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| Every ten years, scientists review the WIC food package and make recommendations to USDA based on their findings. USDA recently released its proposed updates to the WIC food package. There are many suggested changes, and they are asking for feedback. WIC families and others interested in the program can **share comments with USDA by February 21, 2023** at [Regulations.gov](https://www.regulations.gov/document/FNS-2022-0007-0001). | |
| **Summary of USDA’s Proposed Revisions to the WIC Food Packages** | |
| **Section** | **Summary of Proposed Change** |
| A. Fruits and Vegetables | 1. Make permanent the current Fruit & Vegetable Benefit (CVB) monthly allowances  Children $25  Pregnant $44  Postpartum $44  Partially Breastfeeding $49  Fully Breastfeeding $49 |
| 2. Require vendors to stock at least three varieties of vegetables. |
| 3. Expand what can be purchased with the CVB to include cut herbs and produce in larger packages. |
| B. Breakfast Cereals | 1. Change whole grain criteria for breakfast cereals so that whole grain is the first ingredient. |
| 2. Require all breakfast cereals to meet whole grain criteria. |
| C. Milk and Milk Substitutions | 1. Reduce amounts of milk:  Children 12 through 23 months - 12 qt.  Children 2 through 4 years - 14 qt.  Pregnant - 16 qt.  Partially Breastfeeding - 16 qt.  Fully Breastfeeding - 16 qt. |
| 2. Reduce total sugars allowed in yogurt and soy-based beverages. All current approved yogurts would still be allowed. |
| 3. Add a calcium specification for tofu and a vitamin D specification for yogurt. |
| 4. Increase yogurt substitution amounts for milk. |
| 5. Add soy-based yogurts and soy-based cheeses as substitution options for milk. |
| 6. Allow reduced-fat yogurts for 1-year-old children without restrictions. |
| 7. Remove cheese as a food category from the fully breastfeeding food package but allow it as a substitution for milk. |
| D. Juice | 1. Reduce or remove juice. |
| 2. Allow $3 CVB as a substitute for juice. |
| E. Legumes & Eggs | 1. Require authorization of legumes and peanut butter as substitutes for eggs and allow State agencies to choose to authorize tofu to substitute for eggs. |
| F. Infant Foods | 1. Reduce amounts of infant cereal, infant fruits and vegetables, and infant meat:  Fully Breastfed  16 oz infant cereal  128 oz infant fruits & vegetables  40 oz infant meat  Partially Breastfed & Formula Fed Infants  8 oz. infant cereal  128 oz infant fruits & vegetables |
| 2. Increase CVB substitution amounts for infant fruits and vegetables, and lower the minimum age for infants to receive a CVB to 6 months. |
| 3. Prohibit added fats in infant foods. |
| G. Add Infant Formula Flexibilities | 1. Allow provision of formula amounts in the first month for partially (mostly) breastfed infants up to 364 fluid oz. (compared to the current limit of 104 fluid oz) |
| 2. Allow all prescribed infant formula quantities to be considered “up to” amounts to allow WIC staff to tailor the amounts provided. |
| H. Canned Fish | 1. Add 5 oz. canned fish to food packages for children (2 through 4 years) and specify WIC-eligible varieties for children. |
| 2. Add canned fish in food packages for pregnant and postpartum participants 10 oz, partially (mostly) breastfeeding 15 oz, decrease amounts for fully breastfeeding participants 20 oz, and revise WIC-eligible varieties. |
| I. Whole Wheat Bread, Whole Grain Bread, and other Whole Grain Options | 1. Revise (reduce for children to 24 oz. and increase for pregnant, postpartum, and breastfeeding participants to 48 oz.) maximum monthly allowances for whole wheat and whole grain bread and other whole grain options |
| 2. Change criteria for whole grain bread so that they be at least 50% whole grains. |
| 3. Expand whole grain options to include: quinoa, wild rice, millet, triticale, amaranth, kamut, sorghum, wheat berries, tortillas made with folic acid fortified corn masa, corn meal, teff, buckwheat, and whole wheat pita, English muffins, bagels, and naan. |
| J. Maximum Monthly Allowances | 1. Allow State agencies to authorize a greater variety of package sizes to increase variety and choice, while still providing participants with package sizes that ensure they can receive the full benefit amount (i.e., at least one package size, or a combination of sizes, must add up to the full maximum monthly allowance). |

Comments will be accepted until **February 21, 2023** at [Regulations.gov](https://www.regulations.gov/document/FNS-2022-0007-0001).