Fresh & Healthy

Idaho WIC food list

Effective 2019

Before the store:

- Check your WIC account - know what you can get.
- Use this food list - know what's WIC approved.
- Get the free **WIC**Shopper app on your phone - it makes shopping easier.

While you shop:

- Choose the foods that match what's on your card.
- Use this food list or the **WIC**Shopper app to help choose foods that are WIC approved.
- Look for WIC shelf tags. Some stores use them to help you find WIC approved foods.

IDAHO APPROVED FOOD

At the register:

- Let the cashier know you're using your eWIC card.
- It helps to keep your WIC foods separate from other items.
- eWIC cards work like debit cards - swipe and enter your PIN.

Using your eWIC card

! Always use your eWIC card first, before SNAP or other types of payment.

1. Let the cashier know you're using your eWIC card.

2. Swipe your card and enter your 4-digit PIN when asked.

3. Check the mid-purchase receipt that prints after you swipe your card. It shows what WIC will pay for.

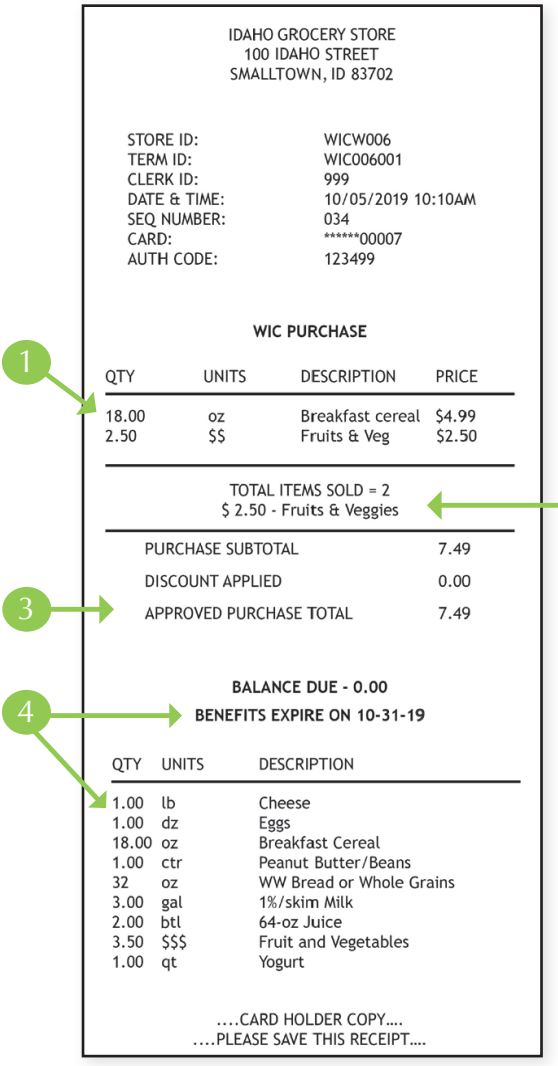
4. You can put back any items WIC didn't pay for or you can pay for those items separately.

5. Keep your receipt!
It shows
- what WIC paid for
- what WIC foods you have left for the month.

If you have a problem at the store, talk to the manager.

If the problem can't be fixed at the store, keep your receipt and call your WIC clinic.

Reading your receipt



IDAHO GROCERY STORE
100 IDAHO STREET
SMALLTOWN, ID 83702

STORE ID:	WICW006
TERM ID:	WIC006001
CLERK ID:	999
DATE & TIME:	10/05/2019 10:10AM
SEQ NUMBER:	034
CARD:	******00007
AUTH CODE:	123499

WIC PURCHASE

QTY	UNITS	DESCRIPTION	PRICE
18.00	oz	Breakfast cereal	$4.99
2.50	$$	Fruits & Veg	$2.50

TOTAL ITEMS SOLD = 2
$ 2.50 - Fruits & Veggies

PURCHASE SUBTOTAL	7.49
DISCOUNT APPLIED	0.00
APPROVED PURCHASE TOTAL	7.49

BALANCE DUE - 0.00

BENEFITS EXPIRE ON 10-31-19

QTY	UNITS	DESCRIPTION
1.00	lb	Cheese
1.00	dz	Eggs
18.00	oz	Breakfast Cereal
1.00	ctr	Peanut Butter/Beans
32	oz	WW Bread or Whole Grains
3.00	gal	1%/skim Milk
2.00	btl	64-oz Juice
3.50	$$$	Fruit and Vegetables
1.00	qt	Yogurt

....CARD HOLDER COPY....
....PLEASE SAVE THIS RECEIPT....

