

Tennessee WIC Monthly Food Package for Pregnant Women

**Effective October 1, 2025*

Grains	Fruit and Vegetables	Protein
36 oz cereal	64 oz of WIC approved juice, or additional \$3 CVB	1 dozen eggs
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>	\$47 CVB	16 oz package dried beans/peas <u>or</u> 4 - 15 to 16 oz cans canned beans <u>and</u> 1 - 16-18 oz jar of peanut butter
	Dairy	10 oz canned fish
	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



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