

Effective October 2021

Utah WIC Program



Authorized WIC Foods

Healthy Children, Healthy Families

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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.

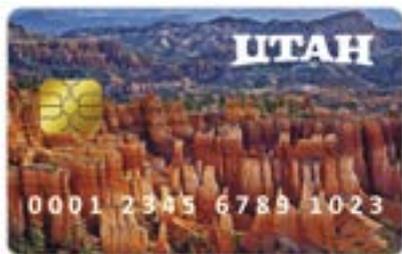
I understand that I, the parent/guardian, or an additional guardian that I have identified to the clinic, must be present at certification appointments. If I have designated a proxy (authorized shopper), they can pick up my WIC benefits at the clinic and redeem my benefits in the store on my behalf. 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, tell clinic staff or reply STOP.

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 WIC clinic:

1. You will be given an eWIC card which works like a debit card. It has a chip that stores the food benefits that are loaded on to the card specifically for your family members. Bring your eWIC card to each clinic appointment so that your benefits can be loaded to the card. Usually 3-4 months of benefits are loaded to the card at a time. 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 the month or they will be lost.
2. Keep your eWIC card in a safe place. If it is lost, stolen, or damaged call your WIC clinic immediately. There is a 3-day waiting period for card replacement.
3. Tell the WIC clinic staff you would like another person as your proxy or alternate shopper so that they can help you when you're sick or unable to go shopping or pick up your WIC benefits.



Before you shop:

1. Download the WIC Shopper app and register your card to the app.
2. Review your benefit balance. You can request this from your WIC clinic, the customer service desk at the store, or find it on the WIC Shopper app.
3. Shop only at WIC authorized stores. Look for the eWIC decal on grocery store doors.
4. Take your eWIC card and Family Food Benefits list or card balance receipt with you to the store.



While you shop:

1. Check your benefits carefully to know which foods you can buy. Utah WIC authorizes specific brands and package sizes. There are many WIC approved foods, but you can only buy WIC foods that are on your benefits list. You do not have to buy all of your foods at one time. It is better to shop throughout the month so you have fresh foods all month long. Do not wait until the end of the month to buy all your WIC foods.
2. 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. Scan items with the WIC Shopper app to find out if they are WIC approved. If you find an item that you believe is an authorized item or that you would like reviewed, you can report it to the State WIC Office for research using the "I Couldn't Buy This!" function on the app or by emailing wicupc@utah.gov.
3. 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.

At the checkout stand:

1. Tell the cashier right away that you are using an eWIC card and follow the instructions of the cashier. You may need to insert your card at the beginning of the transaction. Each store is different and may have a different process.
2. You will need to enter your PIN number after you insert your card. You should never need to tell the cashier your PIN number. Do not write your PIN on your card or share your PIN with any unauthorized individuals.
3. The cashier will give you a beginning balance receipt, this will tell you what your card currently has loaded to it.
4. After your foods have been scanned, a second receipt will print and tell you what is coming off your eWIC card. Ask the cashier for this receipt so you can verify the WIC foods. You will need to approve the WIC transaction before payment. You can remove items only at this time before you pay.
5. After you pay for your WIC items, you can pay the difference on your fruit and vegetable items and pay for your other non-WIC items with another method of payment. Always pay with your eWIC card first.
6. If there is any card error at the store, you will need to return to your WIC clinic to solve the problem.
7. You will be given a final receipt with the remaining benefit balance. Keep your receipt so you know the remaining balance for your next shopping trip.
8. Remember, WIC foods are not meant to be shared. They should only be used by the WIC participant they were issued for.
9. 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 please save all your receipts.



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



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, 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 (Gerber only)
 - 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

- ▶ Gerber, Beechnut Classics, Beechnut Nothing Artificial Added, Tippy Toes
 - 4 oz jar
 - 2 oz 2-pack
 - 4 oz 2-packs
 - Multi-packs up to 128 oz



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

- ▶ Gerber, Beechnut Classics
 - 2.5 oz jar
 - Multi-packs up to 10 oz



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; gallon, half gallon, or quart

- Pasteurized. Size, description, and fat content as printed on eWIC receipt
- Canned evaporated milk (12 oz)
- Powdered dry milk (9.6 oz - 64 oz)
- Buttermilk (half gallon or quart)
- Lactose-free and soy milk only if assigned and printed on eWIC receipt/benefit list.
- Quart milk is allowed in any brand



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

Milk is issued in units of gallons. A half gallon will take 0.5 off your card. A quart will take 0.25 off your card.



