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:
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

Example: 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.
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 = 0.5
Quart = 0.25
Milk (continued)

Correct
Yogurt – 32 oz. tub

Correct ✓

Do Not Buy ✗
Soy & Tofu

Correct

Do Not Buy
Eggs

Correct ✓

Do Not Buy ✗
Canned Fish – Exclusively Breastfeeding Women Only

Correct ✓

Incorrect ✗
Peanut Butter & Beans

Many Combinations Possible!

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)
Peanut Butter & Beans

Correct ✓

Do Not Buy ❌

*Jif* Extra Crunchy Peanut Butter
*Skippy* Super Chunk Peanut Butter
*Bush’s Best* Black Beans
*Skippy* Natural Creamy Peanut Butter
*Skippy* Reduced Fat Creamy Peanut Butter
*Kunen’s* Black Beans
*Kunen’s* Cajun Flavored 16 Bean Soup Mix
Frozen Juice - Women

Correct

Do Not Buy
64oz Juice - Children

Correct ✓

Do Not Buy ❌
Baby Fruits and Vegetables

Correct  ✔️  Do Not Buy  ❌

- Gerber Banana Blackberry Blueberry
- Happy Baby Organics: Bananas & Sweet Potatoes
- Beech-Nut Naturals: Green Beans
- Gerber Chicken Rice Dinner
- Gerber Apple Pear Pouch
Baby Cereal and Infant Meat

Correct ✅

Do Not Buy ❌

- Beech-Nut oatmeal (Correct)
- Gerber Chicken (Correct)
- Gerber Oatmeal (Correct)
- Earth's Best Vegetable Turkey Dinner (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

• Be sure to keep your appointments so your card can be reloaded.
  – 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.
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 reminder](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.