



VERMONT DEPARTMENT OF HEALTH

# WELCOME TO VERMONT WIC



## Welcome to WIC

WIC helps families get the healthy food they need to grow strong and stay well. But it's more than just a food program—it's a way to care for yourself and your family.

We're here with tips on healthy eating, lactation support, and connections to local health and community services. We welcome all kinds of families, including those with disabilities or those who need an interpreter. Your WIC team will help you get the most from your benefits.

### From pregnancy through preschool, WIC is here for your family.

During pregnancy we offer healthy food and nutrition support, education about newborn care, and how to have a healthy pregnancy. After your baby is born, WIC continues to offer feeding support, nutrition education, weight checks, and healthy foods. You'll meet with WIC about every six months until your youngest child's fifth birthday.



HERE  
FOR  
YOUR  
FAMILY



## Free Healthy Foods

Fruits and vegetables, whole grains, eggs, milk, cheese, yogurt, tofu, peanut butter or beans, fish, cereal, juice, and baby food.



## Lactation Support

Support and education to help you reach your infant feeding goals.



## Nutrition & Health Education

Tips and tools to help you care for your family with healthy meals and good eating habits that can last a lifetime.



## Referrals and Resources

We help you find healthcare, local programs, and extras like free museum tickets, cheaper internet, car seats, farmers market coupons, and more.

## Who benefits from WIC?

WIC is for parents-to-be, new parents, babies, and children under age 5.

## Who can apply for WIC?

WIC is here for all families. Moms, dads, grandparents, foster parents, or anyone who cares for a child can apply. However your family looks, we're here for you.

## Lactation Support

Breastfeeding (or chestfeeding—used by some parents) is one of the healthiest choices for parents and babies. That doesn't mean that it is always easy. It can bring up questions, worries, and frustration. That's why WIC is here to help, no matter where you are in your journey.

### ✓ Classes and groups

We can connect you to local classes and support groups.

### ✓ Help from real parents

WIC peer counselors are friendly, trained parents who listen and support your infant feeding goals.

### ✓ Extra Benefits

Parents who breastfeed get more food each month, and breast pumps are available for free.

If it feels challenging or if your baby has trouble latching, WIC staff are available to provide guidance and lactation support. If you decide that it isn't right for your family, that's okay. WIC supports all feeding methods. WIC staff are available to provide guidance on formula options and feeding tips without judgment.

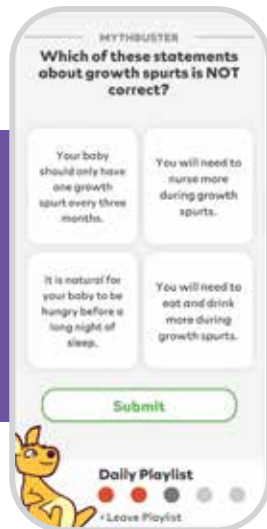
Your family's health and well-being comes first.



### The Daily Drop App

Download an easy-to-use breastfeeding app for tips, support, and fun activities.

[HealthVermont.gov/WIC-Breastfeeding](https://HealthVermont.gov/WIC-Breastfeeding)



No internet or phone? Let us know—there are other education options available.

## Your WIC Appointments

Each year, you'll connect with WIC 4 times.

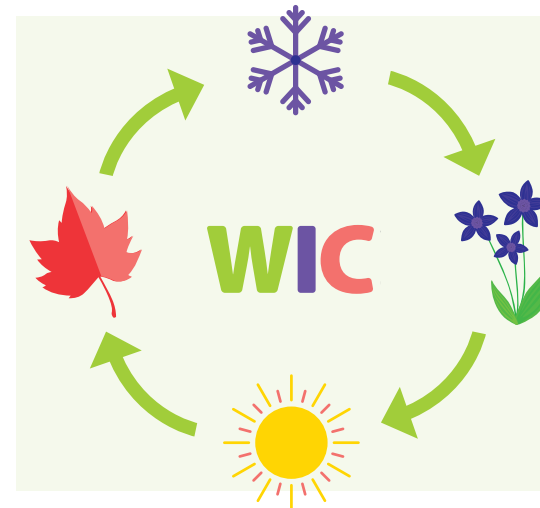
**2** + **2**  
Check-ins Nutrition activities

### Check-ins

These are one-on-one visits with your WIC nutritionist. We check in on your nutrition and health goals, and help you get the most from WIC—including any new referrals or resource connections.

### Nutrition Activities

These are fun and easy. You can do them online or in person. They might be cooking classes, short online lessons, one-on-one sessions, or other ways to learn about healthy eating.



**HELPFUL TIP**

Four seasons.  
Four check-ins.

When the weather changes, it's a great time to check your calendar and plan your next WIC visit.

## Nutrition Education is an Important Part of WIC

Nutrition activities help your family stay strong and healthy, and they are a big part of the WIC program. You can choose what works best for you: online, local groups, or one-on-one.

