

MAKE YOUR VOICE HEARD!



You can help improve
WIC foods.

Your opinion matters! There are several proposed changes to the WIC Food Package. Share what you support and what you'd like to see change.

[CLICK HERE TO COMMENT](#)



HIGHLIGHTS:

- The USDA is accepting public comment until February 21, 2023.
- Read the following pages for highlights of the changes that would impact most WIC participants.
- [Click here](#) to see the full proposed rule.



PROPOSED CHANGES: GOALS, PRODUCE, AND JUICE



USDA GOALS FOR THE FOOD PACKAGE REVISIONS:

- Provide more foods that align with the latest nutritional science.
- Offer more flexibility for dietary, personal, and cultural food preferences.
- Increase equitable access to the foods WIC provides.
- Better promote and support individual breastfeeding goals.
- Provide amounts more consistent with WIC's supplemental nature.

PROPOSED FRUIT AND VEGETABLE CHANGES:

- Permanently increase benefit amounts to values shown below.
- Expand options to include fresh and cut herbs.
- Expand options to include larger packages.

CASH VALUE BENEFIT (CVB) AMOUNTS

PARTICIPANT CATEGORY	CURRENT RULE VALUES*	PROPOSED VALUES**
• Children (13 months and older)	\$9	\$24
• Pregnant • Not breastfeeding	\$11	\$43
• Mostly breastfeeding • Fully breastfeeding	\$11	\$47

*CVB amounts are temporarily set at \$24-49. These amounts are scheduled to expire September 30, 2023.

**Monthly amounts would adjust annually for inflation.

PROPOSED JUICE CHANGES:

- Allows participants to substitute a Cash Value Benefit to buy more fruit and vegetables instead of juice.
- Reduces amounts to be more consistent with the supplemental nature of WIC.



PARTICIPANT CATEGORY	CURRENT AMOUNTS	PROPOSED AMOUNTS
• Children (13 months & over)	128 fl oz	64oz or \$3 CVB
• Pregnant • Breastfeeding	144 fl oz	64oz or \$3 CVB
• Not breastfeeding	96 fl oz	0



PROPOSED CHANGES: MILK AND MILK ALTERNATIVES



PROPOSED MILK CHANGES:

- Reduce amounts to be more consistent with the supplemental nature of WIC.

PARTICIPANT CATEGORY	CURRENT AMOUNTS	PROPOSED AMOUNTS
• Children 12 through 23 months	16 qt	12 qt
• Children 24 months and older	16 qt	14 qt
• Pregnant • Partially breastfeeding	22 qt	16 qt
• Fully breastfeeding	24 qt	16 qt*
• Non-breastfeeding	16 qt	16 qt

*Fully breastfeeding package: the stand alone cheese would be removed but can up to 2 pounds can be substituted for milk.

PROPOSED YOGURT CHANGES:

- Allow up to 2 quarts of yogurt to be substituted for milk.
- Allow sizes other than 32 ounce containers.
- New vitamin D requirements.
- Total sugars dropped to less than or equal to 30 grams per 8 ounces.

NEW NON-DAIRY SUBSTITUTIONS FOR MILK:

- Allow soy-based cheese and soy-based yogurt.



NUTRIENT CONTENT OF MILK SUBSTITUTES:



- New calcium requirements for tofu.

- New total sugar limit of less than or equal to 12 grams per 8 ounces for soy beverages.



- Allow other plant based milk alternatives* if the product meets Federal WIC nutrient requirements.

*Milk alternatives could include almond, oat, rice, coconut, and hemp beverages.

PROPOSED CHANGES: EGGS AND WHOLE GRAINS



PROPOSED EGG SUBSTITUTIONS:

- Requires States to make peanut butter and dry or canned beans available as substitutes for eggs.
- Allows States to make tofu available as a substitute for eggs.

PROPOSED WHOLE GRAIN CHANGES:

- Reduces benefit amounts for children.
- Expands benefit amounts for women.

PARTICIPANT CATEGORY	CURRENT AMOUNTS	PROPOSED AMOUNTS
• Children 13 months and older	32 oz	24 oz
• Pregnant • Partially breastfeeding • Fully breastfeeding	16 oz	48 oz
• Non-breastfeeding	0 oz	48 oz

CURRENT WHOLE GRAIN OPTIONS IN OREGON:

- 100% whole wheat bread
- Soft corn tortillas
- Whole wheat tortillas
- Whole wheat pasta
- Brown rice
- Oats
- Bulgur



PROPOSED ADDITIONAL WHOLE GRAIN OPTIONS:

- Bagels
- English muffin
- Naan
- Pita
- Tortillas made with folic acid fortified corn masa flour
- Quinoa
- Triticale
- Wheat berries
- Amaranth
- Buckwheat
- Corn masa flour
- Corn meal (including blue)
- Kamut
- Millet
- Sorghum
- Teff
- Wild rice



PROPOSED CHANGES: CEREALS AND FISH

PROPOSED BREAKFAST CEREAL CHANGES:

- Requires **all** WIC breakfast cereals to contain a whole grain as the first ingredient.



