

Oregon WIC Food Package Changes At-A-Glance



Use this as a quick guide for tailoring choices to food packages and choices participants can make at the store starting July 1, 2025.

Fruits & vegetables	<p>Swaps or tailoring done with you</p> <ul style="list-style-type: none"> • Swap \$3 of Fruit and Vegetable Benefit (FVB) for 1 container of juice. • Swap half or all jarred baby food fruits and vegetables for FVB for infants 7 to 12 months. <p>New choices at the store</p> <ul style="list-style-type: none"> • FVB benefit increases by \$3. • Fresh cut herbs are available as part of FVB. <p>Good to know information</p> <ul style="list-style-type: none"> • Note: Nutrition education and documentation is required when assigning fresh fruits and vegetables to an infant.
Cheese	<p>Swaps or tailoring done with you</p> <ul style="list-style-type: none"> • Swap cheese for more milk. <p>New choices at the store</p> <ul style="list-style-type: none"> • Choose block, sliced, string, or shredded cheese. • More package sizes, such as 8-ounce package size. • New varieties of cheese: Muenster, Provolone and Swiss cheese.
Whole grains	<p>Swaps or tailoring done with you</p> <ul style="list-style-type: none"> • None needed. <p>New choices at the store</p> <ul style="list-style-type: none"> • 100% whole wheat bagels, buns and English muffins, pita, and naan. • Gluten-free options will be added to include whole grain gluten-free buns, English muffins, and bagels. • Expanded to 12 whole grains.
Eggs	<p>Swaps or tailoring done with you</p> <ul style="list-style-type: none"> • Swap eggs for peanut, nut, and seed butters or beans (canned or dry). <p>New choices at the store</p> <ul style="list-style-type: none"> • Choose peanut, nut, and seed butters or dry or canned beans.

Milk & milk substitutes	<p>Swaps or tailoring done with you</p> <ul style="list-style-type: none"> Choose milk type. <p>New choices at the store</p> <ul style="list-style-type: none"> More plant-based milk options. <p>Good to know info:</p> <ul style="list-style-type: none"> A nutrition assessment is not required to swap plant-based beverages after July 1, 2025. See Policy 769.
Tofu	<p>Swaps or tailoring done with you</p> <ul style="list-style-type: none"> Swap 1 qt of Milk for 1 container (ctr) tofu. <p>New choices at the store</p> <ul style="list-style-type: none"> Approved tofu container sizes may be 14oz or 16oz. <p>Good to know information:</p> <ul style="list-style-type: none"> Participants swap all their milk for tofu without a nutrition assessment.
Peanut, nut & seed butters	<p>Swaps or tailoring done with you</p> <ul style="list-style-type: none"> None needed. <p>New choices at the store</p> <ul style="list-style-type: none"> Choose other nut butters and tahini to accommodate peanut allergy.
Yogurt	<p>Swaps or tailoring done with you</p> <ul style="list-style-type: none"> Swap 1 container yogurt for more milk. Swap 1 quart of milk for more yogurt. Children 13-23 months may swap whole-milk yogurt for low-fat yogurt without a nutrition assessment. <p>New choices at the store</p> <ul style="list-style-type: none"> Approved yogurts must have 16 grams or less of added sugar. Changes in brands on the food list.
Canned fish	<p>Swaps or tailoring done with you</p> <ul style="list-style-type: none"> Choose not to have fish in their package. <p>New choices at the store</p> <ul style="list-style-type: none"> Choose between pouches or cans. More canned fish types, including sardines.