VERMONT WIC

Food Guide

Effective October 2017
WIC provides healthy food, and a whole lot more...

Including nutrition education, breastfeeding support, and referrals to health care and other community programs. You can trust WIC to be your family’s nutrition expert during important periods of growth and development, like pregnancy, infancy and early childhood.

The full range of WIC’s nutrition resources and benefits are available starting in pregnancy and continuing until your child’s 5th birthday. When you choose WIC for your family, you’ll get the support you need to give your child the best possible start in life. And, kids who stick with WIC until age 5 grow healthy, happy and smart.

Learn more at healthvermont.gov/wic

Food Guide

Tips for Shopping with WIC

Whole Grains
- Whole Grain Bread
- Tortillas
- Brown Rice
- Whole Wheat Pasta

Fruits & Vegetables

Dairy
- Eggs
- Milk
- Cheese
- Tofu
- Soymilk Beverage
- Yogurt

Proteins
- Beans, Lentils, Peas
- Peanut Butter
- Canned Fish

Cereals
- Cold Cereal
- Hot Cereal

Juice
- For Kids
- For Women

Infant Foods
- Infant Fruits & Vegetables
- Infant Cereal
- Infant Meats
- Infant Formula
Healthy Foods

As part of WIC you’ll receive a monthly food benefit, with healthy choices for each person in your family enrolled in WIC. Your WIC food benefits change, depending on whether you are pregnant or breastfeeding, and the age of your infant or child. WIC foods supplement the other foods you buy, and provide key nutrients to help you and your children grow at each stage of development.

WIC foods are purchased using the eWIC card at authorized grocery stores around the state. You can shop at the major grocery stores as well as many local smaller grocery stores and some co-ops. Your eWIC card works just like a debit card, but for WIC foods. At the beginning of every month, WIC food benefits are automatically deposited into your eWIC account. Every time you purchase a WIC-approved food item with your eWIC card, that item will be subtracted from your monthly balance.

eWIC allows you to:
• Shop where and when it’s convenient for you.
• Select from wide variety of WIC-approved foods.
• Buy your WIC foods throughout the month, whenever you need them.

Nutrition Education

Nutrition education is one of WIC’s most important benefits. Completing at least two nutrition education activities each year (in between your regular WIC appointments) is a requirement of WIC. You choose the nutrition education option that matches your learning style, interests and schedule.

There are three basic types of WIC Nutrition Education activities:

Group Activities
Pick from the list of activities your Local WIC Office provides each month. Visit your Local WIC Office’s Facebook or web page, or call to find out what’s happening in your area.

Online Learning
Use a computer or your smartphone! WICHealth.org is WIC’s online nutrition education resource. Choose from a variety of topics and lessons when it’s convenient for you.

In-Person Counseling
Talk with your WIC nutritionist about nutrition goals that are important to you. Make an appointment to fit your schedule, or talk by phone.
Breastfeeding Support

You Can Do It! Plan for your breastfeeding success.

Learn about breastfeeding. Read. Attend classes. Talk to your WIC Breastfeeding Peer Counselor and other breastfeeding supporters.

Enlist help and plan ahead. Share plans with your family and friends. Work with your doctor and employer to get the support and help you need to be successful.

Be confident. Most moms make the right amount of milk for their babies. Your milk is perfect for your baby at every stage of development.

WIC Can Help! We’re here to help moms succeed.

You already know that breastfeeding is best for you and your baby. Did you know that 90% of Vermont moms start breastfeeding? Vermont WIC offers many services to help you succeed with your breastfeeding goals. Whether you’re looking for support as you and your baby learn to breastfeed, or as you prepare to go back to work, you can rely on WIC to help you every step of the way.

- Extra WIC foods for breastfeeding moms
- Breastfeeding peer counselors
- Referrals to community lactation consultants and other support services
- Breast pumps
- Breastfeeding groups and classes

Knowledge + Support + Confidence = Success

“It was helpful knowing I had support at WIC when I needed it”

Healthcare Referrals & Community Programs

WIC is an important part of your community. Your Local WIC Office is well-connected to healthcare providers, community organizations and other partners. WIC can help you access a wide variety of programs and services, such as:

- Pregnancy and pediatric care
- Finding a dentist
- Help quitting smoking
- Drug and alcohol abuse counseling
- Immunizations
- Other programs including Home Visiting, Head Start, and 3SquaresVT

Mobile Support

WIC2Five is Vermont WIC’s text message service. Get weekly health and nutrition tips, appointment reminders and more! Your Local WIC Office can sign you up – just provide your current mobile phone number!
In order to maintain your WIC benefits and keep your eWIC card active, you need to connect with WIC 4 times a year. Your food benefits will be renewed for 3 months, after completing each WIC Appointment and WIC Nutrition Education Activity.

**Attended a WIC Appointment twice each year**

During your WIC appointment we will:
- Review and document your income (once a year), identification and Vermont residency.
- Weigh and measure each family member enrolled in WIC.
- Screen for anemia (once a year).
- Talk with you about your nutrition interests and goals.
- Connect you with other health and community services.

