Shopping With WIC
Good Nutrition in WIC Foods

• WIC foods contain important nutrients your body needs to stay healthy.

• WIC foods help moms have healthy pregnancies and children grow strong and healthy so they are ready for Kindergarten.
Food List & Shopping Guide

• The Guide is full of shopping information and tips.
• It is available in many different languages.
• It can also be found on the WICShopper app.
Use eWIC card at:

- King Soopers
- Walmart
- Safeway
- Mercado
- Save a Lot
- Target
- Buckley AFB
- Colorado Ranch Market
- Mi Pueblo Market
- Commissary
Only Fresh or Frozen Fruits and Vegetables

Correct

Dollar amounts are listed on your benefits list to spend for fruits and vegetables.

Example 1:
- You have $20 to spend
- You purchase lettuce, grapes, and frozen corn that add up to $9.00
- You have $11.00 left to spend

Example 2:
- You have $11 to spend
- You purchase bananas, peppers and strawberries that add up to $11.50
- You will need to pay 50 cents with your own money or SNAP benefits.

Do Not Buy
Whole Grains

Correct ✔
Whole Grains

Do Not Buy
Whole Grains – Adding up to 32 ounces

Sara Lee 100% Whole Wheat Bread 16 oz. + Wonder 100% Whole Wheat Bread 16 oz. + Sara Lee 100% Whole Wheat Bread 20 oz. + Oroweat 100% Whole Wheat Sandwich Thins 12 oz.

Nature’s Own 100% whole wheat bread 20 oz. + Kroger 100% whole wheat sandwich slims 12 oz. + Oroweat 100% whole wheat bread 24 oz. + La Favorite Corn Tortillas 12 count 8 oz.
Breakfast Cereal

Correct ✓

Shopping Tip:

- Add up to 36 oz. (not over)
- Pay attention to the weight, not the size of the box
Milk

Correct ✔

Shopping Tip
Gallon = 1
Half Gallon = .5
Quart = .25
Milk (continued)

Correct
Yogurt – 32 oz. tub

Correct ✔

Do Not Buy ✗
Soy & Tofu

Correct  ✔️

Do Not Buy  ❌

Images of soy milk, Ultra Soy, Azumaiya Tofu, Silk Almond milk, and I'fofu.
Eggs

Correct ✅

Do Not Buy ❌
Canned Fish – Exclusively Breastfeeding Women Only

Correct ✅

Incorrect ✖

Chicken of the Sea
Pink Salmon
Traditional Style

Starkist
Chunk Light Tuna
In Water

Deming’s
Red Sockeye Salmon

Tuna Creations
Hot Buffalo Style

Bumble Bee
Sardines

Bumble Bee
Chunk Light Tuna
In Water

Bumble Bee
Chunk White Albacore
In Water
Peanut Butter & Beans

Example 1:
• You have 2 jar/bag/can
• You can purchase 1 jar of peanut butter and 4 cans of beans

Example 2:
• You have 3 jar/bag/can
• You can purchase 2 jars of peanut butter and 1 bag of dried beans
  OR
• You could purchase 1 jar of peanut butter, 1 bag of dried beans and 4 cans of beans

One Unit
(1 jar/bag/can)
Frozen Juice - Women

Correct ✅

Do Not Buy ❌

• Minute Maid Orange Juice
• Welch's Grape Juice Cocktail
64oz Juice - Children

Correct  ✓

Do Not Buy  ❌
Baby Fruits and Vegetables

Correct ✔️

Do Not Buy ❌
Baby Cereal and Infant Meat

Correct ✓

Do Not Buy ❌
Infant Formula

- Only buy name and brand of formula on your benefits list and WICShopper app.
- Call your WIC Office with questions or changes.
Your eWIC Card

- Set up your 4 digit PIN
- Share your PIN with those you trust
- Call 1-844-234-4950 to reset your PIN if you have entered it wrong 3 times.
- 4 wrong PIN entries will lock your card until midnight.
  - If this is the last day of the month you might lose your benefits.
- Call your clinic to unlock your PIN, and replace lost or stolen cards.
WICShopper App

- Download the WICShopper App
- Register eWIC card
- Set-up the end of month reminder
- Review different buttons
- Practice scanning foods
- Find your benefit balance
Know Your WIC Food Balance

- Your balance can be found:
  - Family Food Benefits List
  - WICShopper App
  - www.ebtEDGE.com
  - Call 1-844-234-4950 on back of card
  - Grocery Store Receipt
Reloading Your eWIC Card

• You must attend your next WIC appointment to reload your card.
  – Cards need to be reloaded by staff
  – Food balances zero out at midnight on the last day of the month
  – Call for an appointment if you don’t have a food balance for the current month or next month.
  – Appointments are available in person, by phone, and online.
WIC Food Reminders

• You can sign up for appointment text reminders so you will not miss out getting WIC foods loaded onto your card.

<table>
<thead>
<tr>
<th>Missed Appointment</th>
<th>&quot;WIC: You do not have any WIC foods left on your card. Call to schedule an appointment to get WIC foods added to your card.&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>It’s your last month of food and your next appointment isn’t scheduled</td>
<td>“WIC: You do not have WIC foods on your card next month. Call us to schedule an appointment to get WIC foods added to your card.”</td>
</tr>
</tbody>
</table>

• WICShopper App reminder message:

![WICShopper App reminder message](image)
At the Check-out

- You can separate groceries at first if you would like
- Use your eWIC card to pay first
- Swipe your card and enter your pin
- Your receipt shows purchases and remaining balance
Shopping Tips

• If an item is not ringing up correctly:
  – Check the foods list to make sure it is OK to buy
  – Check your food balance
  – take a picture of the bar code and label, send to your clinic

• Not every item in the Foods List is at every store

• Make a WIC food grocery list before going

• You can ask the clerk to void an item if it is not ringing up as you thought it should.
Call Us With Any Questions!

• We want your WIC shopping trip to be easy.