TIP

- Milk provides calcium, protein, vitamins A and D, and is a good source of riboflavin.
- Women and children 2 years and older are issued low-fat (1%) or fat-free (skim) milk.
- Children under the age of 2 are issued whole milk.
- Buy the milk listed on your eWIC receipt/benefit list.
- For more information and help with milk sizes, go to WIC Shopper App > Get Help > eWIC Quick Pick Guide - Milk

Eggs

Buy: *Store brand/private label, 1 dozen

- Medium, large, or extra large
- White

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



Cheese

Buy: *Store brand/private label, 8-16 oz

- Regular, reduced fat, whole, or part skim
- Block cheese, mozzarella string cheese, domestic cheese
 - Cheddar (*mild, medium, sharp or extra sharp*)
 - Colby/Colby Jack
 - Longhorn Colby
 - Monterey Jack
 - Mozzarella
 - Swiss



Do Not Buy: Deli, sliced, shredded, cheese food/spread/product, name brand string cheese, 1 oz individual string cheese, 2 lb blocks, any other variety of cheese not listed (i.e., Pepper Jack)

Cheese is issued in units of pounds. 8 oz will take 0.5 off your card. 12 oz will take 0.75 off your card.



TIP

- Cheese provides similar nutrients to milk like protein, vitamin D, and calcium.
- Some of your milk benefit can be substituted for cheese. If you would like cheese, talk to your local WIC clinic to get the benefit loaded on to your eWIC card.

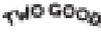
Yogurt

Buy: *Store brand/private label or name brand listed below; 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 pouches, tubes, whips

Reduced Fat/Low-Fat/Non-Fat

- | | | |
|--|---------------------|--|
|  | • Lucerne | • Activa  |
|  | • Open Nature | • Activa Light |
|  | • Great Value | • Activa Greek |
|  | • Kroger | • Activa Lactose Free |
|  | • Dannon | • Winco  |
| | • Regular | • Greek |
| | • Light & Fit | • Yoplait  |
| | • Light & Fit Greek | • Original |
|  | • Oikos | • Light |
| | • Oikos 0% | • Greek 100 Protein |
| | • Oikos Triple Zero | • Trix/ Kids Character |
|  | • Mountain High | • Lactose Free |
|  | • Food Club | • Chobani  |
| | | • Two Good  |
| | | • Greek |



Whole Fat

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

Yogurt is issued in units of ounces. To make sure you get your full benefit, consider buying a 32 oz container or packages that add up to 32 oz.



TIP

- Yogurt provides calcium, protein, vitamins A and D, and is a good source of potassium.
- Women and children 2 years and older are issued reduced-fat, low-fat or fat-free yogurt.
- Children under the age of 2 are issued whole fat yogurt.
- Buy the yogurt listed on your eWIC receipt/benefit list.
- Some of your milk benefit can be substituted for yogurt. If you would like yogurt, talk to your local WIC clinic to get the benefit loaded on to your eWIC card.

Juice

Buy: *Store brand/private label or name brand listed below;

- Unsweetened, 100% juice; single flavor or blends
- Regular 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 | Cranberry | Grape | Orange | Pineapple | Spicy Vegetable | Vegetable | Vegetable Low Sodium | White Grape | White Grapefruit |



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 | Natural Style Apple |



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 | Vegetable | 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 Tangerine | 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 | Concord Grape | Cranberry Plus | Cranberry Acai Plus | Cranberry Berry Plus | Cranberry Grape Plus | Cranberry Raspberry Plus | Fruit Punch | Grape | Grape Juice Plus | Harvest Apple Plus | Low Sodium Vegetable | Orange | Pineapple | Pineapple Orange | Prune Juice Plus | Red Grape | Ruby Red Grapefruit | Spicy Vegetable | Tomato Vegetable | White Grape |



Spicy Hot Vegetable | Original | Original Low Sodium |



Apple | Cranberry Blend | Cranberry Grape | Cranberry Pomegranate | Grape | Low Sodium Vegetable | Orange | Pineapple | Tomato | Vegetable | White Grape Peach |



Apple | Apple Cranberry |
Berry Blend | Black Cherry Cranberry |
Blueberry Pomegranate | Cranberry
Pomegranate | Grape | Immune Health Citrus |
Immune Health Super Fruit | Immune Health
Tropical Fruit | Kiwi Strawberry | Mango
Tangerine | Orange | Peach Mango | Red
Raspberry | Strawberry Watermelon |
White Grape | Wild Cherry |



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



Apple | Grape | Orange | Vegetable | Vegetable
Low Sodium | White Grape |



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



Tomato | Low Sodium Tomato |



Apple |



Apple | Apple Mango | Apple Cherry |
Sensibles Apple | Apple White Grape |

Women 11.5 oz-12 oz Frozen Juice Concentrate



Apple | Orange |



Apple | Grape | Orange |



Apple | Grape | Grapefruit | Orange |
Pineapple |



Apple | Grape | Orange | White Grape |



Apple | Grape | Orange |



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 Raspberry | Grape | Orange |
Pineapple | Pineapple Orange | Pineapple
Orange Banana | White Grape |



Apple |



Apple | Orange |

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



TIP

- Fruits and vegetables are high in fiber, vitamins, and minerals and are low in calories and fat.
- If the total purchase price of vegetables and fruits is above the maximum amount on your eWIC card, you can pay the difference.
- The WIC Shopper App does not scan fresh fruits and vegetables. Refer to this food booklet to know what is allowed.

