

Food Package Updates Starting Jan. 12, 2026

DECEMBER 3, 2025

January food package updates include changing Whole Grains from pounds to ounces and adding various food items. These changes will be made on the backend the weekend of Jan. 10 and the whole grains description will automatically update in WINNIE and the WIC App.

CPAs do NOT need to change participant food packages in WINNIE. However, CPAs should begin to:

- Notify participants of the upcoming changes when **issuing January** food benefits.
- Inform participants that **Whole grains will be unavailable for purchase Saturday, Jan. 10 and Sunday, Jan. 11.**

The new food package options described below will be available at most stores on Monday, Jan. 12. Participants will receive an app message as a reminder before the change occurs.

Whole grains

- The benefit description will change from pounds to ounces. The amount a participant receives remains the same but will be shown in ounces.
 - Aggregated household amounts of whole grains will display in ounces instead of pounds.
 - Multiple package sizes are now allowed. Encourage participants to use the app to scan for WIC-allowed whole grain items.

New whole grain options allowed!

- Wild rice.
 - No added ingredients other than water.
 - Blends of brown and wild rice are okay.
- Whole grain buns, bagels, English muffins, and sandwich thins.
- Gluten free bread – whole grain only.
- Instant brown rice.

Reminder: Whole grains will be unavailable for purchase Saturday, Jan. 10 and Sunday, Jan. 11. New options will be available at most stores on Monday, Jan. 12.

Beans/peas/peanut butter

- New: SunButter brand of sunflower butter, an option for those with a peanut allergy.

Tuna/salmon (fully breastfeeding women)

- Most sizes are allowed.
- Pouches allowed, added ingredients and flavors allowed in pouches only (e.g., ranch, lemon pepper, etc.).
- Cans of tuna and salmon in water packed only (this is not a change).
- Lunch packs are **not allowed**.

Encourage participants to use the app to scan WIC allowed items.

Approved Product Listing (APL)

- New food items will be added to the [MN WIC APL](#) over the weekend on Jan. 10 and 11.
- See the APL “Recently Added Products” tab as a quick way to see the most recent additions.

WINNIE functionality

Updated whole grain descriptions:

- WINNIE: Whole Grain Items (WIC-allowed).
- Account Balance: Whole Grain Items (WIC-allowed).
- WIC App: Whole Grain Items.

Communication

We will send multiple MN WIC App messages to participants before whole grains are unavailable to purchase Jan. 10-11, and an additional message when they can shop for whole grains and new items Jan. 12.

- **Dec. 30**

Subject: No whole grain shopping

Message: You will not be able to buy whole grains (like bread, brown rice, and tortillas) with your WIC card Saturday, Jan. 10 and Sunday, Jan. 11. WIC is updating allowed foods during this time. WIC-allowed whole grain shopping restarts Monday, Jan. 12.

Hyperlink: <https://www.health.state.mn.us/people/wic/appcomm.html>

- **Jan. 9, 2026**

Subject: No whole grain shopping

Message: Reminder! You cannot buy whole grains (like bread, brown rice, and tortillas) with your WIC card on Saturday, Jan. 10 and Sunday, Jan. 11. WIC is updating the food package during this time. You may shop for WIC-allowed whole grains using your WIC card again on Monday, Jan. 12.

Hyperlink: <https://www.health.state.mn.us/people/wic/appcomm.html>

- **Jan. 12, 2026**

Subject: Whole Grains Available

Message: Whole grains (like bread, brown rice, and tortillas) are available to purchase with your WIC card. There are new items available in the WIC food package. Check out the updated WIC Shopping Guide and visit our website to learn about new WIC-allowed food options.

Hyperlink: <https://www.health.state.mn.us/people/wic/appcomm.html>

Reference – complete listing of hyperlinks

MN WIC APL (<https://www.health.state.mn.us/docs/people/wic/vendor/fpchng/upc/apl.xlsx>)

Minnesota WIC App Messages (<https://www.health.state.mn.us/people/wic/appcomm.html>)

Minnesota Department of Health - WIC Program, 625 Robert St N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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