

Effective June **2020**

# Utah WIC Program



Authorized WIC Foods



Healthy Children, Healthy Families



### **Bring to certification appointments:**

- **Proof of income** such as each applicant's Medicaid card or all household pay stubs from the last 30 days. If paid weekly, bring four pay stubs; bi-weekly or twice monthly bring two pay stubs. All sources of income.
  - **Proof of address** such as a current utility bill; or a current rent or mortgage bill/receipt. Must have your street address printed on it.
  - **Proof of identity** for each person to be certified such as: driver license, birth certificate, Medicaid card or photo ID. Infants may use crib card or Newborn ID Form. Children age one and over require a birth certificate, Medicaid card or photo ID.
  - **Proof of guardianship** if you are not the child's parent.
  - **Infants** and **children** being certified.
  - **Immunization records** for your children if available.
  - A parent or guardian must be present at certification appointments.



Your next appointment is listed below. Call the clinic if you cannot keep your appointment.

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# Rights and Responsibilities

## I have the right to:

- Receive benefits to buy healthy foods. I know WIC does not provide all the food I need.
- Get information about healthy eating and active living.
- Receive help and support with breastfeeding.
- Receive information about immunizations and other health services that may help me.
- Fair and respectful treatment from WIC staff and store employees. If I have not been treated fairly, I can talk to a WIC supervisor. I can ask the WIC director or the State WIC Office for a conference or a hearing if I disagree with decisions regarding my eligibility.
- **Civil rights protection.** WIC Program eligibility standards are the same for everyone regardless of race, color, national origin, sex, age or disability.
- **Privacy.** WIC's privacy policy is found on page 3.

## My responsibilities:

### I agree to give true and complete information about:

- My income. I will tell staff about all income sources in my household. I will report any changes.
- My participation in Medicaid, Supplemental Nutrition Assistance Program (SNAP), or the Family Employment Program (TANF). I will let WIC know if I stop participating in a program that made me eligible for WIC.
- My breastfeeding status. I will notify WIC if I reduce or stop breastfeeding.
- My pregnancy status.
- My address. I will report changes to my address or contact information. I can ask for a Verification of Certification (VOC) if I am moving out of state to make it easier to get on WIC in my new state.

**I agree to follow the rules. I will:**

- Treat clinic staff and store employees with respect. I won't swear, yell, threaten or harm anyone.
- Use my WIC foods for the family members they were issued for.
- Return extra foods I can't use to the clinic.
- Never offer to sell, give away, or trade my WIC foods, infant formula or eWIC card. This includes posting them online, or returning them to the store. Any food or formula I offer to sell or give away that is the same as the WIC food or formula I received will be assumed to be WIC food. I will be asked to pay the program back for the food or formula.
- Receive benefits from only one WIC clinic at a time. I understand that dual participation is illegal.
- Keep my appointments or call the clinic to reschedule. I understand I can be taken off the program if I do not pick up benefits for two months in a row.
- Bring my eWIC card with me when I go to the clinic so that my benefits can be loaded onto the card.
- Protect my eWIC card like a debit card, keeping it from being lost, stolen, damaged or destroyed.
- Promptly tell WIC staff if my eWIC card is lost or stolen. I understand there will be a three day waiting period to replace my card. I will not try to use a card I reported lost.
- Not share my card or PIN number with anyone except for those that I authorize while in the clinic.
- Follow the rules and instructions in the Utah WIC Authorized Foods booklet.

**Agreement:**

I have read or been advised of my rights and responsibilities. If I do not follow these rules, I understand I may be asked to repay WIC for any benefits my family received. I also understand I may lose future benefits and be taken off the WIC program.

This certification is being completed with the receipt of federal assistance. I certify that the information I have given is correct to the best of my knowledge. Program

staff may verify all of the information I have given to the clinic. I know that any untrue information I have given to receive WIC food benefits, including but not limited to making a false or misleading statement or misrepresenting, concealing, or withholding facts may result in me having to pay back the state agency for the value of food improperly given to me, and may subject me to civil or criminal prosecution under state and federal law.