### Online

Learn from home at [WICHealth.org](https://www.wichealth.org). You can choose short lessons about pregnancy, kids' nutrition, and more. You'll need your WIC family ID to sign in.



### Local Groups

Join fun classes or workshops in your community, like cooking demos or group presentations about healthy eating, wellness, or baby behavior. These are usually held at WIC offices or other local centers.



### One-on-One

You can meet with a WIC nutritionist to talk about your family's health and eating habits. These visits can be in person or over the phone.



## Staying Eligible

To keep your WIC benefits, just remember three things:

1. Attend your appointments.
2. Do two nutrition activities\* each year.
3. Tell us if your phone number or address changes.

### Lost your WIC card?

Contact your local WIC office—we're here to help so you don't miss out on healthy food.



\*At your nutrition activity, you might learn why healthy foods matter, how to make easy recipes, or get support from WIC staff and other parents.



#idaafrosk

### HELPFUL TIP

[WICHealth.org](https://www.wichealth.org) works for your schedule. Lessons can be completed any time of the day.





## Made Just for Your Family

Each month, your family will receive a “benefits package” also called a “food package.” It will include foods like fruits and vegetables, milk, whole grains, yogurt, peanut butter and beans, infant foods, and more that can be purchased at your local grocery store.

Your food package (or your benefits) will be available on the first day of every month and can be used at stores and co-ops where you see the WIC logo.

 <b>Family Food Benefits</b>			
Month	WIC Approved Foods	Amount	
6/1/2025 - 6/30/2025	Cheese	1	Pound
	Tofu	2	Pound
	Eggs	4	Dozen
	Breakfast Cereal	108	Ounce
	Peanut Btr/Beans/Peas	4	Jar / Bag
	Canned Fish	30	Ounce
	Infant Cereal	16	Ounce
	Infant Fruits & Veggies	64	Ounce
	Infant Meats	40	Ounce
	Whole Grain Options	80	Ounce
	Fruits and Vegetables	115	Cash Value Benefit
	Lowfat/Nonfat Yogurt	32	Ounce
	1% or Skim Milk	13.25	Gallon
	Women's Juice 48 oz	3	Can / Bottle
5/1/2025 - 5/31/2025	Child's Juice 64 oz	4	Can / Bottle
	Cheese	1	Pound
	Tofu	2	Pound
	Eggs	4	Dozen
	Breakfast Cereal	108	Ounce
	Peanut Btr/Beans/Peas	4	Jar / Bag
	Canned Fish	30	Ounce
	Infant Cereal	16	Ounce
	Infant Fruits & Veggies	64	Ounce
	Infant Meats	40	Ounce
	Whole Grain Options	80	Ounce

Your food package, also called your **Family Food Benefits list**, is made just for your family. It changes based on what you need, whether you're pregnant, breastfeeding, or caring for a young child. Packages are flexible so ask your WIC nutritionist if you have special dietary needs.

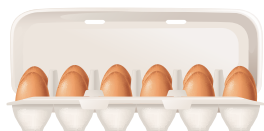
As your children grow, their WIC foods change too.

At important ages like six months, one year, and two years old, their food package adjusts to match their nutrition needs.

Your food package tells you what, and how much, you can buy each month.



2 jars



1 dozen

## Use These Tools to Make Shopping Simple



### WIC Card

Always swipe your WIC card before using any other form of payment.



### WIC Foods and Shopping Guide

See pictures of the brands and types of foods available to make finding them on the shelf easier.



### Videos

Watch short videos online for more WIC shopping tips.



 <b>Family Food Benefits</b>			
Month	WIC Approved Foods	Amount	
6/1/2025 - 6/30/2025	Cheese	1	Pound
	Tofu	2	Pound
	Eggs	4	Dozen
	Breakfast Cereal	108	Ounce
	Peanut Btr/Beans/Peas	4	Jar / Bag
	Canned Fish	30	Ounce
	Infant Cereal	16	Ounce
	Infant Fruits & Veggies	64	Ounce
	Infant Meats	40	Ounce
	Whole Grain Options	80	Ounce
	Fruits and Vegetables	115	Cash Value Benefit
	Lowfat/Nonfat Yogurt	32	Ounce
	1% or Skim Milk	13.25	Gallon
	Women's Juice 48 oz	3	Can / Bottle
5/1/2025 - 5/31/2025	Child's Juice 64 oz	4	Can / Bottle
	Cheese	1	Pound
	Tofu	2	Pound
	Eggs	4	Dozen
	Breakfast Cereal	108	Ounce
	Peanut Btr/Beans/Peas	4	Jar / Bag
	Canned Fish	30	Ounce
	Infant Cereal	16	Ounce
	Infant Fruits & Veggies	64	Ounce
	Infant Meats	40	Ounce
	Whole Grain Options	80	Ounce

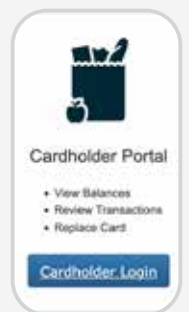
### Your Family Food Benefits list

Know exactly what foods your family can buy. Use it with your shopping guide.



