

ACL WIC: New WIC Food Options Starting April 1, 2026



Starting April 1, 2026, ACL WIC will have a new Food List and Shopping Guide. These changes follow new USDA food rules and offer more healthy and flexible food choices.

Here is what to expect:

- **Changes to the ACL WIC Food List:**
 - New package sizes for more flexibility.
 - New items will be added.
 - Some items will be removed because they are discontinued, no longer sold in New Mexico, or do not meet updated nutrition guidelines.
- **New food package options:**
 - More choices for special diets and personal preferences.

What's Changing?

Fruits and Vegetables

- More fresh herb options will be available.

Whole Grains

- New brands and package sizes for some products will be available.
- Bulgar and quinoa will be added.

Breakfast Cereals

- 18 new breakfast cereals will be added.

Yogurt

- Some yogurts will be removed if they:
 - Do not meet the new limits for added sugar or vitamin D requirements.
 - Are discontinued or no longer sold in New Mexico.

Reminder:

Women and kids ages 2-5 get low-fat or nonfat yogurt.

One-year-olds get whole milk yogurt.



Tofu

- New options and package sizes will be added.
- Some options will be removed if they are discontinued, no longer sold in New Mexico, or do not meet updated nutrition guidelines.

Canned Fish

- New options will be added.
- Some options will be removed if they do not meet the updated nutrition guidelines.

Juice and Baby Food

- Some brands and flavors will be removed if they are discontinued or are no longer sold in New Mexico.

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New Options Available by Request

Starting in April 2026, ACL WIC will have new options for families with special diets or preferences. At your next visit, you can ask your WIC staff about adding these options to your March and future benefits.

Plant-Based Milk Alternatives

- More brands of soymilk will be added.
- New pea-protein and oat milk blend options that meet WIC nutrition guidelines will be available.


Nut and Seed Butters

- If you do not eat peanut butter, you can ask about the new sunflower seed or almond butter options at your next WIC visit.

Shopping Tips

- **Review the new Food List before you shop!** It will be available online and in the MYWIC app on April 1, 2026.
- **Pay attention to package sizes.** ACL WIC will offer more food options in different sizes to give you flexibility when shopping. Some package sizes might be smaller than your full monthly benefit. Just keep in mind, if the sizes you choose do not add up to your full benefit, **the leftover amount will not carry over to the next month.**
- Download the MYWIC app to:
 - Check your WIC benefits.
 - Scan products in-store.
 - Find WIC-approved brands and sizes.

Example:



If your benefit is 24 ounces of whole grains and you choose an 18.75-ounce package of tortillas, the remaining 5.25 ounces cannot be used.

Questions?

Contact your ACL WIC Clinic.

Phone: 505-552-6067/6068 or 505-366-9531/9532

Website: www.aclwic.org