**100% Whole Wheat Choices**

**100% Whole Wheat Bread & Rolls**
16 oz (1 lb) loaves of bread or packages of rolls. Label must say “100% Whole Wheat”

---

### BUY THESE ONLY

- **Arnold**: 100% Whole Wheat Burger Rolls
- **Arnold Nature’s Harvest**: 100% Whole Wheat
- **Bimbo**: 100% Whole Wheat
- **Essential Everyday**: 100% Whole Wheat
- **Giant**: 100% Whole Wheat Stone Ground 100% Whole Wheat
- **Gourmet**: 100% Whole Wheat
- **Harvest Pride**: 100% Whole Wheat
- **Hauswald’s**: 100% Whole Wheat
- **Merita**: 100% Whole Wheat
- **Nature’s Own**: 100% Whole Wheat with Honey 100% Whole Wheat Sugar Free
- **Roman Meal**: Sungrain 100% Whole Wheat
- **Safeway Kitchens**: 100% Whole Wheat
- **Sara Lee**: Classic 100% Whole Wheat
- **Schmidt Old Thyme**: 100% Whole Wheat bread 100% Whole Wheat Hamburger Rolls 100% Whole Wheat Hot Dog Rolls
- **Shopper’s**: 100% Whole Wheat
- **Weight Watcher’s**: 100% Whole Wheat
- **Wonder**: 100% Whole Wheat

---

### DO NOT BUY

- Multigrain
- Cinnamon, nuts, raisins or fruit
- Double fiber
- Organic
100% WHOLE GRAIN CHOICES

✓ Brown Rice & Barley
Buy any brand
Must be 16 oz (1 lb) package
Must be Dry and Plain
May be Bag or Box
May be Regular, Quick-cooking or Instant

✗ DO NOT BUY
• Boil-in-bag or precooked in pouch
• Wild rice
• Added seasonings, flavor, sauce, sugar, vegetables, fat, oil or salt
• Brown rice mixed with white or wild rice or any other type of rice
• Organic

✓ Whole Oats
16 oz (1 lb) packages of Oats
Must be Dry, Plain
May be Old-Fashioned, Quick, or Instant
May be Tube or Box

BUY ONLY
Mom’s Best Naturals: Quick Whole Oats or Old Fashioned Oats

✗ DO NOT BUY
• Individual packets (individual packets may be purchased as cereal)
• Organic
**Tortillas**

16 oz (1 lb) packages of Yellow Corn, White Corn or Whole Wheat Tortillas

---

**BUY THESE ONLY**

- **Celia's**: Whole Wheat or Yellow or White Corn
- **Chi Chi's**: Whole Wheat Fajita
- **Don Pancho**: Whole Wheat or White Corn
- **Essential Everyday**: Soft White Corn or Whole Wheat
- **Giant**: White Corn (Dairy or Shelf Stable) or Whole Wheat (Dairy or Shelf Stable)
- **Giant Nature's Promise**: Whole Grain Wheat or Corn
- **Guerrero**: White Corn or Whole Wheat
- **La Banderita**: White Corn, Grande Corn or Whole Wheat Fajita
- **La Burrita**: 8" Yellow Corn
- **Mi Casa**: 100% Whole Wheat
- **Mission**: Whole Wheat or 6" Yellow Corn
- **Ortega**: Whole Wheat

---

**DO NOT BUY**

- Flavored tortillas (lime, sun-dried tomato)
- White flour tortillas
- Fried tortillas, tortilla chips, tostadas, “hard shell” tortilla or taco shells
- Organic
100% WHOLE GRAIN CHOICES

100% Whole Wheat Macaroni (Pasta)

16 oz (1 lb) package
Must be Dry, Plain
May be any shape

BUY THESE ONLY

HT Trader (Harris Teeter):
100% Whole Wheat Capellini
100% Whole Wheat Fusilli
100% Whole Wheat Penne
100% Whole Wheat Rigatoni
100% Whole Wheat Spaghetti

