

Food Package Changes to Implement on June 9

MAY 8, 2025

In 2024, USDA announced final rule changes revising WIC food packages to align with the latest Dietary Guidelines. MDH WIC is making the following information **system changes on June 7 for local agencies to implement with participants on June 9**. These changes comply with the new food package rule and prepare Minnesota WIC for future changes coming later this year and in spring of 2026.

Staff do not need to immediately change *current participants' food benefits*. Changes need to be made for benefits before October 31, 2025, and can be made at nutrition education and certification appointments. On June 9 begin using the new food items described below for new participants.

Milk

Beginning June 9, the description for the standard milk food items in participant food packages will automatically be updated in WINNIE to the following:

The updated **standard WIC-allowed milk food items** will display in the default food packages.

Participant	Current Milk Food Item	Updated Milk Food Item on June 9
Women and children 2-5 years	Fat Free/Skim or 1% milk	Fat Free/Skim Milk or 1% (WIC-allowed)
Children 1 - <2 years	Whole milk	Whole Milk (WIC-allowed)

Fat Free/Skim Milk or 1% (WIC-allowed) food item will allow participants to purchase any of these options:

- Fat free/skim or 1% milk
- Fat free or 1% lactose free milk
 - **New!** 96 ounce size Lactaid is now available in addition to the half-gallon (64 oz) option. The container resembles a gallon but is smaller. Not all stores carry this.
 - Purchase of a 96 ounce container will deduct **.75 gallon** from the benefit. Some participants choosing this size may not be able to purchase their full milk benefit depending on the amount of milk they receive and what other size containers they purchase.
- Fresh goat milk
- Soy beverage (unflavored)
- Nonfat powdered milk

FOOD PACKAGE CHANGES

- Fat free/skim or 1% evaporated milk
- Evaporated goat milk

Note: Soy beverage and goat milk are only included in the **Fat Free/Skim Milk or 1% (WIC-allowed)** category.

Use that food item for all participants who wish to purchase soy beverage or goat milk, including 1 year old participants.

Whole Milk (WIC-allowed) food item will allow participants to purchase any of these options:

- Whole milk
- Whole Lactose Free milk (96 ounce Whole Lactaid milk is now available)
- Whole evaporated milk

Note: This does NOT apply to 2% milk; 2% milk food items will continue to be issued individually. This is because women and children over 2 years require a medical prescription for 2% milk.

Current food packages with milk

Standard milk food items:

Staff do not need to make changes to the current food package for participants with one of the standard milk food items; the description will be updated automatically in WINNIE.

Non-standard milk food items (lactose-free, soy, powdered or goat):

Participants with lactose-free, soy beverage, powdered, or goat milk in their food package will need their food package updated with the new “WIC-allowed” milk food item before October 31, when the non-standard milk food items become inactive.

NOTE! This **does not include evaporated milks** which are inactive on June 6. Anyone receiving evaporated milk **must have the standard milk food item** on their benefits beginning June 7. Please see the [Evaporated Milk Follow-up – ACTION ITEM](#) memo for more information.

New participants

The default food packages will have the updated item **Fat Free/Skim Milk or 1% (WIC-allowed)** or **Whole Milk (WIC-allowed)** for women and children certified on or after June 9.

Milk education tips

Ask families what milk they use at home. Then provide education on purchasing that option with the WIC benefit.

Soy beverage and goat milk: If a participant shares that they purchase soy beverage or goat milk due to a health concern, the CPA should encourage them to discuss this with their health care provider.

Tofu: Tofu generally does not contain vitamin D. CPAs should assess whether participants who primarily use tofu in place of milk have a consistent source of vitamin D. As a reminder, a daily children's multivitamin with at least 400 IU is recommended for children.

Contract powdered formula

Beginning June 9, families can choose any powdered contract formula to purchase at the store for their infant with the new **WIC-allowed Formula – Powdered** contract formula food item.

Encourage Enfamil infant as the first type of formula that WIC staff recommend. The description that participants will see in the MN WIC app is **WIC Formula – Powdered**.

Other formulas

Contract concentrate formula and Ready-to-Feed (RTF) formula: issue as you currently do, there are no changes. The following formula food items will remain in WINNIE:

- Enfamil Infant (13 oz. Concentrate)
- Similac Soy (13 oz. Concentrate)
- Enfamil Infant (32 oz. RTF)
- Enfamil Gentlease (32 oz. RTF)
- Similac Soy Isomil (32 oz. RTF)

Current food packages with powdered contract formula

If the caregiver states the formula the infant is receiving is working well, the formula in the food package can remain as it is. **No changes are needed.**

If the caregiver has concerns with tolerance of their current formula and would like to try another contract formula, beginning June 9, issue the new **WIC-allowed Formula – Powdered** food item so the participant can easily purchase any contract formula.

