

USDA has suggested some changes to the WIC food benefits and you are invited to share your thoughts! Make your voice heard by visiting bit.ly/wicfoodpackage to submit a comment by February 21, 2023. Learn more about the proposed changes below.

USDA's Food and Nutrition Service (FNS) announced proposed changes to the food benefits for WIC clients. The WIC food benefits are designed to add to the foods and beverages clients already eat and drink and fill in key nutritional gaps to support healthy growth and development.

FNS is [proposing changes](#) to align the WIC food benefits with the latest nutrition science, support equitable access to nutritious foods, reflect our clients' personal and cultural food preferences and special dietary needs and increase variety and choice for WIC clients. These science-based changes include suggestions from the National Academies of Science, Engineering, and Medicine (NASEM) and the Dietary Guidelines for Americans, 2020-2025.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

PROPOSED UPDATES TO THE WIC FOOD PACKAGES

OVERVIEW
WIC is a powerful public health program, proven to help moms, babies, and young children thrive. USDA's Food and Nutrition Service is recommending science-based updates to the food provided to WIC participants to best meet their nutritional needs and foster healthy growth and development. Some of the proposed changes are highlighted below.

BREASTFEEDING SUPPORT
Increase support for mothers who mostly, but not exclusively, breastfeed to support individual breastfeeding goals

SEAFOOD
Improve access to canned fish to reflect the latest dietary guidance

DAIRY AND EGGS
Provide more options, such as different sizes of yogurt containers or substituting soy yogurt for milk or tofu for eggs

FRUITS AND VEGETABLES
Increase fruit and vegetable benefit by 3-4x, focus on whole fruit, and increase variety of fruits, veggies, and legumes offered

GRAINS
Expand whole grain options to include things like quinoa, blue cornmeal, and whole wheat bagels

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[\[Proposed Updates to the WIC Food Packages Infographic\]](#)

The proposed changes support fruit and vegetable consumption by increasing the amount provided and the varieties available for purchase. Congress previously

implemented a significant but temporary increase to the fruit and vegetable benefits. FNS proposes making that increase permanent, providing clients with up to four times the amount they would otherwise receive. FNS also suggests changes that give clients a greater variety of fruits and veggies to choose from and adjust the quantity of juice to reflect nutrition guidance, which emphasizes whole fruits and vegetables.

Other proposed changes include, but are not limited to:

- Expanding whole grain options to include foods like quinoa, blue cornmeal, and teff to reflect dietary guidance and accommodate individual or cultural preferences.
- Providing more non-dairy substitution options such as soy-based yogurts and cheeses – and requiring lactose-free milk to be offered.
- Including canned fish in more food packages, creating more equitable access to this under-consumed food.
- Requiring canned beans to be offered in addition to dried.
- Adding more flexibility in the amount of formula provided to partially breastfed infants to support individual breastfeeding goals.

The Michigan WIC Program encourages all interested parties to provide feedback on the proposed changes by visiting bit.ly/wicfoodpackage. The comment period will be open until February 21, 2023.