Essential Everyday:
100% Whole Wheat Macaroni
100% Whole Wheat Penne
100% Whole Wheat Rotini
100% Whole Wheat Spaghetti
100% Whole Wheat Thin Spaghetti

O Organics:
100% Whole Wheat Rotini
100% Whole Wheat Spaghetti

Racconto:
100% Whole Wheat Capellini
100% Whole Wheat Elbows
100% Whole Wheat Farfelle
100% Whole Wheat Penne Rigate
100% Whole Wheat Rotini
100% Whole Wheat Spaghetti
100% Whole Wheat Linguine

Ronzoni:
100% Whole Grain Penne Rigate
100% Whole Grain Spaghetti
100% Whole Grain Thin Spaghetti
100% Whole Grain Linguini
100% Whole Grain Rotini

DO NOT BUY

• Macaroni or pasta with added sugars, fats, oils, or salt
BUY THESE ONLY

Any brand pasteurized fluid milk or buttermilk

You must buy what is written on your check

• Gallons or half-gallons as written on your check
• If your check says “whole milk” you must buy whole milk
• If your check says “1% or fat free” you can buy 1%, fat free, skim, or nonfat milk or buttermilk
• If your check says 2% you must buy 2% milk or buttermilk
• If your check says lactose free, evaporated, UHT, or dry milk then you must buy the listed milk
• You may buy a single quart of milk only if it is listed on your check

DO NOT BUY

• Flavored milk, goat’s milk, milk with added calcium or protein (Ultraskim), rice milk, almond milk, coconut milk
• Sweetened condensed milk

All Children 1 – 2 years old are given whole milk unless a different milk is prescribed by the doctor or nutritionist.

All Women and Children 2 years and older are given 1% milk or fat free milk (skim) unless a different milk is prescribed by the doctor or nutritionist.

TIP: Fat free, nonfat and skim milk are the same milk.
NEW ITEM!!

✔ Yogurt
Any brand

BUY ONLY
32 ounce container
Plain unflavored
Low fat or fat free (nonfat)

✗ DO NOT BUY
• Flavored yogurt
• 2% yogurt
• Custard style or whole milk yogurts
• Greek yogurt
• Organic yogurt
• Drinkable yogurts
• Yogurt with accompanying mix-in ingredients such as granola, honey, sprinkles, candy, nuts
• Multi-packs

NOTE: Yogurt is offered for Women and Children over the age of 2 years ONLY. Please ask your nutritionist if you can receive yogurt.

Nutrition Tip
Yogurt is an excellent source of protein, calcium, and potassium.
• Make a snack or breakfast parfait by layering yogurt, dry cereal or granola, and topping with fruit
• Top waffles or pancakes with yogurt and fruit
• Blend yogurt, fruit and juice to make smoothies
• Dip veggies in plain yogurt
• Season plain yogurt for salad dressings and dips
• Use plain yogurt on quesadilla, tacos, chili and potatoes instead of sour cream
**Soy Milk**
Half gallons or quarts as listed on check

**BUY THESE ONLY**

**Half Gallons:**
- 8th Continent Original (Refrigerated)
- Silk Plain (Refrigerated)
- Great Value (Walmart) (Refrigerated)

**Quarts:**
- Pacific Foods Ultra Plain (Shelf Stable)
- Silk Plain (Refrigerated)

**DO NOT BUY**
- Light or fat-free soy milk
- Flavored soy milk

**Cheese**

**BUY:** 8 or 16 oz blocks, shredded, cubed, or slices
American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone or Swiss

**DO NOT BUY**
- Cheese with flavors, nuts, or peppers
- Cheese from the deli, string or individually wrapped slices
- Cream cheese, cheese spreads or processed cheese products such as Velveeta
- Organic or imported (cheese made outside the U.S.)
Beans & Peanut Butter

**BUY THESE ONLY**

Refrigerated or shelf-stable:
- Azumaya: Extra Firm, Firm, Silken
- Giant Nature’s Promise: Organic Firm
- House Foods: Firm, Medium Firm, Extra Firm
- O Organics (Safeway): Extra Firm, Silken, Sprouted SuperFirm

