

WIC Foods Pregnant Women

Foods	Amounts
Breakfast cereal	36 oz
Cheese	1 pound
Peanut butter and Dried beans, peas & lentils	2 jars or 2 pounds or choose 1 of each
Eggs	1 dozen
Fresh fruits and vegetables	\$10.00
Juice	3 containers
Milk	4 ½ gallons plus 1 quart
Whole Grain Choices: 100% whole wheat bread Soft tortillas (corn or wheat) Brown rice Oatmeal Bulgur	16 oz

Women pregnant with more than one baby get more food.



*Eat WIC Foods
for a healthy baby
and a healthy you.*



WIC Foods:

- ▶ Offer a wide variety of choices
- ▶ Meet nutrition recommendations of health care providers
- ▶ Help you gain a healthy amount of weight during your pregnancy

Pregnant Women

Foods	WIC Shopping Guide page	Key points about each food
Breakfast Cereal	6-7	<ul style="list-style-type: none"> ▶ Only these brands & types. Combine ounces to add up to 36 oz. ▶ “*” after a brand name listed on page 7 of the WIC Shopping Guide means the cereal is a good source of whole grains and fiber. ▶ Instant oatmeal in boxes containing individual packets can be purchased when “Breakfast Cereal” is printed on the check. Look under “Hot Breakfast Cereal” for brands and types.
Cheese	8	<ul style="list-style-type: none"> ▶ These types only, any brand. No string cheese.
Dried Beans Peas & Lentils and/or Peanut Butter	9 23	<ul style="list-style-type: none"> ▶ Choose 2 jars of peanut butter, 2 pounds of dried beans, peas, lentils OR 1 of each. <li style="padding-left: 20px;">Dried beans, peas, lentils: <ul style="list-style-type: none"> ▶ Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. <li style="padding-left: 20px;">Peanut Butter: <ul style="list-style-type: none"> ▶ Any brand in 16 oz to 18 oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ▶ Small, medium, large white chicken eggs. ▶ No specialty eggs such as Egglard’s Best, Naturally Nested, Free Range, & Omega3.
Fresh Fruits & Vegetables	12-13	<ul style="list-style-type: none"> ▶ Fresh only. Any brand. Any variety. Organic allowed. No potatoes. Sweet potatoes and yams are allowed. ▶ Select fresh fruits and vegetables up to the \$10 amount on the check. If the cost is less than the amount on the check, you will not get money back. <p>REVIEW USING WIC CHECKS – Page 2 WIC Shopping Guide.</p> <p>These things are different from other WIC checks:</p> <ul style="list-style-type: none"> ▶ You can pay the difference if the amount doesn’t cover the total cost. ▶ You can use family member’s checks together to pay for the total amount.
Juice	15-17	<ul style="list-style-type: none"> ▶ Combinations of 11.5 or 12 oz frozen, 46 oz cans and 46 oz plastic bottles are allowed.
Milk	20-22	<ul style="list-style-type: none"> ▶ 1%, 2% or non fat milk only. Buy in gallons or half-gallons up to the amount on the check. ▶ Organic milk is <u>not</u> allowed due to cost. ▶ “Lactose Free” and “Quarts” are allowed when printed on the check.
Whole Grain Choices	26-29	<ul style="list-style-type: none"> ▶ Combine ounces and whole grain choices to add up to 16 oz. Example: 8 oz bulk brown rice + 8 oz bulk oatmeal = 16 oz ▶ Oatmeal in bags and in bulk can be purchased when “Whole Grain Choices” is printed on the check.

Pregnancy is a great time to talk with women about breastfeeding. Try these conversation starters:



- ▶ I would really like to hear your plans about feeding your baby. What are your thoughts?
- ▶ What have you heard about breastfeeding? How do you feel about breastfeeding?
- ▶ Did you know breastfeeding women get the most food from WIC?
The more a mom breastfeeds her infant, the more food she receives.

WIC Foods

Fully Breastfeeding



WIC staff want to help you continue to breastfeed.

The more you and your baby breastfeed, the more food you receive from WIC.



Moms who fully breastfeed receive the most food from WIC.

