

WIC benefits changing to meet new USDA nutrition guidelines

BY TOM LATEK
KENTUCKY TODAY

Kentucky Women Infants and Children Supplemental Nutrition program food packages are being updated this month to meet new USDA nutrition guidelines, bringing more choices and flexibility for WIC families.

"Families won't see changes to their current benefits until their next issuance, so be sure to keep your next WIC

appointment," said Summer Scott, nutrition and lactation program manager for the Louisville Metro Department of Public Health and Wellness. "At that visit, your nutritionist or nurse can help you switch to a new food package if you'd like. A new WIC approved food list will also be available in your WIC Shopper App."

WHAT'S NEW

- More flexibility in product sizes, including

whole grains and infant foods.

- New food options will be available, including canned fish for women and children.
- More whole-grain choices and cereals.
- New package options also will include substituting \$3 in Cash Value Benefits for juice. Choosing beans or peanut butter instead of eggs and receiving up to two quarts of yogurt instead of milk.

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— Summer Scott, nutrition and lactation program manager

WHAT'S CHANGING

- Juice reduced to 64 ounces.
- Whole grains adjusted to 48 ounces for most women and 24 ounces for children.

• Some food packages now include one less pound of cheese.

• Some yogurts, breads and cereals removed due to updated nutrition standards or

availability.

More information on the USDA's changes to the WIC program's food packages can be found at fns.usda.gov/wic/food-packages.

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Call The TRIB at 270-527-3162 or email us at editor@tribunecourier.com

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The Master Commissioner will offer for sale on or about the hour of 1:00 p.m. Thursday, April 30, 2026, at public auction to the highest bidder at the Marshall County Courthouse, 1101 Main Street, Benton, KY, the following described properties. For complete legal description and source of title see the Judgment and Order of Sale in each case.
At the time of sale, the successful bidder shall either pay full cash or make a deposit of ten percent (10%) of the purchase price with the balance on credit for thirty (30) days. If the purchase price is not paid in full, the successful bidder shall execute a bond at the time of sale with sufficient surety to secure the unpaid balance of the purchase price. The bond shall bear interest at the rate the judgment bears from the date of sale until paid. In the event the successful bidder is the Plaintiff, then in lieu of the deposit the Plaintiff shall be allowed to bid on credit up to the judgment amount. The purchaser shall be responsible for ad valorem taxes due in the year 2026 and future years. The property will be sold subject to easements and restrictions of record and, if applicable, the right of redemption of the Defendant property owner(s) or the United States of America. The sale may be canceled and any announcements made at the sale take precedence over printed matter contained herein. The successful bidder has 10 days after the sale to examine title and file exceptions, if appropriate. The Master Commissioner does not have a key to or access to the inside of any property, does not have authority to grant anyone access to the property and does not warrant title.
This 16th day of April, 2026.
TOM BLANKENSHIP MASTER COMMISSIONER
909 Main Street, PO Box 571 BENTON, KY 42025
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Case No. 25-CI-00198
Plaintiff: Tax Brake KY, LLC
Defendants: Seth David Hamm, et al
Property Address: 10735 U.S. Highway 68 E., Benton, KY
PVA Map No.: 77-00-00-030
Approximate Judgment Amount: \$13,749.52

Case No. 25-CI-00196
Plaintiff: Mid South Capital Partners, LP
Defendants: Linda Pemwell, et al
Property Address: 38 Watkins Street, Hardin, KY
PVA Map No.: 0H-01-06-028
Approximate Judgment Amount: \$9,479.47

Case No. 25-CI-00221
Plaintiff: Lakeview Loan Servicing, LLC
Defendants: Carolyn Smith Roberts, et al
Property Address: 156 West 3rd Avenue, Calvert City, KY
PVA Map No. 0C-05-01-017
Approximate Judgment Amount: \$68,780.19

Case No. 25-CI-00417
Plaintiff: Pennymac Loan Services, LLC
Defendants: Michael Ross Travis, et al
Property Address: 1032 Fox Ridge Court, Benton, KY
PVA Map No.: 47-0A-0B-002
Approximate Judgment Amount: \$172,449.46

Case No. 25-CI-00153
Plaintiff: Troy Wray d/b/a Hogarty, III, et al
Property Address: 302 Cactus Drive, Benton, KY
PVA Map No. 0D-02-00-039
Approximate Judgment Amount: \$5,886.32



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