Legumes



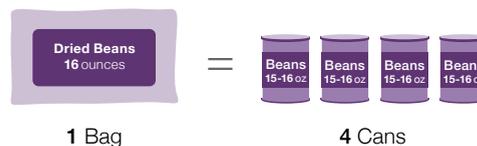
Beans & Lentils

Buy: *Store brand/private label

- ▶ 1 lb (16 oz) dry package
- ▶ 15 oz-16 oz cans, regular or low sodium
 - Black
 - Black-eyed Peas
 - Butter Beans
 - Fat Free Refried Beans
 - Garbanzo (chickpeas)
 - Mayocoba
 - Great Northern
 - Kidney
 - Lentils
 - Lima
 - Navy
 - Pigeon Peas
 - Pinto
 - Red
 - Split Peas
 - White

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

Legumes are issued in units of jar/bag



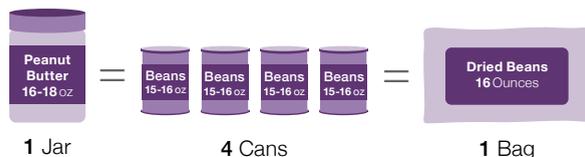
Peanut Butter

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

- 16 oz-18 oz creamy, crunchy, extra crunchy or natural

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

Legumes are issued in units of jar/bag



TIP

You can choose 16 oz bag of dried beans, canned beans in 15-16 oz cans, or 16-18 oz jars of peanut butter. One jar/bag equals 1 package of dry beans OR 4 canned beans (1 can = 0.25 units) OR 1 jar of peanut butter.



Canned Fish

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

Chunk Light Tuna or Jack Mackerel

Buy: *Store brand/private label

- 5 oz-30 oz cans
- 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

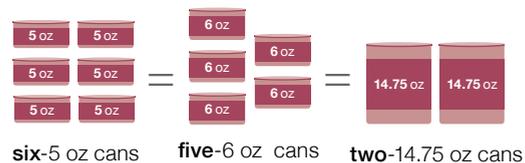
Pink Salmon

Buy: *Chicken of the Sea, Starkist, Bumble Bee or store brand/private label

- 5 oz-30 oz cans
- 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

Fish is issued in units of ounces. Choose combinations that add up to 30 oz.



Cereal

Buy: Store brand/private label or name brand listed below; 12 oz - 36 oz boxes and bags for cold cereal. 11.8 oz - 36 oz for hot cereal.

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 | Corn Pockets | Oats & More (Honey or Almonds) | Shredded Wheat Bite Size | Frosted Shredded Wheat Bite Size



WinCo: Frosted Shredded Wheat | 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



Kroger: Rice Bitz | Oat Squares | Bran Flakes | Crispy Rice | Honey Crisp Medley (Multigrain or Almonds) | Toasted Oats



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



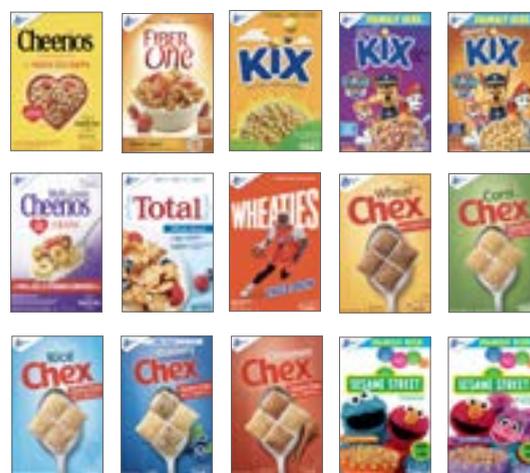
Food Club: Corn Flakes | Frosted Shredded Wheat Bite Size | Crisp Rice | Honey and Oats (Original or Almonds) | Wheat Squares | Rice Squares | Corn Squares | Toasted Oats | Wheat Bran Flakes | Twin Grain Crisp |