**DO NOT BUY**
- Tofu with added fat, sugar, oil or salt

**Eggs**

Packages of one dozen only

**BUY:**
- Any brand of white, medium or large chicken eggs

**DO NOT BUY**
- Brown eggs, powdered or liquid eggs
- Specialty eggs such as Eggland's Best reduced cholesterol, cage free, or omega 3
- Organic

**Nutrition Fact**

Eggs are a good source of protein and contain 13 other vitamins and minerals including Vitamin D.
Choose Dry Beans, Canned Beans or Peanut Butter.

✅ **Beans**

**BUY:**
- Dried: 16 oz packages
- Canned: 15-16 oz cans
- Beans such as kidney, pinto, black, split peas, garbanzo and lentils

Any brand and type of plain beans
Reduced sodium allowed

❌ **DO NOT BUY**
- Soups, soup mixes or with flavor packets
- With added sauce, meat, fat or oil
- Baked beans or refried beans
- Organic

Buy green beans and sweet peas with your vegetable and fruit check.

✅ **Peanut Butter – 16-18 oz**

**BUY:**
- Any brand
- May be creamy, crunchy or chunky
- May be low-fat, reduced-fat or reduced-sodium
- May be natural

❌ **DO NOT BUY**
- Mixed with jams, jelly, honey, marshmallows, chocolate or omega-3
- Peanut spreads
- Organic
Cereals

✅ Whole Grain Cereal

BUY THESE ONLY

Buy bags or boxes

You may combine different cereals to make up to 36 oz.

Cheerios
Cheerios+
Ancient
Grains
Cheerios
Multi
Grain
Fiber One
Honey
Clusters
Kix
Kix
Berry
Berry

Kix
Honey
Total
Whole
Grain
Wheat
Chex
Wheaties
All-Bran
Complete
Wheat
Flakes
Frosted
Mini
Wheats

Frosted
Mini
Wheats
Little
Bites
Original
Alpha
Bits
Bran
Flakes
Grape
Nuts
Grape
Nuts
Flakes
Great
Grains
Banana
Nut
Crunch

Honey
Bunches
of
Oats
Vanilla
Bunches
Honey
Bunches
of
Oats
Whole
Grain
Almond
Crunch
Honey
Bunches
of
Oats
Whole
Grain
Honey
Crunch
Shredded
Wheat
Honey
Nut
Life
Oatmeal
Squares
Brown
Sugar

Oatmeal
Squares
Cinnamon
Oatmeal
Squares
Golden
Maple
Oatmeal
Squares
Honey
Nut
Sunbelt
Simple
Granola
Frosted
Mini
Spooners
**Whole Grain Hot Cereal**

- Instant Oatmeal Original Flavor
- Cream of Wheat Whole Grain
- Cream of Wheat Instant Healthy Grain

**Whole Grain Cereal Store Brands**

- **Harris Teeter**
  - Enriched Bran Flakes
  - Frosted Shredded Wheat
  - Instant Oatmeal
  - Livewise
  - Toasted O's

- **Giant**
  - Bite Sized Frosted Shredded Wheat
  - Bran Flakes
  - Instant Oatmeal Regular
  - Multi-Grain Oats & O's
  - Oats & O's
  - Oat Squares
  - Source 100 (Whole Grain Wheat & Brown Rice Flakes)

- **Essential Everyday (Shoppers)**
  - Crunchy Wheat Squares
  - Crunchy Oat Squares Original
  - Frosted Shredded Wheat
  - Instant Oatmeal Regular
  - Multigrain Toasted Oats
  - Nutty Nuggets
  - Toasted Oats
  - Wheat Bran Flakes

- **Signature Kitchens (Safeway)**
  - Bite-Size Frosted Mini-Wheats
  - Bite-size Shredded Wheat
  - Bran Flakes
  - Instant Oatmeal Regular
  - Live It Up Cinnamon
  - Toasted Oats

- **Great Value (Walmart)**
  - Frosted Shredded Wheat
  - Toasted Whole Grain Oats

**Examples to buy up to 36 oz of cereal**

- 12oz + 12oz + 12oz = 36 oz
- 15oz + 21oz = 36 oz
- 16oz + 18oz = 34 oz
Non-Whole Grain Cereal

BUY THESE ONLY

Buy bags or boxes. You may combine different cereals to make up to 36 oz.