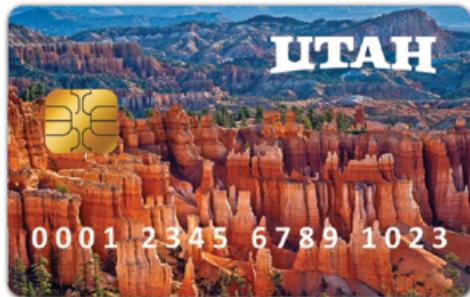
I understand that I, the parent/guardian, or an additional guardian that I have identified to the clinic, must be present at certification appointments. If I have designated a proxy (authorized shopper), they can pick up my WIC benefits at the clinic and redeem my benefits in the store on my behalf. My proxy may also bring my child/children to the clinic if follow-up visits are needed to have their height and weight checked, and/or blood screened for low iron. I understand that I am responsible for the actions of my proxy. It is my responsibility to ask my proxy to share with me any information or notifications provided by clinic staff.

**WIC Privacy Policy:**

WIC respects your right to privacy. As a WIC participant, you may receive reminder text messages, phone calls, letters, postcards, or emails. You may request not to receive these reminders. To opt out of texting, text STOP to 22300.

Information about your participation in the WIC program may be shared for non-WIC purposes with other health and nutrition programs that serve persons eligible for the WIC program. The executive director of the Utah Department of Health has authorized the disclosure and use of confidential WIC information to certain programs to see if you qualify for their services; to conduct outreach; to share needed health information with programs you are already participating in; to streamline administrative procedures between programs; and to help assess the overall health of Utah families through reports and studies. You may ask WIC staff for more information about these programs.

# Using your eWIC Card at the Store



- ▼ Shop for WIC foods only at authorized stores. Most stores will have a sticker that identifies them as accepting the Utah eWIC card.
- ▼ Take your eWIC card and your Family Food Benefits list or card balance receipt with you to the store.
- ▼ Utah WIC authorizes specific brands and package sizes. If you have trouble finding an item, speak with store staff. Stores do not have the ability to allow you to purchase items not on the WIC authorized product list. If you find an item that you were not allowed to buy that you believe is an authorized item, you can report it to the State WIC Office to research. You can report it through the WIC Shopper app or by emailing [wicupc@utah.gov](mailto:wicupc@utah.gov).
- ▼ When selecting your WIC foods, keep an eye on your remaining balances of ounces or containers to ensure that the package sizes you choose will fit within the quantities loaded to your family's eWIC card.
- ▼ Follow the instructions of the cashier when using your eWIC card. You may need to insert your card at the beginning of the transaction. You don't normally need to separate your WIC foods from your other purchases.

- ▼ The cashier will give you a beginning balance receipt, this will tell you what your card currently has loaded to it. A second receipt tells you what is coming off your eWIC card during this transaction. The final WIC receipt is your ending balance receipt, this is what you have left on your card after this shopping trip. Keep your ending balance receipt so that you will know what is left on your card next time you shop.
- ▼ You will need to enter your PIN number. You should never need to tell the cashier your PIN number.
- ▼ You will need to approve the WIC transaction before payment. You can remove items before you pay.
- ▼ After you pay for your WIC items, you can pay the difference on your fruit and vegetable items and pay for your other purchases with another method of payment. Always pay with your eWIC card first.
- ▼ If there is any card error at the store, you will need to return to the clinic to resolve the problem.
- ▼ You may not return your WIC foods to the store for cash, credit or other items.
- ▼ Please treat store staff with respect and courtesy.
- ▼ If you have problems at the store, speak with the store manager to resolve the problem. If the manager is unable to resolve the problem, call your WIC clinic or the State WIC Program at **1-877-WIC-KIDS**. Make sure to keep track of the store name, date/time, names of people involved, and save your receipt.



## eWIC Tips

- ▼ The eWIC card is like a debit card, it has a chip that stores the food benefits that are loaded onto the card specifically for your family members.
- ▼ Keep your eWIC card in your wallet or another safe place. Protect your eWIC card from being lost, stolen, or damaged.
- ▼ Do not write your PIN on your card or share it with unauthorized individuals.
- ▼ Your eWIC card will be loaded with up to 3-4 months of benefits at the clinic. You will only have access to use current month's benefits at the store. All foods must be purchased before midnight on the last day of each month or they will be lost.
- ▼ You do not have to buy all your WIC foods in one shopping trip. It's best to shop throughout the month, that way you'll have fresh food all month long.
- ▼ WIC foods are not meant to be shared. They should only be used by the WIC participant they were issued for.
- ▼ Bring your eWIC card with you to each clinic visit so that additional benefits can be loaded.
- ▼ If your card is lost, stolen or damaged call your clinic promptly. There is a 3-day waiting period for card replacement.
- ▼ You can select another person as your proxy or alternate shopper while you're at the clinic. They can help you when you're sick or unable to go shopping or pick up your WIC benefits.



