

Tennessee WIC

Monthly Food Package for Limited Breastfeeding or Postpartum Mom

*Effective October 1, 2025

| Grains | Fruits and Vegetables | Protein |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 36 oz cereal Up to 48 oz whole wheat bread or other whole grain products such as: <i>brown rice, bulgur, oatmeal soft corn or whole wheat tortillas whole wheat macaroni / pasta</i> | 64 oz of WIC approved juice, or additional \$3 CVB \$47 CVB | 1 dozen eggs 16 oz package dried beans/peas or 1 - 15 to 16 oz cans of canned beans or 1 - 16 to 18 oz jar of peanut butter 10 oz canned fish |
| Dairy | 3 gallons milk – Fat Free, Low Fat, or Sweet Acidophilus 32 oz Low Fat or Fat Free yogurt 16 oz cheese <i>Substitutions are available. Talk to your WIC provider if you need lactose free or soy options.</i> | |

*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