1. List of foods you bought
2. Total number of items sold
3. Purchase total and any discounts or coupons
4. The WIC foods you have left to buy for the month and the last day to buy them

lb = pound	gal = gallon
dz = dozen	ctr = container
oz = ounces	qt = quart
btl = bottle	

Need help?

Go to ebtEDGE.com
Or call 1-844-892-3084

- set or change your PIN
- report a lost, stolen, or damaged card
- check your WIC balance or purchase history

Call your WIC clinic

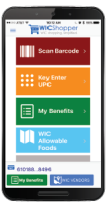
- questions about WIC foods or amounts
- not able to buy an item you think is okay for WIC
- your receipt doesn't match what you bought

Remember

If a food item doesn't scan as WIC approved, you can't get it with your eWIC card.
- it may not be in your WIC account
- it might not be WIC approved
- the UPC barcode isn't in the WIC system yet

The cashier cannot change or override this.
- you can put the item back
- pay for the item on your own
- submit the UPC code on the app or at your clinic

Get the free WIC app



With the WICShopper app, you can

- check your WIC account balance
- use a digital food list
- scan UPCs to see if items are WIC approved
- access recipes, tips, and more

Learn more at **EBTShopper.com**
or install it now from your app store

WIC WICShopper
WIC shopping, simplified.

Fruits and vegetables

Buy

Any variety whole or cut fresh fruit and vegetables, including organic.

Do Not Buy

Items from the salad bar, party trays, fruit gift baskets, decorative vegetables and fruits, packaged herbs, spices, nuts. Jarred, frozen, canned, dried. Added ingredients, non fruit/vegetable items.

Quick tips

When buying fresh fruits and vegetables, follow these steps:

- Place the item on the grocery scale.
- Round the weight to the nearest pound or half pound.
- Estimate the cost using the Chart for Purchasing Fresh Produce on the next page.
- You may also buy items with a set price.
- If you go over the amount of your fruit and vegetable benefit, you may put something back or pay the difference plus tax. If you do not use the full amount, you will not receive cash back.

Chart For Purchasing Fresh Produce

Price per lb	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.28	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16

Cold cereal

Buy

Only the cereals pictured here up to the amount listed on your benefit balance. 12 to 36 oz box or bag.

Plain flavor only*

Plain flavor only*

Plain flavor only*

Plain flavor only

Plain flavor only

Plain flavor only

Plain flavor only*

Cinnamon only*

Honey Roasted only*

Plain flavor only*

Banana Nut Crunch*

Plain flavor only*

* Whole grains

Do Not Buy

Cold cereal: packages smaller than 12 oz

Buy

Only the cereals pictured here up to the amount listed on your benefit balance.

*

Plain flavor only, box or instant packets

*

Plain flavor only, box or instant packets

Original only*

* Whole grains

Choose any combination of WIC approved cereals up to the total listed on your benefit balance. See examples.

(hot) 11.8 oz + (hot) 11.8 oz + 12 oz = 35.6

15 oz + 21 oz = 36

18 oz + 18 oz = 36

Do Not Buy

Hot cereal: packages smaller than 11.8 oz

Whole grains

Whole wheat bread

Buy

Any brand 16 oz loaf, label must say "100% whole wheat".

Do Not Buy

Specialty, organic, light or "lite."

Brown rice

Buy

Any brand 16 oz brown rice. Plain, short, medium, long grain.

Do Not Buy

Added seasonings, ingredients, flavors, boxed, bulk, organic.

