


Massachusetts WIC is changing how some WIC food items are issued to participants. Based on new food package rules, these changes will provide greater choice, variety, and flexibility when shopping. For some types of WIC foods, families will be able to make choices at the store and not ahead of time with WIC staff. See below for details!

For more shopping tips and to view all authorized brands, please refer to the WIC Approved Food Guide or the WIC Shopper App.

LEGUMES

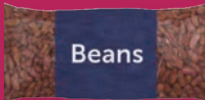
Old Unit: Pkg/Can New Unit: Pound (LB)

SHOPPING TIP
If your benefits show **1 LB Peanut Butter/Dry or Canned Beans**, you can buy:




ONE (1)
jar

OR



ONE (1)
bag

OR



FOUR (4)
cans*

OR any size combination to add up to your benefit amount

*For each can of beans purchased, 0.25 LB will be deducted from your benefit balance.

FISH

Old Unit: Can New Unit: Ounces (OZ)

SHOPPING TIP
If your benefits show **30 OZ Fish**, you can buy:



SIX (6)
5 OZ

OR



FOUR (4) + **THREE (3)**
3.75 OZ + 5 OZ

OR any size combination to add up to your benefit amount for tuna, salmon and sardines

CHEESE

Old Unit: Pkg New Unit: Ounces (OZ)

SHOPPING TIP
If your benefits show **16 OZ Cheese**, you can buy:



TWO (2)
8 OZ

OR



ONE (1)
12 OZ

OR



ONE (1)
16 OZ

OR any size combination to add up to your benefit amount

WHOLE GRAINS/BREAD

Old Unit: Pkg New Unit: Ounces (OZ)

SHOPPING TIP
If your benefits show **32 OZ Whole Wheat Bread/Whole Grains**, you can buy:



ONE (1)
16 OZ

+



ONE (1)
16 OZ

OR



ONE (1)
20 OZ

+




ONE (1)
12 OZ

OR any size combination to add up to your benefit amount

JUICE


Old Unit: Can/Bottle New Unit: Container (CNT)

SHOPPING TIP
If your benefits show **1 CNT 100% Fruit Juice**, you can buy:



ONE (1)
Frozen can
12 OZ

OR



ONE (1)
Bottle
64 OZ

OR any size combination to add up to your benefit amount

YOGURT

Lowfat yogurt may be purchased for children under the age of 2 as of the effective date of these changes.

SHOPPING TIP

If your benefits show 32 OZ Whole/Lowfat Yogurt, you can buy:



OR



ONE (1)
whole milk
32 OZ

ONE (1)
low-fat
32 OZ

OR any size combination to add up to your benefit amount

SOY/PLANT-BASED MILK

Old Unit: Half-Gal/Quart

New Unit: Container (CNT)

SHOPPING TIP

If your benefits show 2 CNT Soy/Plant-Based Milk, you can buy:



OR



TWO (2)
Half-Gallons
64 OZ

FOUR (4)
Quarts
32 OZ

OR any size combination to add up to your benefit amount

INFANT FRUITS & VEGETABLES

Old Unit: Jar

New Unit: Ounces (OZ)

SHOPPING TIP

If your benefits show 128 OZ Infant Fruits + Veg, you can buy:



OR



OR



THIRTY-TWO (32)
4 OZ

THIRTY-TWO (32)
2 OZ two-packs

SIXTEEN (16)
4 OZ two-packs

OR any size combination to add up to your benefit amount

INFANT MEATS

Old Unit: Jar

New Unit: Ounces (OZ)

SHOPPING TIP

If your benefits show 40 OZ Infant Meats, you can buy:



SIXTEEN (16)
2.5 OZ

If you have any questions or need additional information, please contact your local WIC program for assistance, or call 1-800-WIC-1007.

@MassWIC

This institution is an equal opportunity provider.



NEW CHANGES TO WIC BENEFITS

