60.11	78.94
Indian Township	69.54	49.44	68.89	68.00	169.96
Maryland	32.95	30.69	44.70	53.99	60.01
Massachusetts	38.08	34.95	47.31	54.82	59.01
Michigan	31.26	27.24	40.29	49.83	55.85
Minnesota	37.36	34.27	47.58	54.31	56.27
Mississippi	<u>61.57</u>	<u>70.85</u>	<u>22.42</u>	<u>48.42</u>	<u>53.52</u>
State Board of Health	61.87	71.29	22.21	48.32	53.80
Choctaw Indians	28.04	26.16	41.03	56.65	29.25
Missouri	32.04	26.03	34.95	43.51	48.29
Montana	28.31	27.81	43.90	50.37	52.60
Nebraska	<u>38.30</u>	<u>31.90</u>	<u>41.54</u>	<u>47.23</u>	<u>53.70</u>
Dept. of Health	37.95	31.64	41.30	46.95	53.51
Omaha Sioux	63.69	58.02	67.11	71.70	68.24
Winnebago Tribe	69.71	55.90	66.20	71.98	73.13
Santee Sioux	75.38	62.94	72.15	77.48	77.15
Nevada	<u>33.03</u>	<u>31.44</u>	<u>44.39</u>	<u>50.77</u>	<u>57.02</u>
Division of Health	33.17	31.55	44.49	50.84	57.08
Inter-Tribal Council	25.06	24.02	35.79	43.59	49.51
New Hampshire	26.86	24.70	35.94	44.63	49.07
New Jersey	55.06	49.69	61.44	76.32	81.77
New Mexico	<u>35.43</u>	<u>33.70</u>	<u>44.56</u>	<u>53.87</u>	<u>61.80</u>
Dept. of Health	34.32	31.98	43.35	51.97	60.44
Eight Northern Pueblos	58.08	45.90	51.17	69.92	75.13
Isleta Pueblo	30.60	36.59	41.29	63.02	65.68
Zuni Pueblo	45.45	39.22	52.29	68.30	69.14
Five Sandoval Pueblos	52.67	39.85	46.97	65.79	77.95
Santo Domingo Tribe	121.03	211.10	137.01	157.90	178.52
San Felipe Pueblo	114.76	199.30	203.15	225.69	165.80

WIC PROGRAM: AVERAGE MONTHLY BENEFIT PER PERSON					
(Data as of August 8, 2025)					
State / Indian Tribe	FY 2020	FY 2021	FY 2022	FY 2023	FY 2024
Acoma, Canoncito & Laguna	42.97	33.32	40.65	52.13	63.27
New York	51.71	49.56	65.08	73.25	77.28
North Carolina	51.71	49.56	65.08	73.25	77.28
Dept. of Health	35.63	31.85	39.85	47.91	58.32
Eastern Cherokee	30.21	25.09	35.28	47.91	54.70
North Dakota	47.76	44.11	47.51	51.96	51.91
Dept. of Health	47.29	43.72	46.96	51.49	51.16
Standing Rock Sioux Tribe	48.46	44.53	58.91	66.12	70.35
Three Affiliated Tribes	72.21	65.20	69.24	67.63	82.53
Ohio	30.41	34.30	43.40	55.63	56.10
Oklahoma	30.18	25.21	36.47	42.55	45.80
Dept. of Health	30.85	24.86	37.75	44.19	47.34
Choctaw Nation	25.85	21.90	30.15	23.78	17.03
Chickasaw Nation	26.84	27.02	32.01	39.80	43.09
Muscogee Creek Nation	27.93	27.53	33.81	44.70	55.41
Cherokee Nation	34.85	33.18	36.78	45.36	51.71
Citizen Potawatomi Nation	25.16	19.67	29.33	41.97	46.29
Osage Tribal Council	24.98	21.33	35.14	40.96	39.51
Otoe-Missouria Tribe	25.15	34.14	33.99	43.12	47.65
Inter-Tribal Council	50.45	49.21	55.22	59.27	65.72
Wichita, Caddo & Delaware (WCD)	24.52	23.95	31.23	37.14	45.14
Oregon	30.53	27.22	42.00	47.88	53.60
Pennsylvania	36.73	35.36	45.84	57.44	68.80
Puerto Rico	96.94	93.98	110.41	135.13	149.26
Rhode Island	42.54	39.18	38.81	51.67	59.87
South Carolina	43.82	30.92	38.76	49.65	53.20
South Dakota	40.22	33.41	44.78	49.39	52.63
Dept. of Health	38.61	32.10	43.55	47.37	50.74
Cheyenne River Sioux	59.75	46.91	59.97	71.77	71.59
Rosebud Sioux	50.90	46.72	55.93	67.56	73.91
Tennessee	29.09	26.40	47.35	44.74	56.66
Texas	26.10	25.15	36.99	46.01	46.71
Utah	36.08	38.21	47.60	58.90	59.09
Vermont	36.49	34.58	42.25	48.85	52.63
Virginia	30.77	27.65	39.02	46.64	51.74
Virgin Islands	60.79	62.40	66.81	76.92	83.62
Washington	30.87	28.04	44.37	48.14	53.69
West Virginia	36.35	38.87	42.49	44.78	57.74
Wisconsin	34.69	25.04	37.03	38.58	47.05
Wyoming	29.83	28.07	41.79	51.11	56.30
Dept. of Health	28.23	27.16	41.31	50.75	56.01
Northern Arapahoe	62.12	42.16	55.59	59.65	65.66
Shoshone Tribe	67.52	69.69	53.55	62.78	59.37
Northern Marianas	58.08	58.28	70.95	82.81	86.46
TOTAL	38.48	35.57	47.75	56.06	61.05
WIC is the common abbreviation for Special Supplemental Nutrition Program for Women, Infants and Children. The average monthly benefit equals total annual food cost divided by average monthly participation, divided by 12. Farmers Market benefits are not included. Data are subject to revision.					