You receive:

Foods	Amounts
Breakfast cereal	36 oz
Cheese	1 pound
Peanut butter and Dried beans, peas & lentils	2 jars, 2 pounds, or 1 of each
Eggs	2 dozen
Fish - canned	30 oz
Fresh fruits and vegetables	\$10.00
Juice	3 containers
Milk	6 gallons
Whole Grain Choices: 100% whole wheat bread Soft tortillas (corn or wheat) Brown rice Oatmeal Bulgur	16 oz

At 6 months, your infant receives your breastmilk and:

Foods	Amounts
Baby Cereal	24 oz
Baby Food Fruits & Vegetables	64 jars
Baby Food Meats	31 jars

WIC Foods:

- ▶ Are low in fat and high in fiber
- ▶ Support your breastmilk supply
- ▶ Help you maintain a healthy weight after delivery



Infants: ► Fully BF 0 thru 5 months ► Fully BF 6 to 12 months

Women: ► Fully BF

Women - Fully Breastfeeding

Foods	WIC Shopping Guide page	Key points about each food
Breakfast Cereal	6-7	<ul style="list-style-type: none"> ► Only these brands & types. Combine ounces to add up to 36 oz. ► "**" after a brand name listed on page 7 of the WIC Shopping Guide means the cereal is a good source of whole grains and fiber. ► Instant oatmeal in boxes containing individual packets can be purchased when "Breakfast Cereal" is printed on the check. Look under "Hot Breakfast Cereal" for brands and types.
Cheese	8	<ul style="list-style-type: none"> ► These types only, any brand. No string cheese.
Dried Beans Peas & Lentils and/or Peanut Butter	9 23	<ul style="list-style-type: none"> ► Choose 2 jars of peanut butter, 2 pounds of dried beans, peas, lentils OR 1 of each. Dried beans, peas, lentils: <ul style="list-style-type: none"> ► Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. Peanut Butter: <ul style="list-style-type: none"> ► Any brand in 16 oz to 18 oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ► Small, medium, large white chicken eggs. ► No specialty eggs such as Eggland's Best, Naturally Nested, Free Range, & Omega3.
Fish -canned	11	<ul style="list-style-type: none"> ► Choices: Chunk light tuna (in water) and pink salmon (in water or oil) ► Any brand. Cans only.
Fresh Fruits & Vegetables	12-13	<ul style="list-style-type: none"> ► Fresh only. Any brand. Any variety. Organic allowed. No potatoes. Sweet potatoes and yams are allowed. ► Select fresh fruits and vegetables up to the \$10 amount on the check. If the cost is less than the amount on the check, you will not get money back. <p>REVIEW USING WIC CHECKS – Page 2 WIC Shopping Guide</p> <p>These things are different from other WIC checks:</p> <ul style="list-style-type: none"> ► You can pay the difference if the amount doesn't cover the total cost. ► You can use family member's checks together to pay for the total amount.
Juice	15-17	<ul style="list-style-type: none"> ► Combinations of 11.5 or 12 oz frozen, 46 oz cans and 46 oz plastic bottles are allowed.
Milk	20-22	<ul style="list-style-type: none"> ► 1%, 2% or non fat milk only in gallons or half gallons up to the amount on the check. ► Organic milk is <u>not</u> allowed due to cost. ► "Lactose Free" and "Quarts" are allowed when printed on the check.
Whole Grain Choices	26-29	<ul style="list-style-type: none"> ► Combine ounces and whole grain choices to add up to 16 oz. Example: 8 oz bulk brown rice + 8 oz bulk oatmeal = 16 oz ► Oatmeal in bags and in bulk can be purchased when "Whole Grain Choices" is printed on the check.

Infants - Fully Breastfeeding

0 thru 5 months	Breastmilk only.
6 to 12 months	<p>24 oz baby cereal.</p> <ul style="list-style-type: none"> ► Buy only these brands of baby cereal in 8 oz or 16 oz containers. <p>64 jars of baby food fruits and vegetables.</p> <ul style="list-style-type: none"> ► Buy only these brands of baby food fruits and vegetables in 4 oz glass jars. ► Ok to combine allowed brands and types of baby food fruits and vegetables. ► No: Added DHA/ARA, organic, desserts, dinners, or added ingredients like rice. <p>31 jars of Baby Food Meats</p> <ul style="list-style-type: none"> ► Buy only these brands of Baby food meats in 2.5 oz glass jars. ► Ok to combine allowed brands and types of baby food fruits and vegetables. ► No: Added DHA/ARA, organic, meat sticks, dinners, or added ingredients like rice.
WIC Shopping Guide pages 4-5	

WIC Foods

Partially Breastfeeding



WIC staff want to help you keep breastfeeding.

The more you & your baby breastfeed, the more food you receive from WIC.



