

WIC Food Packages

Final Rule Fact Sheet



Final modifications have been made to the interim regulations governing the WIC food packages. The modifications in the final rule reflect the experiences of State agencies in implementing the interim rule, while continuing to fulfill the intent of the recommendations of the Institute of Medicine (IOM) of the National Academies that serve as the basis for the WIC food package changes.

Modifications from Interim Rule *

- Increases fruit and vegetable voucher for children from \$6 to \$8 per month, the level recommended by the IOM.
- Requires State agencies to allow “split tender transactions” with the cash-value voucher, i.e., participants allowed to pay the difference when the purchase of fruits and vegetables exceeds the value of the CVV.
- Requires nonfat and lowfat (1%) milks as the standard issuance for children ≥ 24 months of age and women. (Under the interim rule they could also receive 2% milk.)

- Allows the WIC competent professional authority (CPA), in consultation with the health care provider if necessary, to determine the need for milk substitutes (including soy-based beverage and tofu) for children and women.
- Allows the CPA to make a determination for the need for fat-reduced milks for 1-year old children based on an individual nutritional assessment and consultation with the child's health care provider if necessary.
- Allows infants 9 months through 11 months of age to receive a cash-value voucher for the purchase of fresh fruits and vegetables in lieu of a portion of the commercial jar infant food fruits and vegetables (State agency option).
- Allows WIC State agencies to authorize dried fruits and dried vegetables to be purchased with the cash-value voucher for children (State agency option)

New Food Substitutions (at State agency option)

- Adds whole wheat pasta to the list of whole grain options for children and women.
- Adds yogurt to the list of partial milk substitutes in the food package for children and women.
- Adds Jack mackerel to the list of canned fish options for women in Food Package VII.

Effective and Implementation Dates

The rule is effective May 5, 2014.

Implementation Dates:

- CPA allowed to issue authorized soy-based beverage or tofu to children (no earlier than October 1, 2014);
- Yogurt authorized for children and women (no earlier than April 1, 2015).
- Increasing the CVV for children to \$8 per month (no earlier than May 5, 2014, and no later than June 2, 2014).
- Requiring split tender for CVVs (no earlier than October 1, 2014, and no later than April 1, 2015).

**** Refer to the full regulation at www.fns.usda.gov/wic for the complete provisions and requirements for the WIC food packages.***