### WICShopper App

Scan foods in the store, check your balance, and check if an item is WIC approved—all with your smartphone.



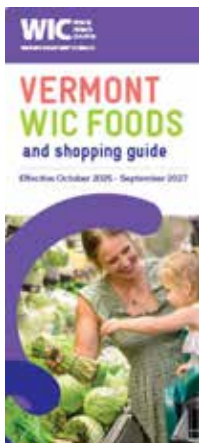
### ebtEDGE

Check your benefit balance or see recent transactions in the web portal or app.

No internet or phone? We can help you get tools another way, just ask.

## The WIC Foods and Shopping Guide

This helpful guide lists all the foods you can buy with WIC. Color-coded sections show you pictures of the approved brands, sizes, and products to make shopping easy. When you shop, just look for the food that matches the picture and check that you have the correct product and size.



WIC Family Food Benefits		
Weeks	WIC Approved Foods	Amount
01/01/2025 - 03/31/2025	Cheese	1 Pound
	Eggs	2 Dozen
	Butter	2 Pounds
	Breakfast Cereal	108 Ounces
	Personal Microwave Food	1 Jar/Bag
	Canned Fruit	30 Cans
	Canned Meat	16 Cans
	Instant Fruit & Vegetables	60 Cans
	Instant Meals	60 Cans
	Whole Grain Options	60 Cans
04/01/2025 - 06/30/2025	Fruit and Vegetables	115 Cans/Value Beans
	Lowfat/Nonfat Yogurt	32 Cans
	1% or Less Milk	13.25 Gallons
	Instant Juice Mix	3 Cans
	Childs Juice Mix	4 Cans/Boxes
	Cheese	1 Pound
	Eggs	2 Dozen
	Butter	2 Pounds
	Breakfast Cereal	108 Ounces
	Personal Microwave Food	1 Jar/Bag
07/01/2025 - 09/30/2025	Canned Fruit	30 Cans
	Canned Meat	16 Cans
	Instant Fruit & Vegetables	60 Cans
	Instant Meals	60 Cans
	Whole Grain Options	60 Cans

Use the guide with your Family Food Benefits list. Some foods may be in the food guide but not in your food package. Be sure to look at both as you make your shopping list.

## Shopping Tips

- ✓ Check your balance before you shop.
- ✓ Shop early or late when stores are less busy.
- ✓ Make a list based on your Family Food Benefits.
- ✓ Ask store staff or your WIC office for help.



Take the Foods and Shopping Guide to the store with you to be sure you're picking an approved food.

**HELPFUL TIP**

## How to Read Your WIC Receipt

Your WIC receipt has important information to help you get the most out of your WIC benefits.

What you bought  
Look near the top for the list of items you just purchased.

WIC subtotal  
See the total of your WIC purchase

What's left in this month's food package  
Foods you have left to buy with WIC this month.

If something is incorrect on your receipt, go to your grocery store customer service, or call your local WIC office.

GROCERY STORE 123 Road Waterbury, VT 05676		
<b>GROCERY</b>		
41199210	KLLGG MINI WHEATS	5.99
<b>PRODUCE</b>		
41199210	2@ SIG SNACKING TOMATO	6.98
4550	BRUSSEL SPROUTS	5.85
81204900	3@ BLUEBERRIES PINT	11.97
	<b>BALANCE</b>	<b>\$24.62</b>
	<b>eWIC</b>	<b>18.63</b>
Debit Purchase 7/29/2026 10:25		
Card #: *****1354 AUTH: 0000512972		
<b>ENDING WIC Benefit Balance</b>		
<b>Earliest WIC Benefit Expiration Date</b>		
<b>7/31/2026 at Midnight</b>		
64 OZ	LOWFAT/NONFAT YOGURT	
48 OZ	WHOLE GRAINS - ALL AUTH	
89.02	CASH V FRUITS AND VEGETABLES	
9 GALLON	MILK - LOWFAT	
1 POUND	TOFU	
3 DOZEN	EGGS	
93.2 OUNCE	CEREAL-ALL AUTH	
2 JAR/BA	PB/BEANS & PEAS - ALL AUTH	
3 POUND	CHEESE	
<b>**End of WIC Benefit Balance**</b>		
<b>*****</b>		
<b>**eWIC Benefit Redemption/Purchase**</b>		
<b>*****</b>		
64 OZ	LOWFAT/NONFAT YOGURT	
18.63 CASH V	FRUITS AND VEGETABLES	
	1 BRUSSELS SPROUTS	5.65
	1 SIG TOMATO	3.49
	1 SIG TOMATO	3.49
	1 BLUEBERRIES PINT	3.99
	1 BLUEBERRIES PINT	3.99
<b>**End of WIC Benefit Redemption Purchase**</b>		
<b>*****</b>		