Whole wheat and soft corn tortillas

Buy

Only the brands of tortillas pictured below. 12 to 16 oz.

Don Pancho
White Corn or Whole Wheat

Guerrero
White Corn

La Burrita
Soft Corn

Mission
Whole Wheat or Yellow Corn

Ortega
Whole Wheat

Whole wheat pasta

Buy

Only the brands listed in 12 to 16 oz box or bag, dry, 100% whole wheat or whole durum wheat flour only.

Any shape - spaghetti, penne, fettuccine, rotini, etc.

Barilla

DaVinci

Food Club

Gia Russa

Golden Grain

Great Value

Heartland

Hodgson Mill

Italian Chef

Kroger

Racconto

Ronzoni
Healthy Harvest

Signature Select

Do Not Buy

Organic, added seasonings, ingredients or flavors, refrigerated, frozen, bulk.

Milk

Buy

Any brand pasteurized, unflavored milk in type listed on your benefit balance.

1.0 gal = 1 gallon .50 gal = 1/2 gallon .25 gal = 1 quart

Soymilk beverage

Buy

Only these brands, in the container size listed on your benefit balance.

Silk 1/2 gallon

8th Continent 1/2 gallon

Pacific Ultra 32 oz

Do Not Buy

Organic, unpasteurized, omega-3 or DHA added, other brands, types, flavors.

Eggs

Buy

Any brand, any size, one dozen, FDA-approved white chicken eggs.

Do Not Buy

Organic, free range, cage free, omega-3 added, brown, or specialty such as Eggland's Best.

Yogurt: Reduced, low-fat, fat-free

Buy

32 oz containers, only the brands and flavors listed.

Brown Cow
Plain

Dannon All Natural
Plain or Vanilla

Essential Everyday
Plain

Food Club
Plain

Great Value
Plain

Kroger
Plain

Lucerne
Plain

Mountain High
Plain or Vanilla

Nancy's
(non-organic)
Plain or Vanilla

Tillamook
Plain

Yoplait Original
Plain, Blueberry, Peach, Strawberry,
Strawberry Banana, or Vanilla

Do Not Buy

Organic, Greek, single serving containers.

Enjoy a variety of low-fat dairy products

Yogurt: Whole milk

Buy

32 oz containers, only the brands and flavors listed.

Dannon All Natural
Plain or Vanilla

Mountain High
Plain, Vanilla,
or Strawberry

Nancy's
(non-organic)
Plain Honey

Do Not Buy

Organic, Greek, single serving containers.

Cheese

Buy

Any brand of 16 oz (1 lb) pasteurized domestic natural, regular or low-fat, unsliced vacuum-packed cheese.
Blends of single cheeses are okay.

Cheddar
(mild, medium or sharp)

Colby-Jack

Swiss

Monterey Jack

Mozzarella String Cheese
(16 oz multi-stick bag
of Mozzarella only)

Mozzarella

Do Not Buy

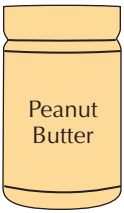
Extra sharp, unpasteurized, shredded, cubed, deli, organic, cream, flavored, cheese foods or spreads, added ingredients, 8 oz, 32 oz.

Peanut butter, dry beans, peas, lentils

Peanut butter

Buy

Any brand 16 to 18 oz jar (container) smooth to super crunchy.



Do Not Buy

Spreads, honey roasted nut, bulk, organic, powdered, reduced fat, or omega-3 added.

Dry beans, peas, lentils

Buy

Any brand up to 16 oz bag (container), plain dried beans, peas, or lentils. Canned beans only if listed on your benefit balance.

Do Not Buy

Added grains, flavoring, organic, soup mix, bulk.

Quick tips

- Adding one meal/week with beans as the protein source can help your family save money.
- Soak dry beans prior to cooking.
- Cover 1 pound beans with 6 cups water, soak overnight, discard soaking water.

Buy

Juice for women

100% juice listed below in 11.5 oz or 12 oz frozen concentrate.

Dole, all flavors

Old Orchard
all flavors with
dark green lids

Welch's, all flavors

Tree Top, apple

Any brand

Juice for children

100% juice listed below in 64 oz plastic bottles.

