

# WIC Food Package Changes



# Continuing Education Credits

- Use sign-in sheet
- You will not need to submit a request for this session



# Timeline

- September/October: Prepare for new food package
  - All participants will need a new food rx entered in SWEB dated Jan 1, 2025
  - Posters & advertising items to be sent to clinics
  - Clinics will receive new food lists & card holders
- October: New FFY
  - No changes to food list or food packages on Oct 1
  - Staff provide education to participants re: January benefits
- January 1<sup>st</sup> : New standard food packages begin
- October 2025: New food items
  - Education items, posters, & food lists will be communicated throughout FY25



# Notifying Participants

- Text to Participants:
  - Your food package is changing January 1, please check your benefits before going to the store
- Clinic Resources
  - State will provide posters/food lists/education items
  - Local agency staff will determine how to use them
    - Be mindful of timing to avoid confusion





A black and white speckled chicken with a large, upright crest is standing in a wooden coop. The chicken is positioned on the left side of the frame, looking towards the right. The coop is made of dark wood, and the background is slightly blurred, showing more of the coop's interior. The overall scene is well-lit, with natural light coming from the right side.

# Food Package vs Food Items

- Food package
  - Food quantities organized by participant category
- Food items
  - Actual allowable WIC foods



# Food Package Changes: CVB

- Higher amount written into regulation
- No need for continuing resolution approval
- Child: \$26
- Pregnant/Postpartum: \$47
- Breastfeeding: \$52



# Food Package Changes: Juice

- Lower Amounts
  - All reduced to 64oz total
- Tailoring Option
  - \$3 CVB in exchange for full juice amount
  - No partial juice/CVB allowed





## Juice

Children

Pregnant or  
Breastfeeding

Postpartum

128oz

144oz

96oz

Current Amount

January 1, 2025

64 oz  
or  
\$3 CVB



# Food Package Changes: Milk

- Reduce Total Amount
  - Better align with DGA
- Tailoring Options
  - Removed max substitution
  - 2qts of yogurt now allowed
  - 1lb cheese max (same)
  - Low-fat yogurt approved for 12-23mo
  - Cheese no longer standard issuance for fully breastfeeding
    - 2lbs total





# Milk

Current Amount

January 1, 2025

Children		Pregnant or Substantially Breastfeeding	Fully Breastfeeding	Partially Breastfeeding or Postpartum
12-23mo	2-4yrs			
16qts		22qts	24qts	16qts
12qts	14qts	16qts		

# Food Package Changes: Whole Grains

- Adjusted to align with DGAs
- Children
  - Reduced
- Breastfeeding, Pregnant, or Postpartum
  - Increased







# Whole Grains

Current Amount

January 1, 2025

Children	Fully or Substantially Breastfeeding or Pregnant	Partially Breastfeeding or Postpartum
32oz	16oz	0
24oz	48oz	

# Food Package Changes: Fish

- Available for all Children & Women
- Fully Breastfeeding
  - Reduced





# Fish

Current Amount

January 1, 2025

Children	Pregnant or Postpartum	Substantially Breastfeeding	Fully Breastfeeding
0	0	0	30oz
6oz	10oz	15oz	20oz





# Food Package Changes: Eggs

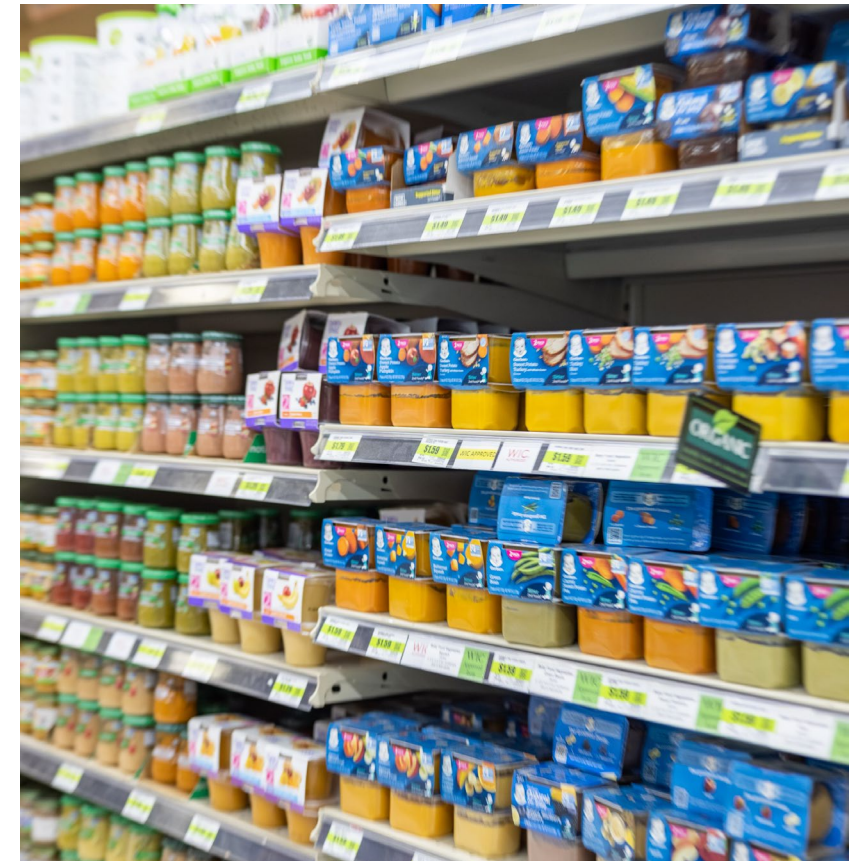
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- Tailoring option
  - Replace eggs with an additional legume choice
  - Can be for participant preference

