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IMMEDIATE RELEASE

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WIC Food Package Changes

Crystal Falls and Kingsford, Michigan – March 2026. The Women, Infant, & Children program (WIC) has announced some exciting changes to food packages. The USDA reviews and updates WIC food packages at least every 10 years. These updates reflect current nutrition science, public health concerns, and cultural eating patterns. The most recent changes will occur in March of 2026 with the goals of providing more choice, balance, flexibility and variety, and to help establish and support breastfeeding participants to meet their individual goals. The scientifically based changes are designed to provide under-consumed nutrients and improve the nutrition and health of WIC participants while also accommodating special dietary needs food preferences.

Starting in March 2026, WIC participants will have the opportunity to substitute some foods in a specific food group to add an approved food item that the family consumes. An example of this would be to trade some milk for more yogurt, cheese or a new option of tofu. Fresh herbs are now allowed with fruit and vegetable money. More nut and seed butter options have been added instead of just peanut butter to meet dietary needs. There are a lot more choices and sizes approved in the whole grain category including new cereal choices, English muffins, bagels, pita, quinoa, wild rice, cornmeal and more. Fish has been added to all women and children's packages. Infants can now get fruit and vegetable dollars starting at six months instead of infant foods.

WIC is available to women who are currently pregnant, postpartum (up to 6 months after the end of a pregnancy), or breastfeeding (up to the infant's first birthday), infants, and children up to their fifth birthday depending on income requirements. Income guidelines are available at didhd.org, under Community Health Services, WIC. If you are interested in scheduling a WIC appointment, please contact our office at 906-265-9913 (Iron County) or 906-774-1868 (Dickinson County).

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