

Starting April 2026

New WIC Foods!

More choices for you
and your family



Canned fish | Now available to parents and children

- Salmon, sardines, and light tuna—
in various sizes



Whole grains | More choices

- Whole wheat bagels, whole wheat English muffins, and whole wheat pita bread
- Corn masa flour and whole grain cornmeal
- New whole grain breakfast cereal choices and new lower sugar options



Yogurt More flavors



Check the
Shopping Guide
or your WIC
App for more
information about
approved foods.



Swap some WIC foods! →

Make a food swap!

You can swap some WIC foods for other options that may work better for you and your family. Ask to make a swap in your food package at your next WIC appointment.

Swap some milk for **tofu, plant-based milk, or an extra yogurt.** Plant-based milk alternatives now include additional types besides soy milk.



Swap eggs for **tofu, peanut butter, or dry or canned beans.** Canned beans now include fat free refried beans.



Swap half or all of **your infant fruits and vegetables for fresh, frozen, or canned fruits and vegetables.**



California Department of Public Health, California WIC program
This institution is an equal opportunity provider.

1-800-852-5770 | MyFamily.WIC.ca.gov