



New Food List coming July 1, 2025

The types and amounts of foods for WIC participants is changing! In 2024, the United States Department of Agriculture (USDA) revised the federal WIC food package rule. The rule was last updated in 2009, so this is exciting news!

Highlights include:

- New whole wheat bread options
- Additional whole grains including quinoa, cornmeal, and corn masa
- Fresh herbs such as cilantro and parsley
- Nut and seed butters
- More plant-based milk alternatives
- Canned fish for everyone except infants
- Option to substitute fruit and vegetables for a portion of baby food and juice

Here's what to expect from Oregon WIC.

- A new WIC Food List effective July 1, 2025, that will include many changes to authorized foods.
- Updated WIC Minimum Stock Requirements for vendors.
- A video-style training about the new Food List that will be available in late spring.
- Printed Food Lists will be mailed to stores in mid-June 2025.
- New foods will be added to the WIC Approved Products List (APL) in mid-June, with a start date of 7/1/2025.
- Foods that are no longer WIC-eligible or manufactured will be removed from the APL on 6/30/2025.

Look for more information in the coming months.



The price of eggs today

Egg prices increased rapidly in November and December due to the avian (bird) flu. We are aware of inconsistent egg availability and prices and will continue to monitor the situation. You can contact us at WIC.VendorServices@odhsoha.oregon.gov with questions or concerns about eggs.

Important message for WIC's community partners

WIC remains committed to Oregon Health Authority's mission of ensuring all people and communities can achieve optimum physical, mental, and social well-being through partnerships, prevention, and access to quality, affordable health care. Every change in federal administration presents potential disruptions to health care policy. The Oregon WIC Program wants to reassure community members and partners that it will continue serve them and will keep them apprised of any potential federal changes that could impact the program. WIC will continue supporting OHA's important work of expanding opportunity, improving well-being, and eliminating health inequities for all Oregonians. Please contact us if you have any questions or concerns.