



## FINAL RULE UPDATE: Revisions in the WIC Food Package – Canned Fish

**To:** WIC Authorized Vendors

**From:** WIC Vendor Management Unit

**Impacted Category/ Sub-Category:** Canned Fish

### Final Rule Information

The USDA FNS has revised WIC food package regulations to align with the current *Dietary Guidelines for Americans* and recommendations from the National Academies of Science, Engineering, and Medicine. These updates promote nutrition security, equity, and flexibility, ensuring participants have greater access to nutritious foods while accommodating cultural and personal dietary preferences.

This memo outlines the final rule regarding the inclusion of canned fish in food packages for children, pregnant, postpartum, and breastfeeding participants. The rule codifies the specific amounts of canned fish to be provided monthly.

**Regulation Reference:** § 246.10(e)(4)(ii), and (10) through (11), Tables 2 through 3

### Changes to the food package

These updates are designed to increase access to healthier food choices and ensure that vendors can support WIC program goals effectively.

**All WIC Participants will now receive:**

- **Children 2 through 4 years of age:** 6 ounces per month
- **Children 12 through 23 months of age:** 6 ounces per month
- **Pregnant and postpartum participants:** 10 ounces per month
- **Partially (mostly) breastfeeding participants:** 15 ounces per month
- **Fully breastfeeding participants:** 20 ounces per month

Updates will be made to the FFY 2026 Vendor Handbook

## Information for Vendors

- **Stock more variety:** Vendors may need to stock additional canned fish options to meet demand from more participant categories. More families will be redeeming canned fish.
- **Check shelf labels & UPCs:** Not all canned fish qualifies! Vendors need to ensure all stocked products meet the WIC-approved list and follow the specific brand and size guidance submitted in the “Store Brand Declaration Form”.
- **Watch for Updates:** Keep an eye on the **Authorized Product List (APL)** and stocking requirements updates.
- **Participant Questions: This is a GOOD thing!** Refer to WIC Clinic if a vendor is unable to answer the question.

### Allowed Canned Fish Types

- Light Tuna (canned)
- Chub Mackerel
- Salmon
- Sardines
- Anchovies

These updates aim to enhance the accessibility and variety of nutritious foods for WIC participants while ensuring vendors have clear guidance on stocking and selling approved items. If you have any questions, please reach out to the WIC Vendor Management Unit for further assistance.

For additional details, visit [Final Rule: Revisions in the WIC Food Packages \(2024\) | Food and Nutrition Service](#).