



WIC APPROVED FOODS UPDATE

as of 01/30/2026





Review of WIC

- The Supplemental Nutrition Program for Women, Infants and Children (WIC)
- WIC is a federal discretionary program funded annually by Congress through the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS).
- WIC provides nutrition education, health screenings, nutritious foods, referrals to other services, breastfeeding support and formula if needed.
- To be eligible for WIC, participants must be income eligible, must reside in the county and state they're applying, and be in one of the following categories (pregnant, postpartum, breastfeeding, infant or child 1-5 years.)



FINAL RULE: Passed in April 2024

- As mandated by the Healthy, Hunger-Free Kids Act of 2010, the United States Department of Agriculture's (USDA) Food and Nutrition Service (FNS) must reevaluate the WIC food package every 10 years. During each iteration of the food package review, USDA has commissioned the National Academies of Sciences, Engineering, and Medicine (NASEM), to conduct this scientific review. (National WIC Association)
- WIC food package had not been reviewed since 2014
- The changes align the food packages with the latest nutrition science and better support equitable access to nutritious foods during critical life stages by providing: More choices to ensure participants have access to essential nutrients that support healthy growth and development. (USDA)
- The new authorized foods list was implemented for MD WIC on 01/30/2026

Fruit and Vegetables: CVB

- Participants are now allowed to purchase fresh herbs and dried fruits and vegetables.
- Fresh herbs must be in a bunch or plastic container.
- No dried seasonings, dried herbs, or potted herbs are allowed.
- Dried fruits and vegetables are available, but cannot have added sugar, or artificial sweetener's
- No fruit leathers or roll ups



Fruit and Vegetables (CVB)

- The standard CVB is Currently
- Pregnant and Postpartum women \$48
- Breastfeeding \$52
- Children \$26
- The CVB will now be adjusted annually for inflation.
- Juice can now be traded in for extra \$3 worth of Fruits and Vegetables.





Dairy

- Participants may choose to receive 2 32oz containers of yogurt as a substitution for milk.
- One year old children are now allowed whole milk or low-fat yogurt.
- WIC will now offer Oat milk (**Only for participants that have a true cow's milk and soy milk allergy**)



PROTEIN

- Participants can now trade in their eggs for beans or peanut butter.
- All categories (except infants) will now receive canned fish. This includes sardines, pink salmon and chunk light tuna.
- Sardines and Chunk light tuna may be purchased with sauces and flavorings.
- Sunflower Seed Butter has now been added (**Only for participants who have a true nut allergy**)



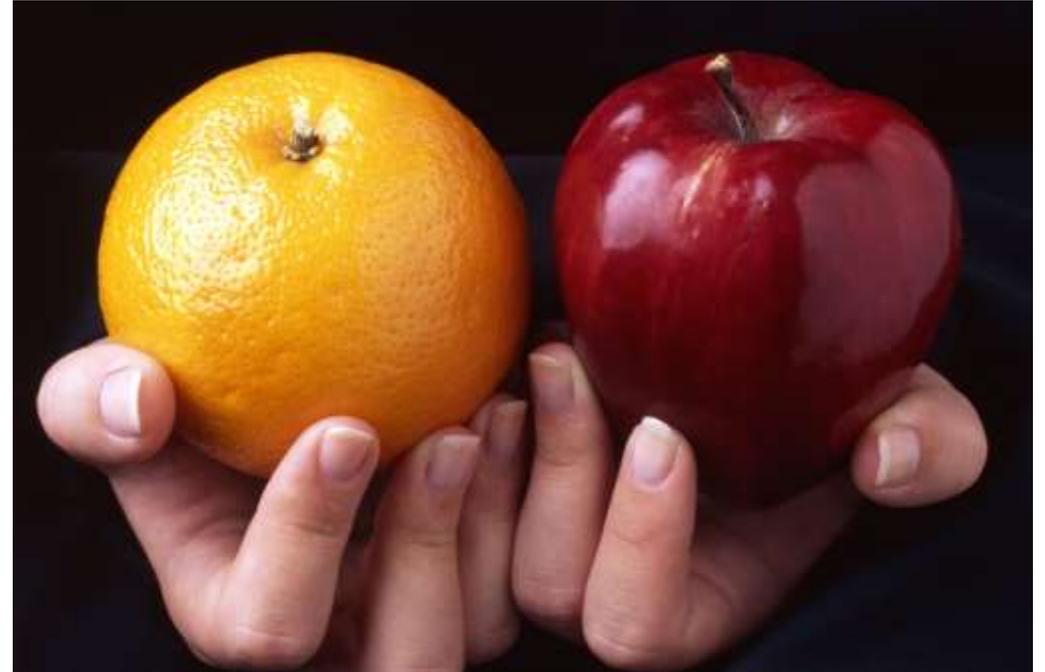
WHOLE GRAINS

- White Quinoa, Bulgur, Buckwheat, Cornmeal and Whole Wheat Pita
- The approved brands of Oats have expanded.
- Larger sizes are available



Juice

- WIC has decreased the amount of juice allowed to only allow 1 64oz container to all categories (except infants).





Cereal

- Store brands have been added to allow for more options.
- Hot cereals are now allowed in smaller sizes





Contact Information

- Please refer any and all patients to our program.

Main Office: 301-334-7710

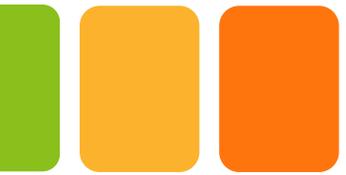
Coordinator: Caroline Evans (BSN): Caroline.Evans@maryland.gov

Tracy Savage (R.N./IBCLC) 301-334-7718 or Tracy.Savage@maryland.gov for breastfeeding referrals

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Any Questions ?