## WICShopper app

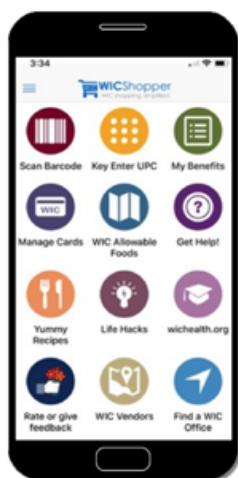
WICShopping, simplified.

**The Utah WIC Program offers the WICShopper app. With it, participants can:**

- ▼ Display eWIC card benefits
- ▼ Scan foods to make sure they are WIC authorized
- ▼ View the Utah WIC Authorized Food List
- ▼ Find Utah WIC Vendors
- ▼ Find Utah WIC Clinics
- ▼ Report foods that you believe should be WIC allowed
- ▼ Much more!

**Get the WICShopper app to make the most of your grocery shopping**

- 1 Install WICShopper from the Apple App Store or Google Play.
- 2 Select Utah as your WIC Agency.
- 3 Scan product bar codes to verify WIC-allowed foods.
- 4 If you find a non-approved food that you believe is an error, submit it for review.
- 5 Find easy access to the current Utah Authorized WIC Food list.



**Download the app now!**

[www.ebtshopper.com/download](http://www.ebtshopper.com/download)



## Never sell, trade, or give away WIC foods; this is considered fraud.

It is not required to purchase all items on your eWIC card. Speak to the WIC staff if you do not use or need all the foods on your eWIC card. If you suspect any fraud, please report it to your local WIC clinic.

### \*Store Brands/Private Labels:

A store brand must be purchased when indicated in the Utah Authorized WIC Foods Booklet. Examples of store brands/private labels include but are not limited to: Food Club, Kroger, Great Value, Market Pantry, Good & Gather, WinCo, Signature Select, Lucerne, Freedom's Choice, and Harmons. Stores are required to carry store brands/private label products for the following food items: milk, cheese, eggs, beans, rice, and canned tuna. When certain brands are specified in the Authorized WIC Foods Booklet, only those brands listed may be purchased.

**Organic:** Organic food items are not allowed except for fresh fruits and vegetables.



## Infant Cereal

**Buy:** Dry, 8 oz container

- Gerber, Beechnut
- Oatmeal
- Rice
- Mixed Grain/Multigrain
- Barley
- Whole Wheat



**Do Not Buy:** With added formula, fruit, yogurt, probiotics or DHA/ARA; Beechnut Good Morning, organic

## Baby Food

**Buy:** Single vegetable, single fruit, mixed vegetables, mixed fruits, or vegetables mixed with fruits

- 4 oz jar
- Gerber, Beechnut Classics, Beechnut Naturals, Tippy Toes



**2 oz 2-packs count as 1 jar**

**4 oz 2-packs count as 2 jars**

- 2 oz 2-packs
- Gerber
- 4 oz 2-packs
- Gerber, Tippy Toes



**Do Not Buy:** Medleys, dinners, delights, custards, cobblers, desserts, organic or any added ingredients

## Baby Food Meat

*Baby food meats are an extra benefit for fully-breastfed infants.*

**Buy:** "Single meat" variety with added broth or gravy

- 2.5 oz jar
- Gerber, Beechnut Classics, Tippy Toes



**Do Not Buy:** Meat sticks, dinners, organic or any added ingredients except for added broth or gravy

## Infant Formula

**Buy:** Size and description as printed on eWIC receipt

## Milk

**Buy:** \*Store brand/private label

- Quart sized milk is allowed in any brand
- Pasteurized. Size, description, and fat content as printed on eWIC receipt
- Lactose-free milk only if printed on eWIC receipt

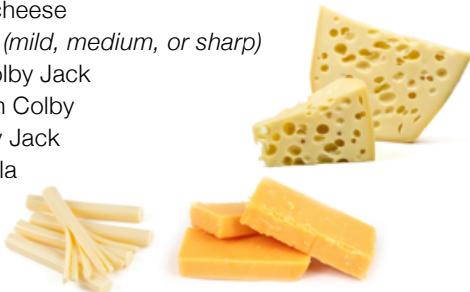
**Do Not Buy:** Flavored, Skim Royale/Delight, unpasteurized, raw