**AND**

**Complete a WIC Nutrition Education Activity twice each year**

In between each WIC appointment, choose an activity from the list your Local WIC Office provides. For example, you can:
- Attend a cooking class, supermarket tour, or “Baby Behavior” talk.
- Learn online with WICHealth.org. See page 7 to sign up.
- Talk in-person or by phone with a WIC nutrition professional.

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**Join WICHealth.org**

Do your nutrition education online!

You’ll need your 6 digit WIC household ID number to create an account the first time you visit the site. If you don’t have this, call your Local WIC Office.

**Step 1: Set up your account**

- Click the “Sign Up” button
- Select Vermont as your State
- Choose your Agency (Agency = your Local WIC Office)
- Choose your Clinic (Clinic = your Local WIC Office)
- Enter your 6 digit WIC household ID (My number is:    )
- Choose a username and password, enter your email and answer to a security question. You may want to write these down so you remember them.
- Click “Register”
- Enter information about you and your child

**Step 2: Complete a Lesson**

- Click “Start Lesson”
- Example lessons:
  - Eat Well – Spend Less!
  - Preparing for a Healthy Pregnancy
  - Starting Your Infant on Solid Foods
  - Make Meals and Snacks Simple
  - Secrets for Feeding Picky Eaters
- Follow instructions to complete lesson
- Answer End of Lesson questions
- Click “Submit” to receive your certificate - it will also be sent to your Local WIC Office

**Step 3: Visit often**

Any day, any time:
- Find and complete lessons anywhere you have internet access
- Use a computer or your smartphone
- Lessons count as your nutrition education activity

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**What families are saying...**

“Awesome website!! Lots of great information and very easy to follow”

“I can learn at my own pace, in the comfort of my own home.”

“I like that I get to choose the topic, and that I can do it anytime day or night.”
Participant Rights and Responsibilities and Notice of Privacy Practices

As a Vermont Women, Infants, and Children (WIC) Program participant, I understand the following:

1. WIC Certification periods vary by participant type:
   a. pregnant women, until six weeks post-partum;
   b. infants/breastfeeding women, through the month of the infant’s first birthday;
   c. children, for twelve month periods up to age five years; and
   d. non-breastfeeding women, through six months post-partum.

2. When my and/or my child(ren)’s certification period ends, WIC Program benefits also end.

3. I will receive information about nutrition and health, including nutrition education, breastfeeding support, WIC foods, and referrals to other health services.

4. To continue my WIC benefits, I must attend all certification and nutrition education appointments.

5. I have the right to have information I give to the WIC program treated as confidential.

I understand that WIC participant information may be shared with the following programs: Home Visiting Programs, Foster Parent Services, Immunizations, and Pregnancy Risk Assessment Monitoring System (PRAMS). A separate Release of Information is required for WIC to share information with any other entity.

6. The Vermont Commissioner of Health may authorize use and disclosure of information about my participation in WIC for non-WIC purposes. Such information will be used by state and local WIC Offices and the programs listed above ONLY for program administration, coordinating benefits with other programs and improving WIC services and activities.

7. Race/ethnicity information is collected for statistical reporting requirements only and does not affect my participation in the WIC Program. Standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, national origin, sex, age or disability.

8. WIC staff may verify information I have provided. If I provide false information, I may not get WIC benefits; I may have to pay back money for WIC foods already purchased; and I may be prosecuted under state and federal law.

9. If I move out of Vermont I can request a Verification of Certification (VOC) to access WIC benefits in the new state.

WIC Program Participant Rights:

- If I disagree with any decision that affects my WIC eligibility or benefits, I have sixty (60) days from the date of notice to file an appeal and ask for a fair hearing to present the reasons for objection by me or by my representative(s), such as a relative/friend/legal counsel or other spokesperson(s).
- Information to request a fair hearing may be obtained from any Local WIC Office or from the State WIC Office at: Vermont Department of Health, WIC Program, 108 Cherry Street, PO Box 70, Burlington, VT 05402-0070. You may also call us to request a hearing at 1-800-649-4357.

- Continuation of benefits may be requested pending the outcome of the fair hearing appeal. The request must be filed within 15 days from the date of my Notice of Ineligibility. However, no benefits can be continued beyond a participant’s certification period.
- WIC is an equal opportunity program. If I believe I have been discriminated against because of race, color, national origin, sex, age or disability, I may contact the Secretary of Agriculture, Washington, DC, 20250 directly, or request assistance from the WIC staff to do so.

WIC Program Participant Responsibilities:

1. To avoid loss of WIC benefits, I must attend all WIC appointments.

2. If I cannot make a WIC appointment, I will call in advance to reschedule.

3. I will notify WIC staff when I change my address or move to a different city or state so my WIC can be transferred to a different district or state.

4. WIC foods are for the participating family member. I will not sell or give my WIC benefits to anyone else and will contact WIC if I need to change my food benefits.

5. All formula/medical food exchanges must take place at the WIC Office. Any unused infant formula must always be returned to the WIC Office.

6. I will keep my WIC card in a safe place, and I will not give my personal identification number to anyone except someone who will make WIC purchases as my additional head of household or proxy.

7. If my Vermont WIC card is lost or stolen, I will report this to the WIC Office immediately. I understand that it is possible the current month’s benefits will not be replaced.

8. I understand that WIC benefits are to be purchased only at WIC authorized stores within the month designated and consumed by the participant for whom they were issued, and that unused benefits do not carry over to future months.