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



Kellogg's: Rice Krispies | Frosted Mini Wheats (Blueberry, Cinnamon, Filled Mixed Berry, Original, Pumpkin) | Frosted Mini Wheats Little Bites (Chocolate or Original) | Kashi Hearts & O's (Honey Toasted, Warm Cinnamon) | Special K (Original or Banana) | Special K Protein (Honey Almond or Cinnamon Multi-Grain) | All-Bran Complete Wheat Bran Flakes | Corn Flakes (Original or Cinnamon) | Crispix |

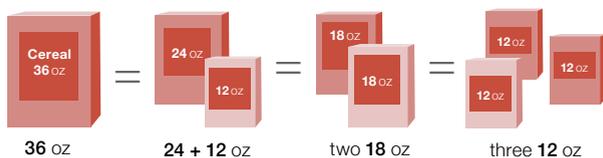


General Mills: Cheerios | Fiber One Honey Clusters | Kix (Original, Berry Berry, Honey) | Multigrain Cheerios | Whole Grain Total | Wheaties | Chex (Wheat, Corn, Rice, Blueberry, or Cinnamon) | Sesame Street (Cinnamon or Berry) |



Quaker: Oatmeal Squares (Brown Sugar, Cinnamon, Honey Nut or Golden Maple) | Life (Original or Vanilla)

Cereals are issued in units of ounces. Buy any combination that does not go over 36 oz. Can be purchased in separate transactions.



TIP

- WIC-approved cereals are low in sugar, high in iron, and some can be a good source of fiber.
- At least half of WIC-approved cereals are whole grain. Look for the wheat symbol!
- You can buy both cold cereal and hot cereal together up to the amount listed on your eWIC receipt/benefit list.

Hot Cereal (Regular flavor only unless specified)



Kroger:
Instant Oatmeal
(packets only)



WinCo:
Instant Oatmeal
(packets only)



Great Value:
Instant Oatmeal
(packets only)



Quaker:
3 Minutos



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 Healthy Grain | 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



TIP

You can buy **16 oz** or **24 oz** bread depending on the amount on your eWIC card. If your starting value is **32 oz** and you buy a **24 oz** loaf of bread, you will have **8 oz** left on your eWIC card that you will not be able to use.



Kroger: 100% Whole Wheat Round Top



Sara Lee: Classic 100% Whole Wheat



Franz: 100% Whole Wheat



Bimbo: 100% Whole Wheat



Nature's Own: 100% Whole Wheat with Honey



Great Grains: 100% Whole Wheat



WinCo: 100% Whole Wheat



Orowheat: 100% Whole Wheat



Breadlover's: 100% Whole Wheat



Grandma Sycamore: 100% Whole Wheat with Honey



Western Farms : 100% Whole Wheat, 100% Whole Wheat Sugar Free



Private Selection: 100% Whole Wheat, 100% Whole Wheat Sugar Free



Signature Select: 100% Whole Wheat

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
- Any shape



Barilla



WinCo



Ronzoni



Food Club



Kroger



Signature Select



Great Value

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



De Harina:
Whole Wheat



La Banderita:

White Corn | Yellow Corn |
Whole Wheat | Fajita |



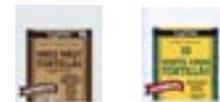
Rancho Market:

Whole Wheat | Corn |



Food Club:

Whole Wheat | White Corn |



Kroger:

Whole Wheat | Corn |



Mission:

Whole Wheat | Yellow Corn |



Don Pancho:

Whole Wheat | White Corn |



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

Whole grain bread, tortillas, brown rice and pasta are issued in units of ounces



Breastfeed!

Mom & Baby Get More Food

FULLY Breastfeeding

Mom - Up to 1 Year



Baby - 6-12 Months

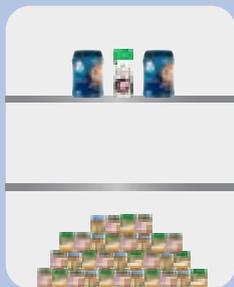


MOSTLY Breastfeeding

Mom - Up to 1 Year



Baby - 6-12 Months



LITTLE/NO Breastfeeding

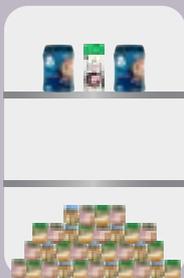
Mom - 0-6 Months



Mom - 7-12 Months



Baby - 6-12 Months



Breastfeeding | A Gift for Life:

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

For help with breastfeeding call your WIC clinic.

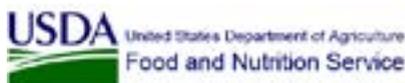
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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals 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.

To file a program complaint of discrimination, complete the **USDA Program Discrimination Complaint Form**, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.

This institution is an equal opportunity provider.



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

