

# Changes to WIC Infant Foods

Effective February 2, 2026

The USDA made changes to infant foods-reducing the amount of infant cereal and infant meats and increasing the amount of Cash Value Benefit (CVB) for fruits and vegetables.

## Formula Fed Infants



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Infant Cereal  
8 ounces

Infant Fruits and  
Vegetables  
128 ounces or 32 jars  
(4 oz/jar)

## Fully Breastfed Infants



+



+



Infant Cereal  
16 ounces

Infant Fruits  
and Vegetables  
128 ounces  
or 32 jars  
(4 oz/jar)

Infant Meats  
40 ounces  
or 16 jars  
(2.5 oz/jar)

As of February 2, 2026, families with infants over 6 months can trade jarred baby food fruits and vegetables for \$11 (half) or \$22 (all) Cash Value Benefit (CVB).

## Trade half or trade all



The CVB can be used to buy fresh, frozen, or canned fruits and vegetables. You can make this change at your WIC appointment or by contacting [your local WIC office](#).



For more information  
[FNS.USDA.gov/WIC/Food-Packages](https://FNS.USDA.gov/WIC/Food-Packages)



Department  
of Health