9. I am responsible for training my additional head of household or proxy to use the card at the store.

10. I am responsible to ensure that my alternate shopper adheres to these same responsibilities.

Disqualification, suspension, prosecution, and cash recovery may occur for:

A. Misuse of WIC benefits such as exchanging/selling or intending to sell the Vermont WIC card or food items purchased with WIC benefits verbally, in print, online, or by any other method for cash, credit, or non-food items;

B. Purchasing/receiving foods not on the WIC Approved Foods List;

C. Physical abuse, threat of physical abuse, or verbal abuse to WIC or grocery store staff.
Tips for shopping with WIC

Get the free WICShopper app. Use your smartphone to scan items at the store to find out if they are Vermont WIC-eligible.

Before you go shopping:

1. Review your Family Food Benefits. Make sure you know your current balance:
   • Check your last receipt
   • Call eWIC EBT Customer Service: 1-855-769-8890

2. Choose from the WIC options. Use the WIC Food Guide to help you identify the particular brands allowed by WIC.

3. Make a grocery list. List the specific WIC food items you plan to purchase, including the package size, so you’ll know what to choose at the store.
   Not all products are available in every store. If there is a WIC item you would like your store to add, ask them at the customer service desk.
At the store:

Look for Vermont WIC Approved Food shelf tags, or on the shelf tags at Price Chopper and Hannaford to help you find WIC allowed food items in the store.

When you’re ready to check-out, you can go to any lane with a cashier. Put your WIC-eligible foods first.

After all of your items have been scanned and totaled, give the cashier any coupons. When ready to pay, use your WIC card as the first form of payment. Swipe your card and enter your 4-digit PIN. You will then see the total dollar amount of the WIC foods you are buying and be asked to approve the purchase.

Some smaller stores may need you to keep your WIC items separate and swipe your card before any items are scanned to start the eWIC transaction.

Things to take shopping:

- This Food Guide
- WIC card
- Coupons or store card
- Grocery list
- Reusable shopping bags

Shop at participating grocery stores.

Contact your Local WIC Office for a complete list of WIC-approved stores. Shopping resources and store lists are also available at healthvermont.gov/wic.

Remember to spend all of your benefits each month.

Each time you shop, the WIC foods you buy are subtracted from your monthly total. Any food remaining in your account will expire at midnight on the last day of the month.

If you have a question about shopping or need to report a shopping issue, contact your Local WIC Office. To hear your balance or to set your PIN, eWIC EBT Customer Service is available, 24 hours a day 7 days a week, at connectebt.com and 1-855-769-8890.

- Handle your WIC card carefully. Report a lost or stolen card immediately to your Local WIC Office.
- Family Food benefit changes. Contact your Local WIC Office to make any changes to your benefits.
- WIC foods cannot be returned. WIC foods cannot be returned to the store for cash or exchanged for other items.

Save your receipt so you’ll know your remaining balance for the month.
**Fruits & Vegetables**

*Provide a variety of vitamins, minerals and fiber*

<table>
<thead>
<tr>
<th>Amount</th>
<th>Varieties</th>
</tr>
</thead>
<tbody>
<tr>
<td>$11 per month for women</td>
<td>• Fresh, frozen or canned (see details next page)</td>
</tr>
<tr>
<td>$8 per month for each child</td>
<td>• Regular or low sodium</td>
</tr>
<tr>
<td></td>
<td>• Organic allowed</td>
</tr>
<tr>
<td></td>
<td>• Fresh white potatoes allowed</td>
</tr>
</tbody>
</table>

**Cannot buy**

- Canned or frozen white potatoes
- Added sugars, fats or oils
- Canned fruits packed in syrup (must be packed in water or juice)
- Herbs or spices
- Salad kits or party trays

- Dried fruits or vegetables
- Salsa
- Sauce (pizza, spaghetti or tomato, stewed tomatoes or tomato paste)
- Single servings

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**Fresh**

*Any variety*

- Organic and non-organic
- Including fresh potatoes
- Whole, cut, bagged or packaged

**Cannot buy**

- Salad bar items
- Salad kits, party trays with added food items (dip, dressing, nuts)
- Fruit baskets
- Dried fruits or vegetables
- Herbs or spices
- Edible blossoms

**Frozen**

*Any brand and package type*

- Any size, except single serving
- Organic and non-organic
- Any plain fruit or vegetable without added sugar or artificial sweetener

**Cannot buy**

- Non-fruit or non-vegetable ingredients (pasta, rice, cheese, etc)
- Vegetables with sauce
- Added sugar
- Artificial sweetener

**Canned**

*Any brand and container (can, jar, plastic)*

- Any size, except single serving
- Organic or non-organic
- Any plain fruit or fruit mixtures packed in water or juice
- Any plain vegetable or vegetable mixtures

**Cannot buy**

- Fruit cocktails packed in syrup
- Fruit with added sugar
- Pickled vegetables
- Creamed vegetables
- Salsa
- Sauce (pizza, spaghetti or tomato, stewed tomatoes or tomato paste)
- Guacamole

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Fresh produce sources change frequently during the season. If a fresh produce item does not scan as expected, let the store know so it can be added to their database.
How can I help my child eat more fruits and vegetables?