## Cheese

**Buy:** \*Store brand/private label

- Block cheese, mozzarella string cheese, domestic cheese
  - Cheddar (*mild, medium, or sharp*)
  - Colby/Colby Jack
  - Longhorn Colby
  - Monterey Jack
  - Mozzarella
  - Swiss



**Do Not Buy:** Deli, sliced, shredded, reduced-fat, cheese food/spread/product, name brand string cheese, any other variety of cheese not listed (i.e., Pepper Jack, individual 1 oz string cheese)

## Eggs

**Buy:** \*Store brand/private label

- Large or medium, white

**Do Not Buy:** Brown, cage-free, omega-3



## Yogurt

**Buy:** 32 oz containers or smaller containers in combinations that equal 32 oz.

- Any flavor
- Fat content as printed on eWIC receipt
- Added fruit is allowed



**Do Not Buy:** Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients, drinkable yogurts, yogurts in tubes, whips

### Reduced Fat/Lowfat/Non-Fat Yoghurts

- Market Pantry
- Lucerne
- Open Nature
- Great Value
- Kroger
- Western Family/ Shurfine
- Dannon
  - Regular
  - Light & Fit
  - Light & Fit Greek
- Oikos
  - Oikos 0%
  - Oikos Triple Zero
- Mountain High
- Food Club
- Simply Balanced

### Whole Fat Yoghurts

- Dannon
- Lucerne
- Yoplait
  - Yoplait Fruitside
  - Yoplait Oui Yogurt
- Mountain High Original Style
- Oikos 4% Greek
- Kroger
- Open Nature
- Winco
- Food Club



# Juice

## Buy:

- Unsweetened, 100% juice; single flavor or blends
- Regular flavor or low sodium for tomato/vegetable juice

**Do Not Buy:** Refrigerated juices (except orange juice), cocktails, nectars, ciders, 59 oz container

## Children 64 oz Full Strength Juice



Apple | Orange | White Grape |



Apple | Cranberry | Grape | Orange | Vegetable |  
White Grape |



Apple | Cranberry | Cranberry Grape | Cranberry  
Raspberry | Grape | Grapefruit | Orange |  
Pineapple | Tomato | Vegetable | White Grape |



Apple | Cranberry Apple | Cranberry Blend |  
Cranberry Grape | Cranberry Pomegranate |  
Cranberry Raspberry | Big Bird's Apple |  
Cookie Monster's Berry | Elmo's Punch |  
Grover's White Grape |



Blueberry Blackberry Acai | Cranberry |  
Cranberry Blackberry | Cranberry Cherry |  
Cranberry Grape | Cranberry Mango | Cranberry  
Pomegranate | Cranberry Raspberry |  
Pomegranate Blueberry | Raspberry Blueberry |



Apple | Grapefruit | Orange | Purple Grape |  
White Grape |



Concord Grape | Red Grape Juice | Super Berry |  
White Grape Peach | White Grape |



Apple | Cranberry | Cranberry Blackberry |  
Cranberry Cherry | Cranberry Grape |  
Cranberry Mango | Cranberry Pineapple |  
Cranberry Pomegranate | Cranberry  
Raspberry | Grape |



Apple | Apple Raspberry | Berry | Cherry |  
Fruit Punch | Grape | Kiwi Strawberry | Mango |  
Orange | Orange Tangerine | Passion  
Dragonfruit | Peach Apple | Strawberry Banana |  
Strawberry Watermelon | Tropical | White Grape |



Apple |



Apple | Apple Berry Cherry | Apple Cranberry |  
Apple Cranberry Grape | Apple Grape |  
Apple Kiwi Strawberry | Apple Orange  
Pineapple | Apple Peach Mango | Berry |  
Cranberry | Cranberry Acai Plus | Cranberry  
Berry Plus | Cranberry Grape Plus | Cranberry  
Raspberry Plus | Fruit Punch | Grape | Grape  
Juice Plus | Orange | Pineapple | Pineapple  
Orange | Red Grape | Ruby Red Grapefruit |  
Tomato Vegetable | White Grape |



Vegetable Juice | Vegetable Low Sodium |  
Spicy Hot Vegetable | Original |  
Original Low Sodium |



Apple | Cranberry Blend | Cranberry Grape |  
Grape | Orange | Tomato | Vegetable |  
White Grape | White Grape Peach |



