



Updates to WIC Food Packages

More flexibility, greater choice, better health

Here's how the WIC food packages are changing:

More choices

to ensure participants have access to essential nutrients that promote healthy growth and development.



More balance

to address key nutritional needs and support healthy diets.



More flexibility

and variety to accommodate personal and cultural food preferences and special dietary needs.



More support

for individual goals to establish and sustain long-term breastfeeding.