**Share the adventure.** Try some new fruits and vegetables. Shop together and let your child choose.

**Cook together.** Teach your child to tear lettuce or add vegetable toppings to pizza.

**Eat together.** Let your child see you enjoying fruits and vegetables at meals and snacks.

**Take it with you.** Put apples, oranges or sliced veggies in your bag for quick snacks on the go.

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**Make the most of your benefit**

**Celebrate the season.** Choose fresh vegetables and fruits that are in season for the best quality and flavor.

**Try canned or frozen.** For quick side dishes and less prep time, canned and frozen fruits and vegetables are convenient, easy to store and recipe ready.

**Make it easy.** Buy whole vegetables and fruits. Wash, cut and keep in the refrigerator for ready-to-eat snacks or lunch box additions your family can enjoy anytime.

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**Use this chart to help estimate produce cost.**

<table>
<thead>
<tr>
<th>Price per pound</th>
<th>1½</th>
<th>2</th>
<th>2½</th>
<th>3</th>
<th>3½</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0.69</td>
<td>$1.04</td>
<td>$1.38</td>
<td>$1.73</td>
<td>$2.07</td>
<td>$2.42</td>
<td>$2.76</td>
</tr>
<tr>
<td>$0.99</td>
<td>$1.49</td>
<td>$1.98</td>
<td>$2.48</td>
<td>$2.97</td>
<td>$3.47</td>
<td>$3.96</td>
</tr>
<tr>
<td>$1.49</td>
<td>$2.24</td>
<td>$2.98</td>
<td>$3.73</td>
<td>$4.47</td>
<td>$5.22</td>
<td>$5.96</td>
</tr>
<tr>
<td>$1.99</td>
<td>$2.99</td>
<td>$3.98</td>
<td>$4.98</td>
<td>$5.97</td>
<td>$6.97</td>
<td>$7.96</td>
</tr>
<tr>
<td>$2.49</td>
<td>$3.74</td>
<td>$4.98</td>
<td>$6.23</td>
<td>$7.47</td>
<td>$8.72</td>
<td>$9.96</td>
</tr>
<tr>
<td>$2.99</td>
<td>$4.49</td>
<td>$5.98</td>
<td>$7.48</td>
<td>$8.97</td>
<td>$10.47</td>
<td>$11.96</td>
</tr>
</tbody>
</table>
**Eggs**
Good source of protein and iron

- **Varieties**
  - Whole dozen
  - White or Brown

- **Cannot buy**
  - Enhanced or specialty (Omega-3)
  - Organic

**Milk**
Good source of protein, calcium, and vitamins A & D

- **Cannot buy**
  - Enhanced or specialty
  - Organic
  - Flavored
  - Reduced-fat (2%)
  - Glass bottles

**Cow’s Milk**
Any brand allowed

- Gallon, ½ gallon, quart
  - Whole: For children 12–23 months
  - Low-fat (1%) or Nonfat (skim)
  - Lactose-free
  - Shelf-stable (UHT)
  - Non-fat dry milk powder

- Quart
  - 25.6 oz (makes 2 gallons)

**Goat’s Milk**
Meyenberg brand only

- ½ gallon, quart
  - Whole fluid: For children 12–23 months
  - Whole powdered: For children 12–23 months
  - Low-fat (1%) fluid
  - Nonfat powdered

- Quart
  - 12 oz (makes 3 quarts)
  - 12 oz (makes 3 quarts)

**Cheese**
Good source of protein and calcium

- **Varieties**
  - Regular
  - Low-fat
  - Flavored
  - Organic

- **Cannot buy**
  - String, shredded or individually wrapped slices
  - Specialty or special reserve

**Size: 8 oz and 16 oz Blocks**
- Cheddar
- Colby
- Colby Jack
- American

**Size: 8 oz and 16 oz Slices**
- Monterey Jack
- Mozzarella
- Muenster

**National brands**

**Store brands**

*Effective October 2017*
## Tofu
Good source of protein and calcium

### Varieties
- Only specific types listed
- Must be calcium set (made with calcium salts)
- Organic allowed

### Size: 8 oz, 14 oz, and 16 oz

<table>
<thead>
<tr>
<th>Brand</th>
<th>Type</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Azumaya</td>
<td>Silken</td>
<td>8 oz, 14 oz</td>
</tr>
<tr>
<td></td>
<td>Firm</td>
<td>16 oz</td>
</tr>
<tr>
<td></td>
<td>Extra Firm</td>
<td>16 oz</td>
</tr>
<tr>
<td>Nasoya</td>
<td>Silken</td>
<td>8 oz, 14 oz</td>
</tr>
<tr>
<td></td>
<td>Firm</td>
<td>16 oz</td>
</tr>
<tr>
<td></td>
<td>Extra Firm</td>
<td>16 oz</td>
</tr>
<tr>
<td></td>
<td>Cubed Super</td>
<td>16 oz</td>
</tr>
<tr>
<td>O Organics</td>
<td>Firm</td>
<td>16 oz</td>
</tr>
<tr>
<td></td>
<td>Sprouted Super</td>
<td>16 oz</td>
</tr>
<tr>
<td>Vermont Soy</td>
<td>Firm</td>
<td>16 oz</td>
</tr>
</tbody>
</table>