Acai Pomegranate | Apple | Apple Cranberry |  
 Berry Blend | Black Cherry Cranberry |  
 Blueberry Pomegranate | Cherry  
 Pomegranate | Cranberry Pomegranate |  
 Grape | Kiwi Strawberry | Mango Tangerine |  
 Orange | Peach Mango | Pineapple Orange |  
 Red Raspberry | Strawberry Watermelon |  
 White Grape | Wild Cherry |



Apple | Cranberry | Cranberry Grape |  
 Cranberry Raspberry | Grape | Grapefruit |  
 Orange | Pineapple | Tomato | Vegetable |  
 White Grape | White Grapefruit |



Apple | Grape | Orange | Vegetable |  
 White Grape |



Apple | Cranberry | Cranberry Raspberry |  
 Grape | Orange | Pineapple | Tomato |  
 Vegetable | White Grape |

## Women 11.5 to 12 oz Frozen Juice Concentrate



Apple | Orange |



Apple | Grape | Orange |



Apple | Grape | Grapefruit | Orange |  
 Pineapple |



Apple | Grape | Grapefruit | Orange |



Apple | Grape | Orange | White Grape |



Apple | Grape | Orange |



Apple | Grape | Orange |



Apple | Grape | Tropical Orange Passion |



Apple | Orange |



Apple | Apple Cherry | Apple Cranberry |  
 Apple Kiwi Strawberry | Apple Strawberry  
 Banana | Apple Peach Mango | Apple  
 Raspberry | Berry Blend | Black Cherry  
 Cranberry | Blueberry Pomegranate | Cherry  
 Pomegranate | Cranberry Blend | Cranberry  
 Pomegranate | Cranberry Raspberry | Grape |  
 Orange | Pineapple | Pineapple Orange Banana |  
 Strawberry Rhubarb | White Grape |



Apple |

## Vegetables & Fruits



**Buy:** Dollar amount as listed on eWIC receipt

- Whole, pre-cut or packaged fresh vegetables & fruits
- Fresh salsa without added sugar or oil is allowed
- Organic allowed
- Fresh ginger and garlic

**Do Not Buy:** Frozen, canned, dried, roasted, decorative, packages/party trays with dips, dressings, added nuts or noodles, salad bars, herbs and spices (see below), salsa with sugar or oil, pasteurized salsa

**The following herbs and spices are not allowed:** Aloe vera, anise, basil, bay leaves, caraway, chervil, chives, cilantro, dill, fenugreek, horseradish, lemon grass, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, vanilla bean



If the total purchase price of vegetables and fruits is above the maximum amount on your eWIC card, you can pay the difference.

## Beans & Lentils



**Buy:** \*Store brand/private label

- 1 lb (16 oz) dry package
- 1 bag of Dried Beans equals 1 Jar/Bag of Legumes
- 15-16 oz can
- 1 can of Canned Beans equals 0.25 Jar/Bag of Legumes
- Low sodium allowed
- Black, Black-eyed Peas, Butter Beans, Fat Free Refried Beans, Garbanzo (chickpeas), Great Northern, Kidney, Lentils, Lima, Navy, Pinto, Red, Split Peas, White

**Do Not Buy:** Added vegetables or fruits, added sugar, fats or oils, flavored, bean soup mix, mayocoba, mixed beans, chili, baked beans, beans with meat, canned green peas, snap beans, green beans, wax beans, any other variety of refried beans

## Peanut Butter



**Buy:** JIF, Skippy, Peter Pan, Adams or store brands/private label

- 16-18 oz creamy, crunchy, extra crunchy, reduced fat or natural
- 1 jar of Peanut Butter equals 1 Jar/Bag of Legumes

**Do Not Buy:** Added honey/jelly, marshmallows, chocolate, or other similar ingredients, peanut butter spreads/reduced fat spreads

## Canned Fish



*Canned fish is an extra benefit for mothers who are fully breastfeeding.*

**Buy:** \*Store brand/private label; for pink salmon: Chicken of the Sea, Starkist, and Bumble Bee are also allowed.

- Chunk light tuna, jack mackerel, and salmon in 5 to 30 oz cans
- Salmon in 5 oz pouches
- Water or oil packed

