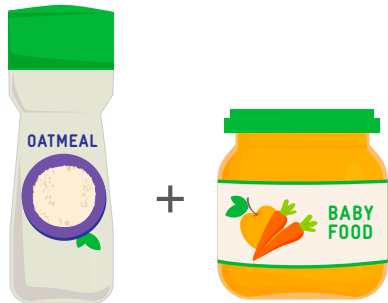


# Changes to WIC Infant Foods

Effective January 1, 2025

The USDA made changes to infant foods-reducing the amount of infant cereal and infant meats and increasing the amount of Cash Value Benefit (CVB) for fruits and vegetables.

## Formula Fed Infants



Infant Cereal  
8 ounces

Infant Fruits and  
Vegetables  
128 ounces or 32 jars  
(4 oz/jar)

## Fully Breastfed Infants



Infant Cereal  
16 ounces

Infant Fruits  
and Vegetables  
128 ounces  
or 32 jars  
(4 oz/jar)

Infant Meats  
40 ounces  
or 16 jars  
(2.5 oz/jar)

As of January 1, 2025, families with infants over 6 months can trade jarred baby food fruits and vegetables for \$11 (half) or \$22 (all) Cash Value Benefit (CVB).

The CVB can be used to purchase fresh, frozen, or canned fruits and vegetables. You can make this change at your WIC appointment or by contacting [your local WIC office](#).

## Trade half or trade all



For more information  
[FNS.USDA.gov/WIC/Food-Packages](https://FNS.USDA.gov/WIC/Food-Packages)

**WIC** WOMEN  
INFANTS  
CHILDREN  
VERMONT DEPARTMENT OF HEALTH

This institution is an equal opportunity provider.