## Yogurt
Good source of protein and calcium

### Varieties
- **Low-fat / Nonfat yogurt:** For women and children 2-5 years
- **Whole milk yogurt:** Only for children 12-23 months
- Organic allowed

### Size: 32 oz tubes (907g)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Type</th>
<th>Flavor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annie's</td>
<td>Greek</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Green Mtn</td>
<td>Creamery</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Kingdom</td>
<td>Creamery</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Stonyfield</td>
<td>Organic</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Yoplait</td>
<td>Original</td>
<td>Any flavor</td>
</tr>
</tbody>
</table>

### Store Brands Allowed

<table>
<thead>
<tr>
<th>Brand</th>
<th>Type</th>
<th>Flavor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best Yet</td>
<td>Any flavor</td>
<td></td>
</tr>
<tr>
<td>Hannaford</td>
<td>Any flavor</td>
<td></td>
</tr>
<tr>
<td>Pics</td>
<td>Any flavor</td>
<td></td>
</tr>
<tr>
<td>Sure fine</td>
<td>Any flavor</td>
<td></td>
</tr>
<tr>
<td>Lucerne</td>
<td>Any flavor</td>
<td></td>
</tr>
<tr>
<td>Great Value</td>
<td>Any flavor</td>
<td></td>
</tr>
</tbody>
</table>

## Soymilk Beverage
Good source of protein, calcium, and vitamin D

### Size: 64 oz (½ gallon)
**Refrigerated**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Type</th>
<th>Flavor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8th Continent</td>
<td>Original</td>
<td></td>
</tr>
<tr>
<td>Silk</td>
<td>Original</td>
<td></td>
</tr>
</tbody>
</table>

### Size: 32 oz (1 quart)
**Shelf-stable**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Type</th>
<th>Flavor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pacific</td>
<td>Ultra Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Original</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ultra Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vanilla</td>
<td></td>
</tr>
</tbody>
</table>

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**Choose the size combinations that maximize your benefits.**

1 lb = (1) 16 oz package OR (2) 8 oz packages
4 lbs = (4) 16 oz packages OR (4) 14 oz packages + (1) 8 oz
6 lbs = (6) 16 oz packages

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**Cannot buy**
- Organic
Bean & Peanut Butter Options:
If your Family Food Benefits list shows: 1 Peanut Btr/Beans/Peas you can buy:

A 16 oz package dry beans, lentils, peas
B 4 cans 15–16 oz canned beans, lentils or black eyed peas
C 16–18 oz jar peanut butter

Bean & Peanut Butter Varieties:
- Smooth
- Chunky
- Plastic or glass jars

Protein Sources:
- Peanut Butter
  - Good source of protein
  - Varieties
    - Smooth
    - Chunky
    - Plastic or glass jars
  - 16 oz – 18 oz jars (454g – 510g)
    - Store Brands: Teddie, Smuckers
    - Cannot buy:
      - Reduced fat
      - Low sodium
      - Organic
      - Specialty peanut butters
      - Peanut butter spreads
      - Flavored or mix-in ingredients

Beans, Lentils, Peas
- Good source of protein, iron, and fiber
- Varieties
  - Canned or dried
  - Regular or low-sodium
  - Organic allowed
- Cannot buy
  - Added sugars, fats or oils
  - Added vegetables, fruits or meats
  - Soup mix
  - No refried beans

A Dried: 1 lb packages (454g)
Any Brand
- Any type of mature beans, lentils or peas

B Canned: 15 oz – 16 oz cans (425g – 454g)
Any Brand
- Any type of mature beans, peas or lentils.

Canned Fish for Fully-Breastfeeding Women
- Good source of protein
- Varieties
  - Packed in water or oil
  - Sardines may include bones and skin
- Cannot buy
  - Albacore tuna
  - Chunk white tuna
  - Pouches

Mix & match up to 30 oz (850g)
- Tuna (Chunk Light Only)
  - Any Brand
  - 5 oz
- Salmon
  - Any Brand
  - 5 oz, 6 oz, 7.5 oz
- Sardines
  - Any Brand
  - 3.75 oz
Whole grain choices:

When you select whole grains, choose bread, tortillas, rice or pasta up to the total ounces on your Family Food Benefits list (16, 32, 48 or 64 oz). For example, you can buy 1 loaf of bread and 1 pound of brown rice to equal 32 ounces; or one 16 oz box of whole wheat pasta and one 32 oz bag of brown rice to equal 48 ounces.

32 oz = 1 lb (16 oz) loaf + 16 oz tortilla

48 oz = 16 oz box pasta + 32 oz bag rice

--- Teach your kids about healthy foods ---

Tell them how foods help them grow and make them strong.

• **Grains** give them energy to grow and learn.

• **Whole grains** have fiber to keep them healthy inside.

• **Vegetables and fruits** help them to fight sickness and stay fit.

• **Milk** makes their bones and teeth strong.

• **Meats and beans** give them healthy blood and strong muscles.