Corn Chex  Rice Chex  Rice Krispies  Crispix  Special K

Corn Flakes  Honey Bunches of Oats  Cinnamon Bunches  Honey Bunches of Oats  Honey Oat Blenders

Honey Bunches of Oats  Honey Roasted  Honey Bunches of Oats  Almonds  Honey Oat Blenders with Almonds

Non-Whole Grain Hot Cereal

Hot Wheat  Original Hot Wheat  Instant Grits  Cream of Wheat Instant, 1, 2½, or 10 min  Cream of Rice

Cream of Rice

Cream of Rice Instant
100% Juice

For women and children 1 year old and over (infants don’t need juice).

**Buy:**
- 100% Juice, Unsweetened
- Size Shown On Check
- Cans or Bottles, Brands and Types Shown
- Any Pulp Content
- With or Without Added Calcium

**DO NOT BUY**
- Refrigerated cartons
- Fresh-squeezed
- Fruit cocktails, punch, ades, drinks, nectars, pouches, beverages, Hi-C, twisters, cider or coolers
- Organic

**✓ Buy any brand of 100% Orange, Pineapple or Grapefruit Juice**

In any approved size 48 oz or 64 oz ready-to-use, 11.5 oz or 12 oz or 16 oz frozen concentrate.

**Nutrition Fact**

All WIC Approved juices are an excellent source of Vitamin C. Vitamin C helps your body absorb iron when eaten with iron-rich foods such as WIC cereal.
100% Juice 64 oz Bottles

Buy the Brands and Flavors Listed.

**Apple & Eve**
- Apple
- Cranberry Apple
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry
- Naturally Cranberry

**Juicy Juice**
- Apple
- Apple Raspberry
- Berry
- Cherry
- Cranberry Apple
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Passion Dragonfruit
- Peach Apple
- Strawberry Banana
- Strawberry Watermelon
- Tropical
- White Grape

**Seneca**
- Apple

**Langers**
- Apple
- Apple Cranberry
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Grape
- Red Grape
- Spicy Vegetable
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape

**Musselman’s**
- Apple
- Premium Apple

**Northland**
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Grape
- Cranberry Raspberry
- Traditional Cranberry

**Old Orchard**
- Grape
- Mango Tangerine
- Red Raspberry
- White Grape

**Welch’s**
- Grape
- Red Grape
- White Grape

**Lucky Leaf**
- Apple
100% Juice Store Brands
64 oz Bottles

**Essential Everyday** (Shoppers)
- Apple
- Apple Cider
- Apple Not from Concentrate
- Apple with Calcium
- Berry Blend
- Cherry Blend
- Cranberry
- Cranberry Raspberry
- Grape
- Grape Blend
- Tomato
- Tomato Low Sodium
- Vegetable
- Vegetable Low Sodium
- White Grape
- White Grapefruit

**Giant**
- Apple
- Apple with Calcium
- Berry Blend
- Cherry Blend
- Cranapple
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Grape Blend
- Grape with Calcium
- Tomato
- Vegetable
- White Grape

**Great Value** (Walmart)
- Apple
- Grape
- Tomato
- Vegetable
- White Grape

**Harris Teeter**
- Apple from Concentrate
- Apple not from Concentrate
- Cranberry
- Cranberry Apple
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Grape Fortified
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape
- White Grape Peach

16 oz Frozen Juice
(Makes 64 oz)

