

Changes to the Illinois WIC Food Packages

FEBRUARY 2026

What's New?

More Flexibility & Variety

- More container and package sizes to choose from at the store
- New foods to accommodate personal and cultural food preferences

More Balance

- Reductions in certain foods to support healthy diets and increases in other foods to address key nutritional concerns

FRUITS & VEGETABLES



New: fresh herbs

JUICE



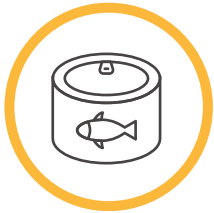
Substitute: juice for more fruits and vegetables

BEANS & PEANUT BUTTER



Choose at the store: canned beans, dried beans, or peanut butter

CANNED FISH



New: sardines
New: Chunk Light tuna, pink salmon, and sardines, for children and women

WHOLE GRAINS



New: whole wheat bagels, whole wheat English muffins, and Corn Masa Flour

DAIRY



Choose at the store: cow's milk, lactose-free milk, or soy milk

EGGS



Substitute: canned beans, dried beans, or peanut butter instead of eggs

INFANT FOODS



Substitute jarred infant foods for canned, fresh, or frozen fruits and vegetables starting at 6 months of age

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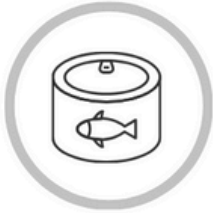
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