# Food Package Changes: Infant Foods

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- Cereal
  - Reduced amounts
- Meats
  - Reduced amount
- Jarred Fruits & Vegetables
  - Reduced amount for fully breastfeeding
- Tailoring options
  - CVB now allowed at 6mo (with documented assessment)
  - \$11 + 64oz jars **OR** \$22 + 0 jars
  - Fresh, canned, or frozen allowed
- Formula
  - Mostly breastfeeding- 4 cans now allowed in the 1<sup>st</sup> month
    - Documentation should show assessment for how many cans were issued





## Infant Fruits & Vegetables

Fully Breastfeeding	Substantially Breastfeeding	Partially Breastfeeding or Fully Formula Feeding
\$9 CVB + 128oz or 264oz	\$4 CVB + 64oz or 128oz	
\$22 CVB or \$11 CVB + 64oz or 128oz		

Current Amount

January 1, 2025



Infant Cereal			
Current Amount	Fully Breastfeeding	Substantially Breastfeeding	Partially Breastfeeding or Fully Formula Feeding
	24oz		
	16oz	8oz	
January 1, 2025			

Infant Meat	
	Fully Breastfeeding
Current Amount	77.5oz
January 1, 2025	40oz





Current Amount

January 1, 2025

Formula	
Substantially Breastfeeding 1 <sup>st</sup> Month	
104oz (1 can)	
Up to 364oz (4 cans)	



# Food Package Changes: Summary

Food Item	Change
Fruit and Vegetable Benefit (CVB)	Increased CVB with annual adjustment for inflation
Juice	Reduce total ounces provided
	Participant option to receive 3\$ CVB in lieu of juice
Milk	Reduce total amount of milk provided to align with dietary guidelines
	Increase amount of yogurt
Whole Grains	Increase total amount for pregnant/postpartum/BF to align with dietary guidelines
	Decrease total amount for children to align with dietary guidelines
Fish	Added to all child and pregnant/postpartum/BF food packages
Eggs	Allow substitution of legumes for dietary needs or personal preference
Infant Foods	Decrease total amount of infant cereal
	Decrease total amount of jarred fruits and vegetables
	Decrease total amount of jarred meats
	Allow CVB at 6 months in addition to, or in lieu of, jarred fruits & vegetables
	Allow CVB to purchase frozen or canned in addition to fresh

# Standard Food Package: Child

Food Item	Total
Milk	12qts (12-23mo) 14qts (24+mo)
Eggs	1 dozen
Juice	64oz
Cereal	36oz
Whole Grains	24oz
Legume Choice	1
CVB	\$26
Fish	6oz



# Child Food Package

*\*no change*

Food Item	Old	New
Milk	16qts	12qts (12-23mo) 14qts (24+mo)
Eggs*	1 dozen	1 dozen
Juice	128oz	64oz
Cereal*	36oz	36oz
Whole Grains	32oz	24oz
Legume Choice*	1	1
CVB*	\$26	\$26
Fish	0	6oz



# Standard Food Package: Fully Breastfeeding



Food Item	Total
Milk	16qts
Eggs	2 dozen
Juice	64oz
Cereal	36oz
Whole Grains	48oz
Legume Choice	2
CVB	\$52
Fish	20oz

# Fully Breastfeeding Food Package

*\*no change*

Food Item	Old	New
Milk	24qts	16qts
Cheese	<b>1lb<sup>a</sup></b>	0
Eggs*	2 dozen	2 dozen
Juice	144oz	64oz
Cereal*	36oz	36oz
Whole Grains	16oz	48oz
Legume Choice	2	2
CVB*	\$52	\$52
Fish	30oz	20oz

<sup>a</sup>Note that fully breastfeeding moms will no longer be allowed to receive 3lbs of cheese