**Giant**
- Apple
100% Juice – 48 oz Bottles
Buy the Brands and Flavors Listed.

Apple & Eve
Apple
Cranberry Apple
Cranberry Raspberry
Naturally Cranberry

Northland
Cranberry

Seneca
Apple

Juicy Juice
Apple
Cherry
Grape
Kiwi Strawberry
Orange Tangerine

100% Juice Store Brands
48 oz Bottles

FOR WOMEN: Orange juice is a good source of the B-Vitamin called Folic Acid. Women who may become pregnant need 400 micrograms of Folic Acid per day. Six ounces (3/4 cup) of orange juice provides 35 micrograms (10% of the Daily Value) of Folic Acid.

Office of Dietary Supplements – National Institutes of Health

FOR CHILDREN: WIC 100% juice provides children with Vitamin C.

- Children aged 1 to 6 years of age should have only 4 to 6 ounces of juice per day.
- Fruit juice offers no nutritional benefits over whole fruit.
- Too much juice may be associated with diarrhea, flatulence, abdominal distention, and tooth decay.

– American Academy of Pediatrics
✅ Concentrated Juice
11.5 and 12 oz Shelf Stable or Frozen Concentrate to make 48 oz
Buy the Brands and Flavors Listed.

Old Orchard (frozen)
Apple
Apple Cherry
Apple Cranberry
Apple Kiwi Strawberry
Apple Passion Mango
Apple Raspberry
Apple Strawberry Banana
Berry Blend
Blueberry Pomegranate
Cherry Pomegranate
Cranberry
Cranberry Pomegranate
Cranberry Raspberry
Grape
Pineapple Orange
Pineapple Orange Banana
White Grape

Welchs
Apple (shelf stable)
Fruit Fantastic (shelf stable)
Grape (shelf stable and frozen)
Tropical Orange Passion (shelf stable)
White Grape (frozen)
White Grape Peach (frozen)
White Grape Raspberry (frozen)

Langers (frozen)
Apple
Grape

✅ Store Brands –
12 oz Frozen Juice

Harris Teeter (Shoppers)
Apple
Grape

Giant (Safeway)
Apple
Grape
Use your Cash Value Check to buy fruits and vegetables.

**FRESH**

✅ **BUY:**
- Plain fruits and vegetables which may be:
  - Whole or cut
  - Loose
  - Bagged or plastic package
  - Any potato
  - Organic

❌ **DO NOT BUY:**
- Salad bar items, party platters / trays, fruit baskets
- Fruit or vegetables with dips, butter or sauces
- Salad kits with nuts, croutons, meat, or dressing
- Nuts, peanuts or fruit / nut mixtures
- Decorative vegetables and fruit such as chili peppers on a string, garlic on a string, gourds, painted pumpkins
- Spices or herbs
- Blueberry muffins or other baked goods
- Juice (buy juice with your juice check)
FROZEN

✓ BUY:
Plain fruits and vegetables which may be:
• Any beans
• Bag or box
• Any brand or size
• Organic

✗ DO NOT BUY:
• Vegetables with meat, nuts, potatoes, rice or pasta
• Vegetables with breading, fried, butter, sauces, cream, fat, oil, cheese, seasoned or teriyaki sauce
• Sauerkraut, coconut
• Fruit bars, fruit popsicles, Italian ice, fruit blends, sorbets, sweet potato pancakes or sweet potato fries
• Juice (buy juice with your juice check)
• Any fruit or vegetable with added sugar, fat, or artificial sweeteners

DO NOT BUY vegetables and fruits containing any of the following ingredients:

**Sugars:**
• sugar
• high fructose corn syrup
• corn syrup
• honey
• maple syrup
• syrup
• molasses
• dextrose
• fructose
• maltose
• sucrose
• sugar cane
• sorbitol
• mannitol
• xylitol
• maltitol
• cane syrup

**Fats:**
• oils (soybean, cottonseed, olive, canola, partially hydrogenated oils, etc.)
• butter
• margarine
• coconut

**Artificial Sweeteners:**
• sucralose
• Splenda
• Nutrasweet
• aspartame
• acesulfame potassium
• saccharin
• stevia
CANNED