New infants with powdered contract formula

Beginning June 9, add the new **WIC-allowed Formula-Powdered** food item to the food package of any new infants receiving powdered contract formula.

Formula education tips for families

- CPAs should encourage purchasing only one can at first to see if baby tolerates it.
- Use the updated Infant Formula handout to show and discuss contract formula with participants.

Mostly Breastfed (MBF) 0-1 month infant food package

Currently, a 0–1-month-old MBF infant can receive a maximum of 104 ounces (1 can) formula. Beginning June 9, the maximum for 0–1-month MBF infants will **increase to 435 ounces (up to 4 cans)**.

- This is the same amount that a 1–3-month-old MBF infant can currently receive.
- 1 can will continue to be the default for MBF infants.

MBF and formula - education tips for families

- First assess infant feeding to encourage full breastfeeding as the standard. If formula is indicated, assign the minimum amount of formula to meet the CPA-assessed need.
- Counsel to encourage as much breastfeeding as possible.

Infant Cash-Value Benefit (CVB)

CVB options for 9–11-month-old infants are no longer restricted to fresh fruits and vegetables. Infants will be able to get canned and frozen.

- Beginning June 9, CPAs can add the **Fruits and Vegetables – (WIC-ALLOWED)** CVB food item (currently only provided to women and children) for 9-11-month infants so that families will be able to also purchase **canned and frozen fruits and vegetables** for these infants.

Current food packages for 9-11-month-old infants

The WIC-ALLOWED CVB food item **does not have to be added to the current food package at this time**. Families with infants receiving the Fruits and Vegetables – (FRESH ONLY) CVB food item may be fine with this option and may turn 1 year before October 31.

- If the family wants to be able to purchase canned and frozen fruits and vegetables for their infant, create a new default food prescription, which will have the **Fruits and Vegetables – (WIC-ALLOWED)** CVB food item.

Infant CVB – education tips

Talk with parents about which fruits and vegetables they would like to give their 9-month-old and ways those can be prepared/used.

- For example, if parents are interested in using frozen, provide ideas on how to use those. Resource: [Finger Foods for Baby](#)

- For homemade baby food recipes, see: [Homemade Foods for Baby](#) and [WIC Homemade Baby Food Recipes](#)

WIC cereal

The number of whole grain WIC-allowed cereals is being increased from 50% to 75%. Cereal options will be updated in the online Shopping Guide on June 9.

Note: The paper Shopping Guide will be updated once all the food package changes are completed tentatively in Spring 2026.

Several cereals no longer on the market were removed:

- Berry Berry Kix and Honey Kix
- Quaker Cinnamon Oatmeal Squares
- Several store brand versions of Toasted Oats and Instant Oatmeal Packets.

A variety of new cereals were added.

- Cheerios – Veggie Blends Apple Strawberry, Veggie Blends Blueberry Banana
- Post – Honey Bunches of Oats Maple & Pecan
- Post Great Grains – Cranberry Almond Crunch, Crunchy Pecan, Raisin Date Pecan, and Red Berry Almond Crunch
- Kellogg – Complete Bran
- Kellogg – Frosted Mini Wheats Bite Size – Strawberry; Frosted Mini Wheats Bite Size – Blueberry Muffin; and Frosted Mini Wheats – Cocoa
- Store brands - Eligible store-brand versions of, Corn Flakes, Corn Squares, Crispy Rice, Frosted Bite Size Shredded Wheat and Strawberry Shredded Wheat, and Rice Squares

APL

The [MN WIC APL](#) will be updated on **June 9**.

- Visit the **Recently Added Products** tab for a complete listing of new cereals/food items.
- Find a complete listing of WIC-allowed cereals in the **Breakfast Cereals** tab.

Cereal – education tips

- Ask participants if they use breakfast cereal and if not, share some suggestions with them.
- Find out what types they might like, such as: hot vs cold, “grab and go” cereals to take for snacks, fun cereals as a toddler finger food, cereals to help with constipation, etc.
- Use the Shopping Guide to show cereal box packaging.

Resources

[WINNIE Update Document – Food Package Changes](#)

Materials:

The following materials will be available for agencies to use with participants. Agencies can print and view the following before June 9:

- [WIC Formula](#) handouts – available to order from Brush Art **May 19**.
- Shopping Guide - coming soon
- Pictorials – coming soon

These materials links are temporary until June 9; do not bookmark. On June 9, the above links will revert to the primary participant facing website locations

Food package updates - New website page!

