

EXCITING CHANGES COMING TO YOUR WIC FOOD BENEFITS IN 2026!

WHAT'S NEW?

MOST FAMILIES WILL SEE UPDATES TO FOOD OPTIONS AND AMOUNTS AFTER THEIR FIRST APPOINTMENT SCHEDULED BETWEEN LATE JANUARY AND APRIL 2026

ASK YOUR WIC NUTRITIONIST ABOUT THESE NEW OPTIONS:

- **Canned Fish:** Now available for everyone over age 1, including children and all pregnant or postpartum participants.
- **New Whole Grains:** Now available for everyone over age 1. Plus, you can now use your grain benefits for whole wheat bagels, buns, rolls, English muffins, and quinoa!
- **More Fruit & Veggie Money:** You can now choose to swap your juice benefit for an extra \$3 in WIC Cash Value Benefits to buy more fresh, frozen, or canned fruits and vegetables. **Allergy-Friendly**
- **Options:** We have added new choices specifically for families with dairy, egg, or nut allergies.



IMPORTANT CHANGES TO AMOUNTS:

To make room for these new options, some benefit amounts have changed:

- **Whole Grains:** Children will see a slight decrease in amounts, while all other categories will see an increase. **Juice:**
- Most participants will see a reduction in the amount of juice provided.
- **Infants:** Food packages for infants (under age 1) will remain the same.



NEXT STEPS FOR FAMILIES

1. **Check Your App:** Use the [WICShopper App](#) after your next appointment to see your updated benefit balance.
2. **View the Guide:** Review the latest Massachusetts WIC Food Guide for a full list of approved items.
3. **Talk to Us:** Your WIC staff is here to help! Ask about these changes during your next visit to ensure your benefits best fit your family's needs.