✅ BUY:
Plain, Reduced Sodium, Low Sodium, or No-Salt Added Only
- Plain immature beans such as green beans, green peas, snap beans, orange beans, wax beans, succotash (lima beans & corn)
- Fruit packed in water, packed in unsweetened fruit juice, packed in unsweetened fruit juice concentrate, packed in unsweetened natural juice
- Applesauce without added sugar
- Any brand or size
- Metal, glass or plastic container
- Organic
- Only Reduced-sodium, Low-sodium, or No-Salt Added vegetables

❌ DO NOT BUY:
- Fruit in syrup or with added sugars or artificial sweeteners
- Regular canned vegetables (Full Sodium)
- Cranberry sauce, pie fillings
- Yams or sweet potatoes
- Spaghetti or pizza sauces
- Vegetables with meat, nuts, potatoes, rice or pasta
- Soup, catsup, relishes, olives or other condiments
- Pickled (sauerkraut, 3 bean salad, sweet & sour cabbage), creamed vegetables (corn), marinated vegetables or vegetables in brine
- Mature beans such as black beans, black-eye peas, garbanzo beans, kidney beans, lima beans, pinto beans, navy beans, soybeans, split peas, lentils, great northern beans (buy with your check that has beans & peanut butter on it)
- Juice (buy juice with your check that has juice on it)

Discover the benefits of adding fruits and vegetables to your meals!
- They provide fiber and other key nutrients such as potassium and magnesium, and vitamins A and C
- They add color, flavor and texture to your meals
DRIED

✓ BUY:
Plain dried fruits or vegetables

✗ DO NOT BUY:
• Dried fruit or vegetables with added sugars, fats or oils
• Fruit leathers or roll-ups with added sugars, fats or oils

Make half your plate fruit and veggies!

ChooseMyPlate.gov

All forms count!
• Fresh, frozen, canned, and dried all count
• Choose Reduced-sodium, Low-sodium, or No-Salt Added canned veggies
• Choose plain frozen veggies without added sauces, fats or sugars
• Choose fruit canned in water or 100% juice
• Select 100% fruit juice when choosing juices

How much?
• Adults should eat 2½ cups of veggies per day and 2 cups of fruit
• Children should eat about 1-1½ cups of fruit and 1-1½ cups of vegetables per day
Benefits of Breastfeeding For You and Your Baby

Babies who breastfeed... are healthier babies!

Breastfed babies have:

• Less diarrhea and constipation
• Fewer ear infections and other infections
• Lower risk of sudden infant death syndrome (SIDS)
• Fewer allergies
• Less asthma
• Less eczema
• Better teeth and smiles

Mothers who breastfeed have:

• Less postpartum depression
• Less anxiety and stress
• A closer bond with their babies
• Less diabetes and cancer

Save money:

• Breastfeeding saves approximately $1,500 - $2,000 a year
• Women who breastfeed miss fewer days of work because their babies are healthier

Have more time:

• Breast milk is always ready. There's no measuring, mixing, or warming

Get their bodies back in shape sooner:

• Breastfeeding helps a nursing mother return to her pre-pregnancy weight, especially noticed in her belly and thighs
Fully Breastfeeding Women
Women Pregnant with More Than One Baby
Pregnant Women Breastfeeding An Infant

Canned fish is available for fully breastfeeding women who don’t get baby formula from WIC and for women pregnant with more than one baby. All canned fish may be packed in water or oil. May be reduced sodium.