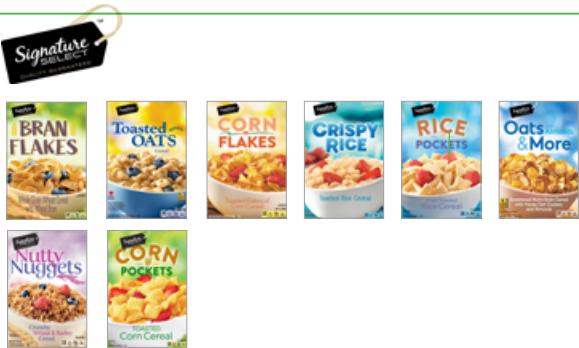
**Do Not Buy:** Solid white or chunk white albacore tuna; red, blueback, atlantic, or sockeye salmon; low sodium; gourmet; flavored/seasoned; 2.5 oz pouches

# Cereal

**Buy:** 12 oz sizes or larger for cold cereal. Boxes and bags in combinations equal or less than amount on eWIC card. May buy hot cereal as part of combination.

**Do Not Buy:** Cold cereal box sizes smaller than 12 oz, added fruit, or low sugar

All authorized cereals meet the Federal WIC guidelines for iron and sugar content.



**Signature Select:** Bran Flakes | Toasted Oats |  
Corn Flakes | Crispy Rice | Rice Pockets | Oats & More  
(Original or Almonds) | Nutty Nuggets | Corn Pockets |



**WinCo:** Frosted Shredded Wheat (bite-size) | Crispy  
Rice | Bran Flakes | Corn Flakes | Toasted Oats |



**Great Value:** Crunchy Honey Oats | Frosted Shredded  
Wheat | Bran Flakes | Corn Flakes | Rice Crispers |  
Corn Squares | Rice Squares | Wheat Squares |  
O's Oat Cereal | Multigrain O's | Crunchy Nuggets |  
Oat Crunch |



**Western Family:** Corn Flakes | Frosted Shredded Wheat  
(bite-size) | Corn Squares | Rice Squares | Crisp Rice |  
Oats & More (Original or Almonds) |



**Market Pantry:** Toasted Rice | Corn Flakes |  
Crunchy Oat Squares |



**Kroger:** Rice Bitz | Oat Squares | Corn Flakes | Nutty Nuggets | Bran Flakes | Living Well | Crispy Rice | Honey Crisp Medley | Toasted Oats |



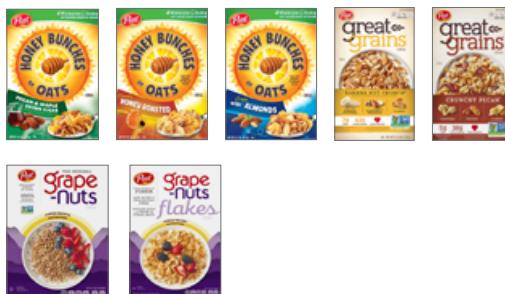
**Food Club:** Corn Flakes | Frosted Shredded Wheat (Original or Strawberry) | Crisp Rice | Honey and Oats (Original or Almonds) | Wheat Squares | Oatmeal Squares with Brown Sugar | Rice Squares | Corn Squares | Toasted Oats | Bran Flakes | Twin Grain Crisp |



**Malt-O-Meal:** (Bags or Boxes)  
Frosted Mini Spooners (Original or Strawberry Cream) |  
Crispy Rice |



**Kellogg's:** Rice Krispies | Frosted Mini-Wheats | Frosted Mini-Wheats Little Bites | Frosted Mini-Wheats Touch of Fruit | Frosted Mini Wheats Filled | Special K Original | Special K Protein Honey Almond | Special K Protein Cinnamon Multi-Grain | Special K Banana | All-Bran Complete Wheat Bran Flakes | Corn Flakes | Crispix |



**Post:** Honey Bunches of Oats Pecan & Maple Brown Sugar | Honey Bunches of Oats Honey Roasted | Honey Bunches of Oats with Almonds | Great Grains Banana Nut Crunch | Great Grains Crunchy Pecan | Grape Nuts Original or Flakes |



**Quaker:** Brown Sugar Oatmeal Squares | Cinnamon Oatmeal Squares | Honey Nut Oatmeal Square | Golden Maple Oatmeal Squares | Original Life | Strawberry Life | Vanilla Life |



**General Mills:** Cheerios | Fiber One Honey Clusters | Berry Berry Kix | Honey Kix | Kix | Multigrain Cheerios | Whole Grain Total | Wheaties | Wheat Chex | Corn Chex | Rice Chex | Vanilla Chex | Blueberry Chex | Cinnamon Chex |

