



Building a Healthy Future



**VENDOR
FOLDER & FOOD LIST**



100% Whole Grain Choices

✓ **100% Whole Wheat Bread & Rolls**

16 oz (1lb) 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

X DO NOT BUY

- Multigrain
- Cinnamon, nuts, raisins or fruit
- Double fiber
- Organic

✓ **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



X 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

X 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 Wheat Macaroni (Pasta)

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

**NEW
ITEM!!**

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

X DO NOT BUY

- Macaroni or pasta with added sugars, fats, oils, or salt

Dairy, Soy & Eggs

✓ Milk



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)

X 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.)

✓ **Tofu**

14 or 16 oz package or two 8 oz packages

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

Nasoya: Organic Extra Firm, Lite Firm,
Organic Firm, Organic Silken

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.

Beans & Peanut Butter

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

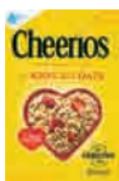
Cereals

✓ 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



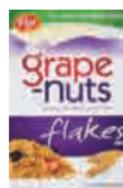
Alpha Bits



Bran Flakes



Grape Nuts



Grape Nuts Flakes



Great Grains Banana Nut Crunch



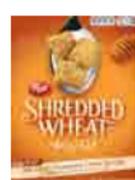
Honey Bunches of Oats Vanilla Bunches



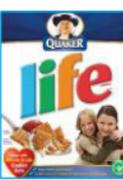
Honey Bunches of Oats Whole Grain Almond Crunch



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



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



- 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)



(Shoppers)

- Crunchy Wheat Squares
- Crunchy Oat Squares Original
- Frosted Shredded Wheat
- Instant Oatmeal Regular
- Multigrain Toasted Oats
- Nutty Nuggets
- Toasted Oats
- Wheat Bran Flakes



(Safeway)

- Bite-Size Frosted Mini-Wheats
- Bite-size Shredded Wheat
- Bran Flakes
- Instant Oatmeal Regular
- Live It Up Cinnamon
- Toasted Oats



(WalMart)

- Frosted Shredded Wheat
- Toasted Whole Grain Oats

Examples to buy up to 36 oz of cereal



- 12 oz + 24 oz = 36 ounces
- 15 oz + 21 oz = 36 ounces
- 16 oz + 18 oz = 34 ounces

✓ **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
Roasted



Honey
Bunches
of Oats
Almonds



Honey Oat Blenders
Honey Oat Blenders
with Almonds
Crispy Rice
Scooters

✓ **Non-Whole Grain Hot Cereal**



Hot Wheat



Original
Hot Wheat



Instant
Grits
Original



Cream of
Wheat
Instant,
1, 2½, or 10
min



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

X 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



Musselman's

- Apple
- Premium 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



Mott's

- Apple



Northland

- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Grape
- Cranberry Raspberry
- Traditional Cranberry



Lucky Leaf

- Apple



Old Orchard

- Grape
- Mango Tangerine
- Red Raspberry
- White Grape



Welch's

- Grape
- Red Grape
- White Grape

✓ 100% Juice Store Brands 64 oz Bottles



(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



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



(WalMart)

Apple
 Grape
 Tomato
 Vegetable
 White Grape



(Safeway)

Apple
 Cranberry
 Cranberry Grape
 Cranberry Raspberry
 Grape
 Prune
 Tomato
 Vegetable
 White Grape



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)



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



(Shoppers)

Apple

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



Welch's

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
 White Grape

✓ Store Brands –

12 oz Frozen Juice



Apple



(Shoppers)

Apple
 Grape



Apple
 Grape



(Safeway)

Apple

Fruits and Vegetables

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

X 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!

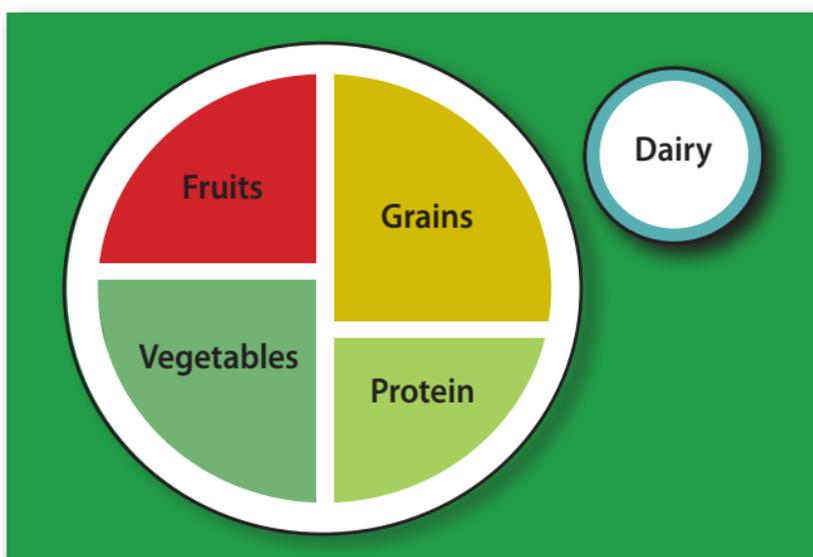
- They provide fiber and other key nutrients such as potassium and magnesium, and vitamins A and C
- They add color, flavor and texture to your meals

DRIED**NEW ITEM!!****✓ 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

✗ 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

✗ DO NOT BUY

- Kippered snacks or fish steaks

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

✗ 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.

- X** No cereal with DHA, fruit or formula
- X** No jars or cans
- X** 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.

- X** No added sugars, starches or salt
- X** No added meat, rice, yogurt, pasta or cereal
- X** No dinners, desserts, soup, stew or mixtures
- X** No DHA
- X** No organic
- X** No naturals
- X** 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.

- X** No added vegetables, fruit, rice, cereal or pasta
- X** No dinners, meat sticks, stew or soup
- X** No DHA
- X** 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 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.

