

# Tennessee WIC Monthly Food Package for Pregnant Women

\*Effective October 1, 2025

| Grains   | Fruit and Vegetables   | Protein  |
|--|--|--|
| 36 oz cereal<br><br>Up to 48 oz whole wheat bread or other whole grain products such as:<br><i>brown rice, bulgur, oatmeal<br/>soft corn or whole wheat tortillas<br/>whole wheat macaroni / pasta</i> | 64 oz of WIC approved juice, or additional \$3 CVB<br><br>\$47 CVB   | 1 dozen eggs<br><br>16 oz package dried beans/peas<br><b>or</b><br>4 - 15 to 16 oz cans canned beans<br><b>and</b><br>1 - 16-18 oz jar of peanut butter<br><br>10 oz canned fish |
|  | <b>Dairy</b><br><br>3 gallons milk – Fat Free, Low Fat, or Sweet Acidophilus<br><br>32 oz Low Fat or Fat Free yogurt<br><br>16 oz cheese<br><br><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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