Best of all, show them by eating these foods yourself!
Effective October 2017

**Whole Grains**

**Whole Grains**

---

### Tortillas

**Good source of fiber**

**Varieties**

- 100% Whole Wheat
- Corn

**Size: 16 oz (1 lb)**

- Celia’s Tortillas
  - White Corn
  - Whole Wheat
  - Yellow Corn
- Chi-Chi’s
  - White Corn, Taco Style
  - Whole Wheat, Fajita Style
- Don Pancho
  - White Corn
  - Whole Wheat
- La Banderita
  - Corn
  - Whole Wheat
- Mission
  - Whole Wheat, Soft Taco
  - Whole Wheat, Fajita
  - Extra Thin Yellow
- Ortega
  - Whole Wheat
- Great Value
  - Whole Wheat
- Hannaford
  - Whole Wheat, Fajita
- IGA
  - Whole Wheat, Taco Style
- Shurfine
  - Whole Wheat, Fajita Style

---

### Brown Rice

**Good source of fiber**

**Varieties**

- Regular
- Instant-cooking
- Quick-cooking

**Cannot buy**

- Added sugars, fats, oils or salt

**Size:**

- 14 oz – 16 oz packages
- 28 oz – 32 oz packages

Any brand

---

### Whole Wheat Pasta

**Good source of fiber**

**Varieties**

- 100% Whole Wheat Pasta
- Any shape

**Size:**

- 16 oz (1 lb)

- Barilla
- Bella Terra
- Bionaturae
- Delallo
- Full Circle
- Garofalo
- Gia Russo
- Hodgson Mill
- Luigi Vitelli
- O Organics
- Racconto
- Ronzoni
- Shurfine
- Mantova
- Great Value

---

### Choose whole grain

**Make simple switches.** Try whole grains in place of refined-grain products. Eat 100% whole-wheat bread instead of white bread, and brown rice instead of white rice.

**Try whole-wheat versions.** For a change, try whole-wheat pasta in macaroni and cheese, or with tomato sauce. Use corn tortillas for enchiladas and whole wheat tortillas for quesadillas.

**Be a good role model for children.** Set a good example for your children by serving and eating whole grains every day with meals or as snacks.
## Cold Cereal

Good source of iron, B vitamins, and folic acid

### Varieties
- Whole grain
- Non-whole grain
- Gluten-free

### Any size from 9 oz – 36 oz (255g–1kg)

#### GENERAL MILLS
- **Cheerios**
  - Ancient Grains
  - Multi-Grain
- **Chex**
  - Corn Flakes
- **Fiber One**
  - Honey Clusters
- **Kix**
  - Plain
  - Berry
  - Honey
- **Total**
- **Wheaties**

#### KELLOGG’S
- **All Bran**
  - Complete Wheat Flakes
- **Corn Flakes**
  - Original
- **Crispix**
  - Original
- **Rice Krispies**
  - Original
- **Special K**
  - Original
- **Mini Wheats**
  - Unfrosted
  - Frosted Original
  - Frosted Little Bites
  - Frosted Touch of Fruit, Raspberry

#### QUAKER
- **Life**
  - Original
  - Hint of Brown Sugar
  - Hint of Cinnamon
- **Oatmeal Squares**
  - Original
- **Simple Granola**
  - Original
- **Great Grains**
  - Original
- **Malt O Meal**
  - Original
- **Honey Bunches of Oats**
  - Almond Crunch
  - Honey Crunch
  - Vanilla Bunches
  - Honey Roasted
  - w/ Almonds
  - w/ Cinnamon Bunches

#### SUNBELT
- **Post**
- **Signature Kitchens**
  - Bran Flakes
  - Crunchy Nuggets
  - Frosted Shredded Wheat
  - Toasted Oats
  - Corn Flakes
  - Crispy Rice
  - Rice Pockets

#### PARADE
- **Shurfine**
  - Bran Flakes
  - Frosted Shredded Wheat
  - Nutty Crunchers
  - Toasted Oats
  - Wheat Squares
  - Corn Flakes
  - Corn Squares
  - Crispy Rice
  - Oats & More w/ Almonds
  - Oats & More w/ Honey
  - Rice Squares
  - Twin Grain Crisp

#### Pics by Price Chopper
- **Bran Flakes**
- **Frosted Shredded Wheat**
- **Good Choice Oat Crunch**
- **Nutty Nuggets**
- **Toasted Oats**
- **Strawberry Frosted Shredded Wheat**
- **Corn Flakes**
- **Crispy Rice**
- **Toasted Corn Crisps**
- **Toasted Rice Crisps**

Effective October 2017
Ways to buy up to 36 oz of cereal

You may combine cereals up to the total ounces on your Family Food Benefits list.

<table>
<thead>
<tr>
<th>18 oz</th>
<th>9 oz</th>
<th>9 oz</th>
<th>18 oz</th>
<th>9 oz</th>
<th>9 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz</td>
<td>12 oz</td>
<td>12 oz</td>
<td>11.8 oz</td>
<td>24 oz</td>
<td>15.8 oz</td>
</tr>
<tr>
<td>11.8 oz</td>
<td>24 oz</td>
<td>15.8 oz</td>
<td>35.8 oz</td>
<td>31.8 oz</td>
<td></td>
</tr>
</tbody>
</table>

Breakfast starts the day

Eating breakfast gives children energy to learn. If they don’t eat, they get hungry and it is hard for them to think or listen. Let them help you plan breakfast and set the table.