You receive:

Foods	Amounts
Breakfast cereal	36 oz
Cheese	1 pound
Peanut butter and Dried beans, peas & lentils	2 jars or 2 pounds or choose 1 of each
Eggs	1 dozen
Fresh fruits and vegetables	\$10.00
Juice	3 containers
Milk	4 ½ gallons plus 1 quart
Whole Grain Choices: 100% whole wheat bread Soft tortillas (corn or wheat) Brown rice Oatmeal Bulgur	16 oz

At 6 months, your infant receives your breastmilk, some formula, and:



Foods	Amounts
Baby Cereal	24 oz
Baby Food Fruits and Vegetables	32 jars

WIC staff will figure out the amount of formula that will be provided based on your baby's nutrition needs.

WIC Foods:

- ▶ Are low in fat and high in fiber
- ▶ Support your breastmilk supply
- ▶ Help you maintain a healthy weight after delivery

- Infants: ► Partially BF 1 thru 3 months ► Partially BF 4 thru 5 months ► Partially BF 6 to 12 months
 Women: ► Partially BF

Women - Partially Breastfeeding

Foods	WIC Shopping Guide page	Key points about each food
Breakfast Cereal	6-7	<ul style="list-style-type: none"> ► Only these brands & types. Combine ounces to add up to 36 oz. ► "**" after a brand name listed on page 7 of the WIC Shopping Guide means the cereal is a good source of whole grains and fiber. ► Instant oatmeal in boxes containing individual packets can be purchased when "Breakfast Cereal" is printed on the check. Look under "Hot Breakfast Cereal" for brands and types.
Cheese	8	<ul style="list-style-type: none"> ► These types only, any brand. No string cheese.
Dried Beans Peas & Lentils and/or Peanut Butter	9 23	<ul style="list-style-type: none"> ► Choose 2 jars of peanut butter, 2 pounds of dried beans, peas, lentils OR 1 of each. Dried beans, peas, lentils: <ul style="list-style-type: none"> ► Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. Peanut Butter: <ul style="list-style-type: none"> ► Any brand in 16 oz to 18 oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ► Small, medium, large white chicken eggs. ► No specialty eggs such as Egghland's Best, Naturally Nested, Free Range, & Omega3.
Fresh Fruits & Vegetables	12-13	<ul style="list-style-type: none"> ► Fresh only. Any brand. Any variety. Organic allowed. No potatoes. Sweet potatoes and yams are allowed. ► Select fresh fruits and vegetables up to the \$10 amount on the check. If the cost is less than the amount on the check, you will not get money back. <p>REVIEW USING WIC CHECKS – Page 2 WIC Shopping Guide.</p> <p>These things are different from other WIC checks:</p> <ul style="list-style-type: none"> ► You can pay the difference if the amount doesn't cover the total cost. ► You can use family member's checks together to pay for the total amount.
Juice	15-17	<ul style="list-style-type: none"> ► Combinations of 11.5 or 12 oz frozen, 46 oz cans and 46 oz plastic bottles are allowed.
Milk	20-22	<ul style="list-style-type: none"> ► 1%, 2% or non fat milk only. Buy in gallons or half-gallons up to the amount on the check. ► Organic milk is <u>not</u> allowed due to cost. ► "Lactose Free" and "Quarts" are allowed when printed on the check.
Whole Grain Choices	26-29	<ul style="list-style-type: none"> ► Combine ounces and whole grain choices to add up to 16 oz. Example: 8 oz bulk brown rice + 8 oz bulk oatmeal = 16 oz ► Oatmeal in bags and in bulk can be purchased when "Whole Grain Choices" is printed on the check.

Infants - Partially Breastfeeding

- **A breastfeeding review must be completed by a CPA to determine the amount of formula.**
- Up to ½ the amount of formula in an infant formula food package may be issued.

Age of the infant	Key points about each food
1 thru 3 months	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA.
4 thru 5 months	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA.
6 to 12 months	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA. ► 24 oz baby cereal. <ul style="list-style-type: none"> ► Buy only these brands in 8 oz and 16 oz boxes up to the amount printed on the check, ► 32 jars of baby food fruits and vegetables. <ul style="list-style-type: none"> ► Buy only these brands of baby food fruits and vegetables in 4 oz glass jars. ► Ok to combine allowed brands and types of baby food fruits and vegetables. ► No: Added DHA/ARA, organic, desserts, dinners, or added ingredients such as rice.

Food package includes:

- Formula
- Baby Cereal
- Baby Food
- Fruits /Vegetables

WIC Shopping Guide pages 4-5

WIC FOODS

Some Breastfeeding

You receive:

Foods	Amounts
Breakfast cereal	36 oz
Cheese	1 pound
Peanut butter or Dried beans, peas & lentils	1 jar or 1 pound
Eggs	1 dozen
Fresh fruits and vegetables	\$10.00
Juice	2 containers
Milk	3 gallons plus 1 quart



At 6 months your infant receives your breastmilk, some formula, and:

Foods	Amounts
Baby Cereal	24 oz
Baby Food Fruits and Vegetables	32 jars

WIC staff will figure out the amount of formula that will be provided based on your baby's nutrition needs.