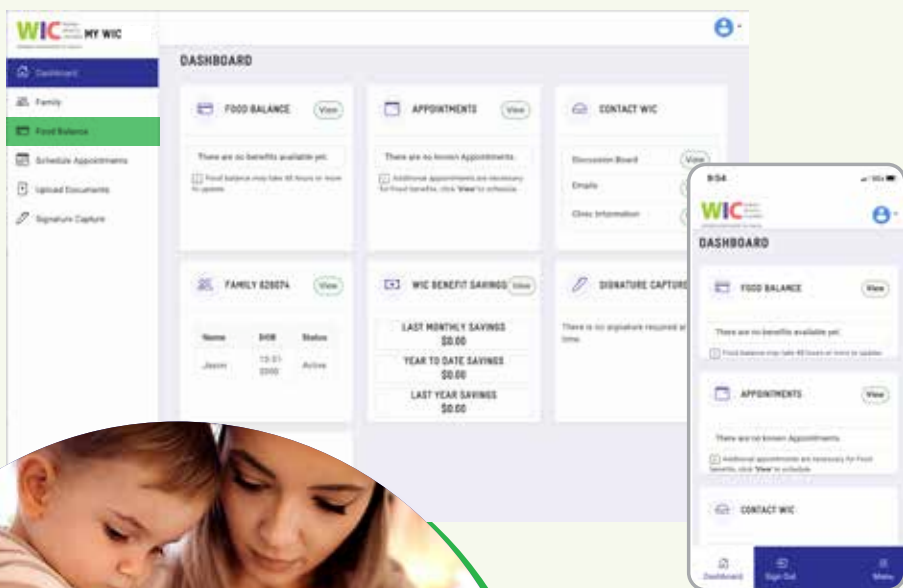
**HELPFUL TIP**

Keep your receipt. It helps track your balance and plan your next shopping trip.

## Your WIC Portal (New in 2026)

The Vermont WIC Participant Portal website makes managing your benefits easy. Once you set up your account, you can log in anytime to:

- ✓ Check for, schedule, or cancel upcoming appointments
- ✓ Track your food benefits and savings
- ✓ Update family information
- ✓ Upload any needed documents
- ✓ Contact WIC



See all your important WIC information and tools in one place.

## Substance Use During Pregnancy and/or While Parenting

WIC encourages healthy habits during pregnancy and while raising children.

You may have heard that no amount of alcohol, cannabis, nicotine, or other drugs is safe during pregnancy and while raising young kids. That's true, and we also know it's hard.

If you need help, WIC is a safe, non-judgmental space to get support. If you're struggling with substance use, we can connect you to free, confidential support. Small steps can help protect you and your family's health while you work on making bigger changes.

For help, visit Vermont Helplink ([VTHelplink.org](https://VTHelplink.org)) and [802Quits.org](https://802Quits.org) or learn more about substance use during pregnancy and beyond at [1MoreConversation.com](https://1MoreConversation.com)



# THE BENEFITS ARE BIGGER THAN YOU THINK

With Vermont WIC, you can give your family more. Participants enjoy discounts on programs, services, and activities statewide. Just show your WIC card where required.

## Popular Discounts:



### Internet & Phone

Reduced-cost plans from Amazon Prime Access, Verizon Lifeline, and Xfinity Internet Essentials.



### Energy

Lower bills from Vermont Gas and Green Mountain Power.



### Safety

Free car or booster seat with inspection through Be Seat Smart.



### Food

10% off at participating co-ops and fresh produce coupons at farmers markets through Farm to Family.



### Arts & Nature

Discounted entry to ECHO Museum, Vermont Institute of Natural Science, State Parks, and more.



### Animal Care

Low-cost spay/neuter vouchers through VSNIP.

Discounts may change.

Visit [HealthVermont.gov/WICDiscounts](https://HealthVermont.gov/WICDiscounts) for the latest offers.

## Vermont WIC Program local offices

### Barre

802-479-4200

### Rutland

802-786-5811

### Bennington

802-447-3531

### Springfield

802-289-0600

### Brattleboro

802-257-2880

### St. Albans

802-524-7970

### Burlington

802-863-7323

### St. Johnsbury

802-748-5151

### Middlebury

802-388-4644

### White River Junction

802-295-8820

### Morrisville

802-888-7447

### Newport

802-334-6707



[HealthVermont.gov/Local](https://HealthVermont.gov/Local)







VERMONT DEPARTMENT OF HEALTH

This institution is an equal opportunity provider.