

STARTING IN APRIL 2026!

Everyone will now get Fish!



Choose with WIC Staff

Keep Eggs



Trade for Peanut Butter/Beans/Lentils



Trade for Tofu



Juice

Keep Juice



Trade for \$3 Cash Value Benefit for fruits and veggies



Dairy and Dairy Alternatives

Cheese

Keep 1lb Cheese



Trade for more Milk.



Trade for Plant Based Alternatives.



Yogurt

Have 1 Quart Yogurt



Have 2 Quarts Yogurt, but less milk and/or cheese.



Have No Yogurt & Trade for More Milk.



Have no Yogurt & Trade for Plant Based Alternatives.



Liquid Milk/Milk Alternative – No Yogurt/Cheese, more milk

Keep the Same Milk Options



Switch to Plant Based Alternatives

