

WIC Food Package Changes - Phase 3

MARCH 4, 2026

The next phase of food package changes will begin with June benefit issuance. June food packages should be created **at the time June benefits are issued** and **when the participant is on the phone or present in person**. At that point, create the June food prescription using the updated NEW food items.

The WINNIE training environment has been updated if you'd like to practice the new process.

Food package overview

Changes aim to improve the balance and choice of the WIC food package based on the latest scientific information to help support good nutrition. The updates also encourage fruit and vegetable consumption and provide more food options.

Infants:

- Fruit and vegetable cash value benefit (CVB) options begin at 6 months.
- Less infant cereal.
- Fewer jars of meat for fully breastfed infants.

Women and Children:

- **Fish:** tuna and salmon for all.
- **Juice:** lower amount with an option to substitute \$3 CVB for juice.
- **Peanut butter/beans:** one option may be substituted for one dozen eggs.
- **Whole grains:**
 - Children: lower amounts.
 - Women: all will get more whole grains.
 - Postpartum non-breastfeeding women: will now get whole grains.

Note: Formula amounts are not changing.

Talking points to share about this change:

- USDA regularly updates the food package.
- Food rule changes need to be cost-neutral.
- Changes improve balance, choice and allow for more individual preferences based on the latest nutrition science.

Tools to use with participants:

- **Shopping guide**
- **Pictorials**
- **'At a Glance' documents:**
 - Infants
 - Children
 - Women
- **Policies for staff:**
 - Exhibit 7-J
 - Exhibit 7-K
 - MOM Section 7.10

Additional policies will be added as they are revised.

How to issue new food packages:

Refer to the Feb. 26 [Update Document - Phase 3 Food Package Changes](#) for directions on issuing new foods in WINNIE.

- With this phase, all current food items (**NOT formula**) have an end date of May 31 in WINNIE. Participants with May benefits issued before June 1, will purchase the current food package. If issuing late benefits for May on or after June 1, participants will receive the NEW food items.
- Issue all new food packages for women, children and infants 6-11 months old. June food packages should be created **at the time June benefits are issued** and **when the participant is on the phone or present in person**.
- You will not be able to issue benefits with a Printed First Date to Use (PFDTU) of June 1 or after without first creating a new food prescription.
- **Steps for issuance:**
 1. Delete all future food packages (except for Formula only food prescriptions) with an Effective Date of June 1 or after.
 2. Create new **default** food packages with new food items.
 - You will not be able to issue benefits with food prescriptions that have expired food items.
 3. **Review food packages to ensure that all foods and the correct quantities are issued.** During the transition, several food items need special attention:
 - **Eggs and Juice:** these are not displaying correctly in default food packages (DFPs).

- **Infant Fruits/Veg and CVB:** because the calculator will not work correctly during the transition, it is possible to overissue. Always delete the unwanted food item before increasing the other food item's quantity.
- **Milk in Food Package 7:** milk can potentially be over-issued when one adds an extra pound of cheese in exchange for 3 quarts of milk. Always decrease the amount of milk before adding more cheese.

4. Once the default food package is correct, then begin your discussion with families about substitution preferences.

Always double-check that food packages are correct before issuing benefits.

Watch [WINNIE the Scoop! Newsletters](#) for updates.

Website updates

[Participant Food Package Updates page](#)

Information will be updated to reflect changes as materials become available.

[Local agency Food Package Updates page](#)

This page will be updated with the following as they become available:

- Previously shared guidance for June changes.
- Coming resources (i.e., food package pictorials, Shopping Guide).
- Information for participants.
- Policy drafts.
- Vendor communications.

The new food items will be posted on the [MN WIC APL](#). View the 'Recently Added Products' tab on the bottom of the spreadsheet for the complete list of new items. Watch this tab regularly as items are routinely changing.

Reference – complete listing of hyperlinks

[Update Document - Phase 3 Food Package Changes](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/winnie/releasedocs/fpfeb2026.pdf>)

[WINNIE the Scoop! Newsletters](#)

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

[Participant Food Package Updates page](#)

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

WIC FOOD PACKAGE CHANGES

[Local Agency Food Package Updates page](https://www.health.state.mn.us/people/wic/localagency/fdpkgupdts.html)

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

[MN WIC APL](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.health.state.mn.us%2Fdocs%2Fpeople%2Fwic%2Fvendor%2Fpchnng%2Fupc%2Fapl.xlsx&wdOrigin=BROWSELINK)

(<https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fwww.health.state.mn.us%2Fdocs%2Fpeople%2Fwic%2Fvendor%2Fpchnng%2Fupc%2Fapl.xlsx&wdOrigin=BROWSELINK>)

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

This institution is an equal opportunity provider.