✓ Canned Tuna - 5 oz or 6 oz size only, chunk light tuna only

X DO NOT BUY
• Chunk white or solid white (albacore), yellowfin or tongol tuna
• Pouches, easy peel sensations, tuna creations, lunch to go, individual containers with crackers, bowls or kits
• Flavored or seasoned tuna
• Fillets

✓ Canned Sardines - 3.75 oz size only. May buy sardines with sauces and flavorings

X DO NOT BUY
• Kippered snacks or fish steaks

✓ Canned Salmon - 14.75 oz size only, pink salmon only

X DO NOT BUY
• Red, sockeye or blue back salmon
• Pouches, easy peel sensations, lunch to go, salmon creations, individual containers with crackers, bowls or kits
• Flavored, seasoned or smoked salmon
• Fillets

✓ Canned Jack Mackerel - 15 oz size only

BUY
• N. Atlantic, chub (Pacific) or Jack
• May be packed in water or oil. Pack may include bones or skin.
• May buy with added sauces and flavorings such as tomato, mustard, or lemon.
• May be regular or lower in sodium.
“Babies are meant to be breastfed.”

**Baby Cereal**

*Buy* brand written on check.  
*Buy* Rice, Oatmeal or Mixed Grain Cereal.  
- No cereal with DHA, fruit or formula  
- No jars or cans  
- No organic

**Baby Food Vegetables & Fruit**

*Buy* any brand 4 oz containers single or in multi-packs of two containers.  
*Buy* plain vegetables and fruit.  
*Buy* combinations of vegetables or fruit (example: peas and carrots or apples and pears) but not vegetables mixed with fruit.  
*Buy* any stage infant food.  
- No added sugars, starches or salt  
- No added meat, rice, yogurt, pasta or cereal  
- No dinners, desserts, soup, stew or mixtures  
- No DHA  
- No organic  
- No naturals  
- No toddler food

**Baby Food Meat**

Baby food meat for fully breastfeeding babies who don’t get baby formula from WIC.  
*Buy* any brand 2.5 oz jars.  
*Buy* plain chicken, turkey, beef, lamb, veal or ham in broth or gravy.  
- No added vegetables, fruit, rice, cereal or pasta  
- No dinners, meat sticks, stew or soup  
- No DHA  
- No organic

**Infant Formula**

*Buy* the size and type of formula written on your check.  
For special formulas, get a prescription from the doctor.

- Similac Advance OptIGRO
- Gerber Good Start Soy
SHOPPING HINTS/REMINDERS

• Bring this WIC ID Folder to the store.

• Only you, another authorized representative, or your proxy can buy foods with WIC checks.

• Tell the cashier that you are using WIC checks.

• Separate your WIC foods from your other foods and group them by check.

• Do not pay money for WIC food or exchange WIC foods for other foods or money.

• If you have problems buying WIC foods at the store, ask the store manager for help.

• WIC stores must have some foods from each food group, but do not have to carry all brands.

• “Express” or “Cash Only” lines should not be used.

• Write in the amount of the WIC purchase under “Pay Exactly.” Make sure the amount is the same as the amount on the register.

• Sign the check after you have inserted the price on the lower right hand side of the check.

• You may need to sign on top of the red line reading “SIGN FULL NAME FOR PRICE CHANGE” if you make a mistake and the price amount has been corrected.

• You can not return WIC foods to the store for a cash refund or exchange for other foods.

• You can use manufacturer or store coupons for your WIC purchase.
YOU MAY BE REMOVED FROM THE WIC PROGRAM FOR THE FOLLOWING REASONS:

• Abuse (verbal or physical) of WIC or Grocery Store staff by you or your proxy.
• Spending your WIC check BEFORE the “First Day to Spend” printed on the check.
• Spending your WIC check AFTER the “Last day to Spend” printed on the check.
• Changing (altering) the WIC check in any way.
• Spending WIC checks after reporting them as lost or stolen.
• Selling supplemental food or WIC checks.
• Receiving cash or credit from the store in connection with a WIC transaction.

TO MAKE A PRICE CORRECTION

CASHIER MUST WRITE CORRECT AMOUNT HERE

SIGN YOUR FULL NAME HERE

CASHIER MUST CROSS OUT INCORRECT AMOUNT

THIS LINE MUST ALSO BE SIGNED
USDA Nondiscrimination Statement

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.

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 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.