Hot Cereal

Good source of iron and fiber

Varieties

- Whole grain
- Gluten-free
- Non-whole grain

Size: See each brand and product below

Cream of Rice

- Gluten Free
- 1 Minute - 14 oz
- 2½ Minute - 14 oz
- 10 Minute - 28 oz
- Whole Grain (2½ min) - 18 oz

Cream of Wheat

- 1 Minute - 28 oz
- 2½ Minute - 14 oz
- 28 oz
- Quaker
- Original Instant Oatmeal Packets - 11.8 oz

Maypo

- Maple Oatmeal - 14 oz
- Vermont Style Oatmeal - 19 oz

Malt O Meal

- Original Hot Wheat Cereal - 18 oz
- 28 oz
- 36 oz

Farina

- Original Hot Wheat Cereal - 18 oz
- O Organics
- Regular Flavor Oatmeal - 11.29 oz

Best Yet

- Regular Flavor Oatmeal - 11.8 oz

Great Value

- Regular Flavor Oatmeal - 11.8 oz

Hannaford

- Regular Flavor Oatmeal - 11.8 oz

IGA

- Regular Flavor Oatmeal - 11.8 oz

O Organics

- Regular Flavor Oatmeal - 11.8 oz

Pics by Price Chopper

- Regular Flavor Oatmeal - 11.8 oz

Signature Kitchens

- Regular Flavor Oatmeal - 11.8 oz
### 100% Juice for Kids

**Good source of vitamin C**

#### 64 oz Shelf-stable

<table>
<thead>
<tr>
<th>Juice Brand</th>
<th>Flavors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple &amp; Eve</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Juicy Juice</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Langers</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Northland</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Old Orchard</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Welch's</td>
<td>100% White Grape</td>
</tr>
<tr>
<td></td>
<td>100% Red Grape</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td>Best Yet</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td></td>
<td>Grapefruit</td>
</tr>
<tr>
<td></td>
<td>Pineapple</td>
</tr>
<tr>
<td></td>
<td>White Grape</td>
</tr>
<tr>
<td>Great Value</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
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<td>White Grape</td>
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<td>White Grape Peach</td>
</tr>
<tr>
<td>Hannaford</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Berry</td>
</tr>
<tr>
<td></td>
<td>Cranberry</td>
</tr>
<tr>
<td></td>
<td>Raspberry</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td></td>
<td>White Grape</td>
</tr>
<tr>
<td></td>
<td>White Grapefruit</td>
</tr>
</tbody>
</table>

**Cannot buy**

- Light
- Fiber added
- Calcium added

#### 100% Juice for Kids (continued)

**Orange juice: 64 oz Refrigerated**

<table>
<thead>
<tr>
<th>Juice Brand</th>
<th>Flavors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hood</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Thomas Dairy</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Any Store Brand</td>
<td>Any flavor</td>
</tr>
</tbody>
</table>

**Orange juice: 16 oz Frozen**

<table>
<thead>
<tr>
<th>Juice Brand</th>
<th>Flavors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minute Maid</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Any Store Brand</td>
<td>Any flavor</td>
</tr>
</tbody>
</table>

### 100% Juice for Women

**Good source of vitamin C**

#### 48 oz Shelf-stable

<table>
<thead>
<tr>
<th>Juice Brand</th>
<th>Flavors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple &amp; Eve</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Juicy Juice</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Northland</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Best Yet</td>
<td>Any flavor</td>
</tr>
<tr>
<td>Shurfine</td>
<td>Any flavor</td>
</tr>
<tr>
<td>IGA</td>
<td>100% White Grape</td>
</tr>
<tr>
<td></td>
<td>100% Red Grape</td>
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<tr>
<td></td>
<td>Any flavor</td>
</tr>
<tr>
<td>Pics by Price Chopper</td>
<td>Any flavor</td>
</tr>
<tr>
<td></td>
<td>100% juice</td>
</tr>
<tr>
<td></td>
<td>Any flavor</td>
</tr>
<tr>
<td>Signature Kitchens</td>
<td>Any flavor</td>
</tr>
<tr>
<td></td>
<td>100 % juice</td>
</tr>
<tr>
<td></td>
<td>Any flavor</td>
</tr>
<tr>
<td>Shurfine</td>
<td>100% White Grape</td>
</tr>
<tr>
<td></td>
<td>Apple</td>
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<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td></td>
<td>Grapefruit</td>
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<tr>
<td></td>
<td>White Grape</td>
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<tr>
<td></td>
<td>100 % juice</td>
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<tr>
<td></td>
<td>Any flavor</td>
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<tr>
<td></td>
<td>100% White Grape</td>
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<tr>
<td></td>
<td>Apple</td>
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<td></td>
<td>Grape</td>
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<td>Grapefruit</td>
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<tr>
<td></td>
<td>White Grape</td>
</tr>
<tr>
<td></td>
<td>100% White Grape</td>
</tr>
</tbody>
</table>

