

Tennessee WIC Monthly Child Food Package- 2 Through 4 Years

*Effective October 1, 2025

Grains	Fruit and Vegetables	Protein
<p>36 oz cereal</p> <p>Up to 24 oz whole wheat bread or other whole grain products such as: <i>brown rice, bulgur, oatmeal</i> <i>soft corn or whole wheat tortillas</i> <i>whole wheat macaroni / pasta</i></p>	<p>64 oz of WIC approved juice, or additional \$3 CVB</p> <p>\$26 CVB</p> <p>Dairy</p> <p>3 gallons milk – Fat Free, Low Fat, or Sweet Acidophilus</p> <p>64 oz Low Fat or Fat Free yogurt</p> <p><i>Substitutions are available. Talk to your WIC provider if you need lactose free or soy options.</i></p>	<p>1 dozen eggs</p> <p>16 oz package dried beans/peas or 4 - 15 to 16 oz cans canned beans or 1 - 16-18 oz jar of peanut butter</p> <p>6 oz canned fish</p>

*CVB = Cash Value Benefit for fresh, frozen, and dried fruits and vegetables



Download the WIC Shopper App!

- View your balance
- Find stores
- See approved foods



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