# Standard Food Package: Substantially Breastfeeding or Pregnant with Multiples

Food Item	Total
Milk	16qt
Eggs	1 dozen
Juice	64oz
Cereal	36oz
Whole Grains	48oz
Legume Choice	2
CVB	\$52
Fish	15oz





# Substantially Breastfeeding or Pregnant with Multiples

*\*no change*

Food Item	Old	New
Milk	24qt (P) 22qt (BF)	16qt
Cheese	1lb (P)	0
Eggs	2 dozen (P) 1 dozen* (BF)	1 dozen
Juice	144oz	64oz
Cereal*	36oz	36oz
Whole Grains	16oz	48oz
Legume Choice*	2	2
CVB*	\$52	\$52
Fish	0	15oz

# Standard Food Package: Partially Breastfeeding or Postpartum



Food Item	Total
Milk	16qt
Eggs	1 dozen
Juice	64oz
Cereal	36oz
Whole Grains	48oz
Legume Choice	1
CVB	\$47
Fish	10oz

# Partially Breastfeeding or Postpartum

*\*no change*

Food Item	Old	New
Milk*	16qt	16qt
Eggs*	1 dozen	1 dozen
Juice	96oz	64oz
Cereal*	36oz	36oz
Whole Grains	0	48oz
Legume Choice*	1	1
CVB*	\$47	\$47
Fish	0	10oz



# Standard Food Package: Pregnant

Food Item	Total
Milk	16qt
Eggs	1 dozen
Juice	64oz
Cereal	36oz
Whole Grains	48oz
Legume Choice	2
CVB	\$47
Fish	10oz



# Pregnant Food Package

*\*no change*

Food Item	Old	New
Milk	22qt	16qt
Eggs*	1 dozen	1 dozen
Juice	144oz	64oz
Cereal*	36oz	36oz
Whole Grains	16oz	48oz
Legume Choice*	2	2
CVB	\$47	\$47
Fish	0	10oz

# Standard Food Package: Infants 6mo +

## Fully Breastfeeding

Food Item	Total
Cereal	16oz
Meat	40oz
Jarred Fruits & Vegetables	128oz or CVB



## Substantially/Partially/Non-Breastfeeding

Food Item	Total
Cereal	8oz
Jarred Fruit & Vegetables	128oz or CVB

## Infant: Fully BF 6+ mo

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

## Substantially/Partially/Non BF: 6+ mo

*\*no change*

Food Item	Old	New
Cereal	24oz	8oz
Jarred Fruits & Vegetables*	128oz	128oz



# Food Item Changes-FY26

## Regulations

Food Item	Change
Yogurt	Vitamin D requirement (106iU or 2.67mcg per cup)
	Sugar limit (16g added sugar per 8oz)
Plant-Based Milk	Sugar limit for soymilk (< 10g added sugar per 8oz)
CVB	Add fresh herbs
Tofu	Calcium specifications (100mg Ca per 100g tofu)
Cereal	Cereals designated as “whole grain” must have whole grain as the first ingredient
	75% of cereals on the authorized food list must be designated whole grain
	Sugar limit of no more than 6g added sugar per dry oz
Legumes	Allow almond butter with documented peanut allergy
Whole Grains	Breads must contain 50% whole grains
	Add quinoa, wild rice, corn meal, pita, English muffins, bagels, naan

**Note: These changes are still a draft and have not been finalized for Montana WIC in FY26**

# Food Item Changes- FY26

## What you will see:

- Cereal
  - Changes to brands, types, and number of approved items
- Soy Beverage
  - No changes
- CVB
  - Approved herbs
- Yogurt
  - Changes to number of approved items
- Legumes
  - Almond butter option with documented food allergy
- Whole Grains
  - Additional brands & types



*Note: These changes are still a draft and have not been finalized for Montana WIC in FY26*

# Food Package Changes- NAESM Recommendations

- Align with DGA
  - Intended to meet 50% of needs
  - Less milk for children
  - More whole grains for women, less for children



# Building a Food Package Jan 1

- Create food prescription for January 1, 2025
- Select “use default”
  - You will see error messages notifying you that certain items are expiring
- \*\*Remember to delete or edit any FUTURE food prescriptions





# Review: Tailoring Options

- **Reminder- tailoring requires documentation!**
- Milk
  - 2 qts of yogurt can be substituted for 2qts milk
  - No max substitution amounts (ie- can combine tofu, milk, yogurt)
- Juice
  - \$3 CVB in lieu of all juice
- Eggs
  - Can replace with extra legume
- Infant CVB
  - Available at 6mo with documented assessment
  - \$11 + jars or \$22 + no jars
- Formula
  - Substantially BF can get **UP TO** 4 cans in the first month based on assessment



Questions?

