WIC PROGRAM: AVERAGE MONTHLY BENEFIT PER PERSON (Data as of October 9, 2026)					
State / Indian Tribe	FY 2021	FY 2022	FY 2023	FY 2024	FY 2025
Alabama	36.57	41.04	53.36	56.13	58.95
Alaska	41.06	51.17	67.98	65.88	73.53
American Samoa	63.09	78.83	90.65	99.79	110.03
Arizona	28.59	41.79	49.12	57.31	64.11
Dept. of Health	28.87	41.91	49.01	57.42	64.19
Navajo Nation	31.89	47.10	56.86	63.66	69.76
Inter-Tribal Council	21.01	35.96	46.13	50.34	58.52
Arkansas	32.86	46.89	52.55	59.90	65.74
California	40.48	57.08	64.07	66.59	69.35
Colorado	30.50	43.75	52.14	56.37	58.53
Dept. of Health	30.49	43.76	52.13	56.35	58.51
Ute Mountain Ute Tribe	33.24	40.01	58.98	68.91	73.10
Connecticut	43.91	52.60	58.58	61.49	62.60
Delaware	31.04	34.89	39.37	42.96	49.42
District of Columbia	26.21	25.35	39.57	50.78	57.32
Florida	36.27	54.44	61.93	64.73	68.18
Georgia	34.31	39.17	51.79	60.54	63.16
Guam	61.52	74.71	83.16	87.84	94.44
Hawaii	41.44	57.68	67.93	72.63	74.75
Idaho	26.13	39.94	47.60	51.33	54.61
Illinois	41.68	55.63	58.44	64.69	68.69
Indiana	24.38	39.64	48.03	59.97	62.90
Iowa	28.97	43.07	53.80	54.45	57.98
Kansas	29.19	42.08	49.85	54.19	58.80
Kentucky	32.45	43.05	51.15	60.11	61.63
Louisiana	38.51	43.18	50.03	60.00	64.46
Maine	33.20	43.94	51.07	54.67	58.43
Dept. of Human Services	33.08	43.87	51.01	54.52	58.42
Pleasant Point	56.78	44.94	60.11	78.94	62.32
Indian Township	49.44	68.89	68.00	169.96	--
Maryland	30.69	44.70	53.99	60.01	65.55
Massachusetts	34.95	47.31	54.82	59.01	57.62
Michigan	27.24	40.29	49.83	55.85	58.51
Minnesota	34.27	47.58	54.31	56.27	59.69
Mississippi	70.85	22.42	48.42	53.52	60.71
State Board of Health	71.29	22.21	48.32	53.80	60.73
Choctaw Indians	26.16	41.03	56.65	29.25	58.61
Missouri	26.03	34.95	43.51	48.29	52.74
Montana	27.81	43.90	50.37	52.60	52.57
Nebraska	31.90	41.54	47.23	53.70	57.63
Dept. of Health	31.64	41.30	46.95	53.51	57.47
Omaha Sioux	58.02	67.11	71.70	68.24	68.05
Winnebago Tribe	55.90	66.20	71.98	73.13	73.75
Santee Sioux	62.94	72.15	77.48	77.15	82.17
Nevada	31.44	44.39	50.77	57.02	65.20
Division of Health	31.55	44.49	50.84	57.08	65.34
Inter-Tribal Council	24.02	35.79	43.59	49.51	48.82
New Hampshire	24.70	35.94	44.63	49.07	49.57
New Jersey	49.69	61.44	76.32	81.77	85.74
New Mexico	33.70	44.56	53.87	61.80	66.54
Dept. of Health	31.98	43.35	51.97	60.44	65.70
Eight Northern Pueblos	45.90	51.17	69.92	75.13	75.24
Isleta Pueblo	36.59	41.29	63.02	65.68	68.39
Zuni Pueblo	39.22	52.29	68.30	69.14	67.66
Five Sandoval Pueblos	39.85	46.97	65.79	77.95	77.62
Santo Domingo Tribe	211.10	137.01	157.90	178.52	173.21
San Felipe Pueblo	199.30	203.15	225.69	165.80	144.49
Acoma, Canoncito & Laguna	33.32	40.65	52.13	63.27	62.17
New York	49.56	65.08	73.25	77.28	80.01
North Carolina	31.85	39.85	47.91	58.32	60.05
Dept. of Health	31.87	39.86	47.91	58.32	60.07
Eastern Cherokee	25.09	35.28	47.91	54.70	52.15
North Dakota	44.11	47.63	51.84	51.91	59.41
Dept. of Health	43.72	47.09	51.36	51.16	58.76
Standing Rock Sioux Tribe	44.53	58.91	66.12	70.35	78.29
Three Affiliated Tribes	65.20	69.24	67.63	82.53	86.01
Ohio	34.30	43.40	55.63	56.10	64.20
Oklahoma	25.21	36.47	42.55	45.63	56.40
Dept. of Health	24.86	37.75	44.19	47.34	58.51
Choctaw Nation	21.90	30.15	23.78	17.03	22.17
Chickasaw Nation	27.02	32.01	39.80	43.09	58.46
Muscogee Creek Nation	27.53	33.81	44.70	48.53	63.08
Cherokee Nation	33.18	36.78	45.36	51.71	53.22
Citizen Potawatomi Nation	19.67	29.33	41.97	46.29	58.97
Osage Tribal Council	21.33	35.14	40.96	39.51	51.56
Otoe-Missouria Tribe	34.14	33.99	43.12	47.65	61.59
Inter-Tribal Council	49.21	55.22	59.27	64.23	70.49
Wichita, Caddo & Delaware (WCD)	23.95	31.23	37.14	45.14	58.28
Oregon	27.22	42.00	47.88	53.60	56.89
Pennsylvania	35.36	45.83	57.34	68.80	70.22
Puerto Rico	93.98	110.41	135.13	149.26	163.83
Rhode Island	39.18	38.81	51.67	59.87	62.26
South Carolina	30.92	38.76	49.65	54.25	61.53
South Dakota	33.41	44.78	49.39	52.63	52.81
Dept. of Health	32.10	43.55	47.37	50.74	51.14
Cheyenne River Sioux	46.91	59.97	71.77	71.59	80.41
Rosebud Sioux	46.72	55.93	67.56	73.91	66.40
Tennessee	26.40	47.35	44.74	56.66	63.69
Texas	25.15	36.99	46.01	46.71	50.49
Utah	38.21	47.60	58.90	59.09	62.96
Vermont	34.58	42.25	48.85	52.63	53.85
Virginia	27.65	39.02	46.64	51.74	54.40
Virgin Islands	62.40	66.81	76.92	83.62	89.37
Washington	28.04	44.37	45.50	53.81	61.08
West Virginia	38.87	42.49	44.78	57.74	63.83
Wisconsin	25.04	37.03	38.58	47.05	49.64
Wyoming	28.07	41.79	51.11	56.30	58.37
Dept. of Health	27.16	41.31	50.75	56.01	57.88
Northern Arapahoe	42.16	55.59	59.65	65.66	71.59
Shoshone Tribe	69.69	53.55	62.78	59.37	70.74
Northern Marianas	58.28	70.95	82.81	86.46	93.89
TOTAL	**35.57**	**47.75**	**56.01**	**61.06**	**64.89**

WIC is the common abbreviation for Special Supplemental Nutrition Program for Women, Infants and Children. The average monthly benefit equals total annual food cost divided by average monthly participation, divided by 12. Farmers Market benefits are not included.

Data are subject to revision.