

# Tennessee WIC Monthly Child Food Package- 2 Through 4 Years

\*Effective October 1, 2025

Grains	Fruit and Vegetables	Protein
36 oz cereal	64 oz of WIC approved juice, or additional ____ CVB	1 dozen eggs
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>	____ CVB	16 oz package dried beans/peas <u>or</u> 4 - 15 to 16 oz cans canned beans <u>or</u> 1 - 16-18 oz jar of peanut butter
	Dairy	6 oz canned fish
	3 gallons milk – Fat Free, Low Fat, or Sweet Acidophilus  64 oz Low Fat or Fat Free yogurt  <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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