As updates and materials become available they will be posted to the [Food Package Updates](#) page.

Questions and answers

Milk

How do CPAs issue evaporated milk for the June changes?

Households with members being issued evaporated milk must have a Last Date to Use of the 6th and must have the standard “Fat Free/Skim or 1% milk” or “Whole milk” food item on their benefits beginning with their June 7-July 6 set. Due to potential delays in stores updating the UPCs in their systems, families will not be able to purchase evaporated milk using this standard milk food item until June 9. This should be discussed with these families. For more information, see [Evaporated Milk Follow-up – Action Items](#).

For the milk option, will CPAs still need to issue tofu, yogurt and cheese options separately?

- **Tofu:** Yes. Tofu is an individual food item that must be added to the food package for the participant to be able to purchase it in the store.
- **Yogurt and cheese:** Yes. Only different types of milk can be purchased with the WIC-allowed milk food item. Default food packages will continue to have 1 lb. cheese and 1 quart yogurt as separate food items.

How do we issue whole milk to women and children with Food Package 3 (FP 3) and a qualifying condition with medical documentation to receive whole milk?

The new **Whole Milk (WIC-allowed)** food item, as well as the 2% milk item, will be available in the Milk’s Food Item dropdown for women and children receiving FP 3. There is no change to procedure.

What is a shopping tip for families that purchase a variety of milk in a mixed basket transaction (i.e., goat milk, lactose free milk, soy beverage etc.)?

If a family has more expensive milk types in their grocery transaction, encourage them to put those milks in a first transaction ahead of their other WIC foods. The rest of the WIC and non-WIC foods can be purchased in a second transaction, so the participant is paying for only less expensive milk types.

Formula

What will the procedure be for returned contract formula?

Current policy has not changed (see [Section 8.4.2 Replacing Food Benefits](#))

- Formula cannot be returned to the store.
- Current month's formula benefits can be replaced **only** if there are unredeemed formula benefits available or redeemed but unused formula is returned to WIC clinic.
 - Formula that is redeemed, but not returned to clinic, may not be replaced.
- If replacing formula with powdered contract formula, issue the new **WIC-allowed Formula-Powdered** food item.

How should CPAs issue contract formula ordered from the state WIC office?

All formula ordered through the state office needs to be issued via direct ship. **The WIC-allowed Formula-Powdered food item cannot be direct shipped.** If ordering powdered contract formula from the state office, add the specific type of formula to the infant's food package.

These powdered contract formula food items will remain in WINNIE to use for direct ship:

- Enfamil Infant (12.5 oz. Powder)
- Enfamil Gentlease (12.4 oz. Powder)
- Enfamil Reguline (12.4 oz. Powder)
- Enfamil A.R. (12.9 oz. Powder)
- Similac Soy Isomil (12.4 oz. Powder)

Other questions

Will there be information to share ahead of the food package changes with our participants?

Materials will be ready to provide to participants on June 9 when CPAs begin to implement changes. **The changes will not affect current participants unless they want to change their food package beginning June 9.** For evaporated milk, follow [Evaporated Milk Follow-up – Action Items](#) guidance shared on March 20. See page 5 for talking points for participants.

What materials are available for the food package changes?

The following updated materials will be posted to the website on June 9:

- [Shopping Guide](#)

- [Pictorials](#)

After all food package changes are made, print versions will be made available to order through Brush Art in spring 2026.

- Infant formula handout –available to order from Brush Art at the end of May 2025.

Will participants receive an App message about these food package changes?

No, this will **not affect *current participants' food benefits* unless they want to change their food package beginning June 9.**

Reference – Complete listing of hyperlinks

[Evaporated Milk Follow-up – ACTION ITEM](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/winnie/evaporatedmilk.pdf>)

[Section 8.4.2 Replacing Food Benefits](#)

(https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch8/sctn8_4.pdf)

[Finger Foods for Baby](#)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/inffingerfoods.pdf>)

[Homemade Foods for Baby](#)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/infhomemadefoods.pdf>)

[WIC Homemade Baby Food Recipes](#)

(<https://www.health.state.mn.us/people/wic/recipes/babyfood.html>)

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

[Shopping Guide](#)

(<https://www.health.state.mn.us/docs/people/wic/vendor/fpchng/shopguide.pdf>)

[Pictorials](#) (<https://www.health.state.mn.us/people/wic/localagency/fpmaterials.html#NaN>)

[WINNIE Update Document – Food Package Changes](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/winnie/releasedocs/fpjune2025.pdf>)

[Food Package Updates](#)

(<https://www.health.state.mn.us/people/wic/localagency/fdpgupdts.html>)

[WIC Formula](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/fp/newformula.pdf>)

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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