Juicy Juice, all flavors

Langer's, all flavors

Tree Top
all flavors with green lid

V8, original
or low sodium

Welch's purple
or white grape

Any
brand

Do Not Buy

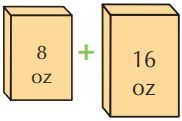
Cider, organic, refrigerated, added fiber, reduced sugar.

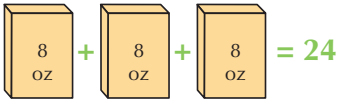
Enjoy juice in small amounts

Infant foods

Buy

8 or 16 oz Gerber or Beech-Nut cereal, any grain.



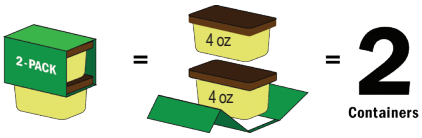


Do Not Buy

Added fruit, formula, organic, cans, jars, DHA/ARA.

Buy

Any plain or mixed fruits and vegetables in 4 oz containers. Gerber or Beech-Nut Classics, stage 2 only.



Do Not Buy

Added ingredients, organic, DHA/ARA, pouches, Beech-Nut Naturals.

Tuna/Salmon

Buy

Tuna: *any brand 5 oz chunk or light, canned in water or oil.*

Salmon: *any brand 5 oz pink canned.*

Do Not Buy

Tuna: *fresh, smoked, albacore, white, fancy white, snack packs, gourmet, organic, flavored, pouches.*

Salmon: *fresh, Atlantic salmon, red Atlantic sockeye salmon, snack packs, organic, flavored, pouches.*

Infant meats

Buy

2.5 oz Gerber or Beech-Nut. Any variety of meat. Added broth/gravy okay.

Do Not Buy

Dinners, added fruit, vegetables, or noodles. DHA/ARA, organic, sticks.

Start healthy

Breastfeeding gives babies the best start!

- Best possible nutrition
- Easy to digest
- Always clean and safe
- Reduces risk of illness and disease

And it helps moms, too.

- Saves money
- Convenient – always ready, no bottles, no mixing
- Promotes weight loss after pregnancy
- Reduces risk of cancer and postpartum depression

How big is your baby's tummy?

DAY 1

DAY 3

DAY 7

DAY 10

- All babies have tiny tummies.
  That's why newborns eat every 1-2 hours.
- You make just the right amount of milk for your baby.
  The more you nurse, the more milk you make.

You might have questions.

WIC is here to help.

Contact your WIC clinic for breastfeeding support from experts and moms just like you.

Help your child eat more fruits and vegetables!

- **Share the adventure.** Shop together and let your child choose a new fruit or vegetable.
- **Cook together.** Have your child tear lettuce leaves or toss salad ingredients together.
- **Eat together.** Have meals together and let your child see you enjoy fruits and vegetables.
- **Take it with you.** Bring sliced fruits and veggies with you for quick snacks on the go.

Stick with WIC until age 5

- Kids who stick with WIC until age 5 grow healthy and strong.
- WIC helps support you from pregnancy through your child's 5th birthday.

Things to remember

Rights & Responsibilities

- Rules for eligibility and participation in the WIC Program are the same for everyone.
- You can appeal decisions regarding your eligibility.
- You will be notified if your WIC benefits change.
- Be sure to provide accurate information and notify the program of any changes.
- Foods purchased with WIC benefits cannot be offered for sale or trade or exchanged for cash, credit, or other items.
- Breaking program rules may result in disqualification or repayment fees.
- Participants and staff will be treated with courtesy and respect.
- Keep your eWIC card and PIN safe.
- Report lost or stolen eWIC cards.

Appointments

Date: Time: What to bring:

____ ____ _____

____ ____ _____

____ ____ _____

____ ____ _____

____ ____ _____

Please call if you need to reschedule.

Know your civil rights

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, (AD3027) 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

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IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

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Scan me

Load the food list to your phone!

Learn more about WIC at www.wic.dhw.idaho.gov