



# PROPOSED UPDATES TO THE WIC FOOD PACKAGES



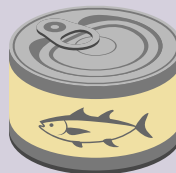
## OVERVIEW

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.



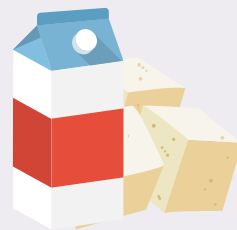
## BREASTFEEDING SUPPORT

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