

## New Options – WIC Food Package

JUNE 2026

<p><b>Whole Grains</b></p> <p>Women – 48 oz</p> <p>Children – 24 oz</p>	
<p><b>Fish</b></p> <p>Women</p> <ul style="list-style-type: none"> <li>• 10 oz - Pregnant or Pregnant with Some Breastfeeding</li> <li>• 10 oz - Some or No Breastfeeding</li> <li>• 15 oz - Mostly Breastfeeding <b>OR</b> Pregnant with Multiples</li> <li>• 20 oz - Fully Breastfeeding</li> </ul> <p>Children – 6 oz</p>	
<p><b>Fruits and Vegetables or Juice</b></p> <ul style="list-style-type: none"> <li>• \$3 fruits and vegetables <b>OR</b></li> <li>• 1(64 oz) juice             <ul style="list-style-type: none"> <li>○ 64 oz container <b>OR</b></li> <li>○ *11.5-12 oz container frozen (makes 48 oz)</li> </ul> </li> </ul>	
<p><b>Eggs (1 dozen) and/or 1 Peanut butter Beans option</b></p> <p>Choose option at the store.</p> <ul style="list-style-type: none"> <li>• 16-18 oz jar <b>OR</b></li> <li>• 64 oz (4 cans) beans <b>OR</b></li> <li>• 1 lb dry beans</li> </ul>	

\*Option starts in July

## Infant foods (6-11 months)



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OR



OR



16 (4 oz) containers  
+ \$11 fruits & vegetables

\$22 fruits & vegetables

32 (4 oz) containers

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*This institution is an equal opportunity provider.*