## Hot Cereal (Regular flavor only unless specified)



**Western Family:** Creamy Wheat Farina | Instant Oatmeal (packets only) |



**Kroger:** Instant Oatmeal (packets only) |

**Great Value:** Instant Oatmeal (packets only) |

**Quaker:** Instant Oatmeal (packets only) |



**Signature Select:** Instant Oatmeal (packets only) |

**Food Club:** Creamy Wheat Farina | Instant Oatmeal (packets only) |



**Cream of Wheat:** Cream of Wheat Instant Whole Grain | Whole Grain Cream of Wheat | Cream of Wheat Instant | Cream of Wheat 1 Minute | Cream of Wheat 2½ Minutes | Cream of Rice (Regular or Instant) |



**Malt-O-Meal:**

Original Hot Wheat | Chocolate Hot Wheat | Co Co Wheats |

## Whole Grain Options

# Whole Grain Bread

**Buy:** 100% Whole Wheat Bread and Whole Grain Bread,  
16 or 24 oz



**Dunford Bakers:** Wheat Bread,  
Multigrain Bread



**Smith's:** 100% Whole Wheat  
Round Top Bread



**Sara Lee:** Classic 100% Whole Wheat



**Franz:** 100% Whole Wheat



**Wonder:** 100% Whole Wheat



**Bimbo:** 100% Whole Wheat



**Nature's Own:** 100% Whole Wheat with Honey



**Great Grains:** 100% Whole Wheat Bread



**WinCo**  
**FOODS**  
**FOODS**

**Orowheat:** 100% Whole Wheat Bread

**Do Not Buy:** Buns, rolls, bagels, white bread



## Brown Rice

**Buy:** \*Store brand/private label

- 14 oz (Instant only)
- 16 oz (Regular, quick-cooking)



**Do Not Buy:** Boil-in-bag, ready-to-serve, added flavors/seasonings

## Whole Wheat Pasta

**Buy:** 100% Whole Wheat Pasta, 16 oz

- Whole wheat flour and/or whole durum wheat flour must be the only flour ingredients listed



 Barilla

 Ronzoni

 Racconto

 Western Family

 Hodgson Mills (Pictures not all inclusive)

 Kroger

 Great Value

 WinCo

 Food Club

 Signature Select



**Do Not Buy:** Pasta made with white flour or a mix of different types of flour or with added sugars, fats, oils, or salt (sodium)

## Tortillas

**Buy:** Whole Wheat or Corn Tortillas, 16 oz

**Great Value:**

Whole Wheat



**Ortega:**

Whole Wheat



**La Burrita:**

Yellow Corn



**Guerrero:**

White Corn



**Market Pantry:**

Whole Wheat



**La Victoria:**

Whole Wheat



**De Harina:**

Whole Wheat



**La Banderita:**

White Corn | Yellow Corn |



**Rancho Market:**

Whole Wheat | Corn |



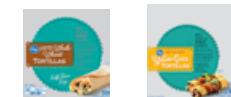
**Food Club:**

Whole Wheat | White Corn |



**Kroger:**

Whole Wheat | Corn |



**Herdez:**

Fajita Whole Wheat |  
White Corn |



**Mission:**

Whole Wheat | Yellow Corn |



**Don Pancho:**

Whole Wheat | White Corn |



**Do Not Buy:** White flour tortillas, hard shells, wraps, uncooked

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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**(1) Mail:** U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

**(2) Fax:** (202) 690-7442; or

**(3) Email:** [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.



## Breastfeeding | A Gift for Life:

- ✓ Doctor Recommended
- ✓ Perfect Nutrition
- ✓ Fewer Infections
- ✓ Reduces Childhood Obesity

For help with breastfeeding call your WIC clinic.



**Helpful phone numbers:**

Medicaid: 1-800-662-9651

MotherToBaby: 1-866-626-6847

Tobacco Quit Line: 1-888-567-8788

Immunization Hotline: 1-800-275-0659

Helpline for Community Resources: 2-1-1

Poison Control: 1-800-222-1222

SNAP: 1-866-435-7414 x3

Breastfeeding: \_\_\_\_\_

Other: \_\_\_\_\_



Family ID: \_\_\_\_\_

Parent(s)/Guardian(s): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Participant Name(s): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Clinic Information