**Cannot buy**

- Organic

#### 11.5 oz and 12 oz Frozen

<table>
<thead>
<tr>
<th>Juice Brand</th>
<th>Flavors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dole</td>
<td>100 % juice</td>
</tr>
<tr>
<td></td>
<td>Any flavor</td>
</tr>
<tr>
<td>Minute Maid</td>
<td>Orange juice</td>
</tr>
<tr>
<td></td>
<td>Any flavor</td>
</tr>
<tr>
<td>Old Orchard</td>
<td>Green peel strip</td>
</tr>
<tr>
<td></td>
<td>Yellow peel strip</td>
</tr>
<tr>
<td></td>
<td>Orange juice</td>
</tr>
<tr>
<td>Welch's</td>
<td>100% White Grape</td>
</tr>
<tr>
<td></td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td></td>
<td>Grapefruit</td>
</tr>
<tr>
<td></td>
<td>White Grape</td>
</tr>
<tr>
<td></td>
<td>100% White Grape</td>
</tr>
</tbody>
</table>

**Cannot buy**

- Organic

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*Effective October 2017*
Your baby is ready to try solid foods when he can do ALL of these things AND is around 6 months old:

• Sit up with a just little support
• Reach for things and put them in her mouth.
• Open his mouth to show he wants to eat.
• Close her mouth over her spoon and swallow her food.

Infant Fruits & Vegetables
Provides a variety of vitamins, minerals and fiber

**Varieties**
- Stage 2 or 2nd Foods
- Any variety single fruit or vegetable
- Any variety mixed fruit and vegetable

**Cannot buy**
- Added sugars, starches, rice or salt
- Dinners
- Pouches

4 oz containers (single and 2-packs*)

<table>
<thead>
<tr>
<th>Beech-Nut Classics</th>
<th>Beech-Nut Naturals</th>
<th>Earth's Best Organic</th>
<th>O Organics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>Single</td>
<td>Single</td>
<td>Single</td>
</tr>
</tbody>
</table>

**Varieties**
- Stage 1 or 2nd Foods
- Any variety

**Cannot buy**
- Added sugar or salt
- Dinners

2.5 oz jars

<table>
<thead>
<tr>
<th>Beech-Nut Classics</th>
<th>Gerber</th>
<th>O Organics</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Varieties**
- Stage 1 or 2nd Foods
- Any variety

**Cannot buy**
- Added sugar or salt
- Dinners

Infant Cereal
Good source of iron

**Varieties**
- Single and multigrain
- Organic allowed

**Cannot buy**
- Added fruit
- Formula
- Vegetables

8 oz and 16 oz packages

- Oatmeal
- Rice
- Multigrain
- Organic Multigrain
- Organic Oatmeal

Infant Meats
for Exclusively Breastfed Infants Only
Good source of protein and zinc

**Varieties**
- Stage 1 or 2nd Foods
- Any variety

**Cannot buy**
- Added sugar or salt
- Dinners

2.5 oz jars

- Oatmeal
- Rice
- Multigrain
- Whole Grain Oatmeal
- Whole Grain Rice
- Whole Grain Multigrain
- Whole Wheat
- Organic Rice
- Organic Oatmeal
- Barley

If benefit is: 177.5 oz, purchase (31) 2.5 oz jars

When buying infant foods it may be necessary to divide your purchase over the month, or divide it with two separate eWIC transactions at checkout.

If benefit is: 128 oz, purchase (32) 4 oz jars

If benefit is: 256 oz, purchase (64) 4 oz jars

When buying infant foods it may be necessary to divide your purchase over the month, or divide it with two separate eWIC transactions at checkout.
Infant Formula

• You must buy the exact type and size container of infant formula listed on your Family Food Benefits list.
• If your baby needs a different formula, contact your Local WIC Office right away for help in making a change.
• WIC provides enough formula to meet most babies’ needs. As babies get older and drink more, you may have to buy more formula.

When preparing formula for your baby...

Keep everything clean
• Wash your hands with soap and hot water.
• Clean all equipment and surfaces.
• New bottles, nipples and rings should be cleaned in hot soapy water then sterilized in boiling water.
• Continue to sterilize bottles, nipples and rings for baby’s first 3 months.

Use safe water
• Use cooled, boiled water for infant formula for the first 3 months of life.
• If using tap water, use only cold tap water for boiling.
• Most bottled water is not sterile and should be boiled before use.

Bacteria can get into formula when you are mixing it. Careful preparation and handling can reduce the risk of illness.

Infant Formula (continued)

Feeding your baby with a bottle
Newborns have tiny stomachs and need many small feedings—usually 8–12 feedings or more each day. Watch for feeding cues so you can offer a bottle when your baby is hungry.

• Babies enjoy being held at feeding time.
• Brush your baby’s lips with the nipple and wait for her to accept the bottle into her mouth.
• Hold the bottle flat so that your baby can drink at his own pace.
• Hold your baby in your left arm for one feeding then switch to the right arm for the next feeding.
• Start with small amounts at feedings.
• Support your baby’s head when burping.
• Your baby will let you know when he is finished; do not make him finish the bottle – this can lead to overfeeding.

Feeding cues

Signs of hunger:
• Sucks on fist
• Makes sucking noises
• Puckers lips
• Fusses or cries

Signs of fullness:
• Closes lips
• Stops sucking
• Spits the nipple out
• Turns head away

Warming a bottle

• You can warm a bottle in a small bowl of hot water, then shake.
• Do not heat a bottle in the microwave.
• After feeding throw away any formula your baby left in the bottle.
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(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.

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