PROPOSED CANNED FISH FOR MOST WIC PARTICIPANTS:

PARTICIPANT CATEGORY	CURRENT AMOUNTS	PROPOSED AMOUNTS	TYPES OF CANNED FISH PROPOSED:
• Pregnant • Non-breastfeeding	None	10 oz	• Tuna • Salmon • Sardines • Atlantic mackerel
• Partially breastfeeding	None	15 oz	
• Fully breastfeeding	30 oz	20 oz	

PARTICIPANT CATEGORY	CURRENT AMOUNTS	PROPOSED AMOUNTS	THE ONLY TYPES OF CANNED FISH ALLOWED FOR CHILDREN:
• Children 2 years and older	None	5 oz	• Salmon • Sardines • Atlantic mackerel



PROPOSED CHANGES: INFANT FOODS

PROPOSED CHANGES TO INFANT FOODS:

CHANGES TO INFANT FOOD TYPES	PARTICIPANT CATEGORY	CURRENT AMOUNTS	PROPOSED AMOUNTS
Reduces infant cereal for all infants.	• Fully breastfed • Partially breastfed • Fully formula-fed	24 oz	• 16 oz • 8 oz • 8 oz
Reduces infant fruit and vegetables for fully breastfed babies.	• Fully breastfed • Partially breastfed • Fully formula-fed	• 256 oz • 128 oz • 128 oz	• 128 oz • no change • no change
Reduces baby food meat for fully breastfed infants.	• Fully breastfed • Partially breastfed • Fully formula-fed	• 77.5 oz • none • none	• 40 oz • no change • no change



PROPOSED CHANGES TO BABY FOOD FRUIT AND VEGETABLE SUBSTITUTIONS:

- Lowers the age to 6 months when baby food fruits and vegetables can be substituted for Cash Value Benefit (CVB) amounts.
- For all breastfeeding categories, the substitution for 128 oz of infant fruit and vegetables:
 - \$10 CVB and 64 oz. baby food fruit/vegetables or
 - \$20 CVB

INCREASED SUPPLEMENTAL SUPPORT FOR MOSTLY BREASTFEEDING FROM BIRTH TO ONE MONTH:

- Allows individually tailored formula amounts in the first month for mostly breastfed infants.
- Introduces an enhanced food package for mostly breastfeeding participants that provides an extra \$4 of CVB and 5 oz of canned fish compared to the pregnant food package.



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Share your thoughts about the proposed changes by February 21, 2023.

[CLICK HERE TO COMMENT](#)

The USDA is also requesting feedback on topics such as:

- Ways to support increased consumption of infant meats.
- Availability of 3 ounce or smaller package size varieties of boneless canned fish.
- Availability of nut and seed butters.



PHOTO CREDITS:

Page 1:

- Couple shopping - Photo by Jack Sparrow from Pexels
- Groceries in car trunk - Canva stock photo
- Father purchasing groceries with kids - Oregon WIC 2019 Photo Project
- Mother and child in produce aisle - Oregon WIC 2019 Photo Project

Page 2:

- Produce aisle - Oregon WIC 2019 Photo Project
- Girl with glass - Photo by Andrea Piacquadio from Pexels
- Child cooking - Photo by RODNAE Productions from Pexels

Page 3:

- Mother and child in milk aisle - Oregon WIC 2019 Photo Project
- Child drinking milk - Photo by Alex Green from Pexels
- Blueberry yogurt - Stock photo on file
- Tofu - Stock photo on file
- Soy milk - Stock photo on file
- Almond milk - Stock photo on file
- Soy cheese - Photo by Mike Mozart on Flickr
- Soy yogurt - Silk soy from Silk.com

Page 4:

- Eggs - Stock photo on file
- Bag of grains - Stock photo on file
- Smiling woman - Canva stock photo
- WG naan - Photo by Sandra Filipe from Pexels
- WG bagel - Photo credit: Randy Mayor cookinglight.com
- WG varieties - Photo by NatureFriend from Pixabay

Page 5:

- Mother and child in cereal aisle - Oregon WIC 2019 Photo Project
- Family at mealtime - Photo by Greta Hoffman from Pexels
- Mother and child grocery shopping - Stock photo on file
- Father and son at mealtime - Photo by Werner Pfennig from Pexels

Page 6:

- Infant cereal - Stock photo on file
- Toddler eating in highchair - Stock photo on file
- Twins nursing - Oregon WIC 2017 Photo Project
- Woman holding baby - Oregon WIC 2019 Photo Project
- Woman bottle feeding baby - Photo by RODNAE Productions from Pexels
- Baby nursing - Oregon WIC 2019 Photo Project

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- Woman with megaphone - Photo by Andrea Piacquadio from Pexels