*WIC Foods
help keep
you strong
while you
love and care
for your
growing infant.*



WIC Foods

- ▶ Provide nutrients for your infant's growth
- ▶ Help you maintain a healthy weight after delivery

Infants: ► **Some BF 1 thru 3 months** ► **Some BF 4 thru 5 months** ► **Some BF 6 to 12 months**
Women: ► **Some BF 1 thru 6 months** ► **Some BF 7 to 12 months**

Women – Some Breastfeeding 1 thru 6 months

Foods	WIC Shopping Guide page	Key points about each food
Breakfast Cereal	6-7	<ul style="list-style-type: none"> ► Only these brands & types. Combine ounces to add up to 36 oz. ► ** after a brand name listed on page 7 of the WIC Shopping Guide means the cereal is a good source of whole grains and fiber. ► Instant oatmeal in boxes containing individual packets can be purchased when “Breakfast Cereal” is printed on the check. Look under “Hot Breakfast Cereal” for brands and types.
Cheese	8	<ul style="list-style-type: none"> ► These types only, any brand. No string cheese.
Dry Beans, Peas, Lentils <u>or</u> Peanut Butter	9 23	<ul style="list-style-type: none"> ► Choose 1 jar of peanut butter <u>or</u> 1 pound of dry beans, peas, lentils. <ul style="list-style-type: none"> ► Dry Beans, Peas, Lentils: Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. ► Peanut Butter: Any brand in 16 oz to 18 oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ► Small, medium, large white chicken eggs. ► No specialty eggs such as Egghand’s Best, Naturally Nested, Free Range, & Omega3.
Fresh Fruits & Vegetables	12 - 13	<ul style="list-style-type: none"> ► Fresh only. Any brand. Any variety. Organic allowed. No potatoes. Sweet potatoes and yams are allowed. ► Select fresh fruits and vegetables up to the \$10 amount on the check. If the cost is less than the amount on the check, you will not get money back. <p>REVIEW USING WIC CHECKS – Page 2 WIC Shopping Guide</p> <p>These things are different from other WIC checks:</p> <ul style="list-style-type: none"> ► You can pay the difference if the amount doesn’t cover the total cost. ► You can use family member’s checks together to pay for the total amount.
Juice	15-17	<ul style="list-style-type: none"> ► Combinations of 11.5 or 12 oz frozen, 46 oz cans and 46 oz plastic bottles are allowed.
Milk	20-22	<ul style="list-style-type: none"> ► 1%, 2% or non fat milk only in gallons or half gallons up to the amount on the check. ► Organic milk is <u>not</u> allowed due to cost. ► “Lactose Free” and “Quarts” are allowed when printed on the check.

Women with “Some BF 7 to 12 months” food package get breastfeeding support from WIC, but not food.

Infants – Some Breastfeeding

- **A breastfeeding review must be completed by a CPA to determine the amount of formula.**
- More than ½ the amount of formula in an infant formula food package may be issued.

Age of the infant	Key points about each food
1 thru 3 months	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA.
4 thru 5 months	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA.
6 to 12 months Food package includes: ► Formula ► Baby Cereal ► Baby Food Fruits /Vegetables WIC Shopping Guide pages 4-5	<ul style="list-style-type: none"> ► The amount of formula is determined by a CPA. ► 24 oz baby cereal. <ul style="list-style-type: none"> ► Buy only these brands of baby cereal in 8 oz or 16 oz containers. ► 32 jars of baby food fruits and vegetables. <ul style="list-style-type: none"> ► Buy only these brands of baby food fruits and vegetables in 4 oz glass jars. ► Ok to combine allowed brands and types of baby food fruits and vegetables. ► No: Added DHA/ARA, organic, desserts, dinners, or added ingredients such as rice.

WIC FOODS

Postpartum Women & Fully Formula-Fed Infants

You receive:

Foods	Amounts
Breakfast cereal	36 oz
Cheese	1 pound
Peanut butter or Dried beans, peas & lentils	1 jar or 1 pound
Eggs	1 dozen
Fresh fruits and vegetables	\$10.00
Juice	2 containers
Milk	3 gallons plus 1 quart

The foods your infant receives are based on age and nutrition need.

Age in months	Foods	Amounts
0 through 3	▶ Similac Advance powder formula	9 cans
4 through 5	▶ Similac Advance powder formula	10 cans
6 to 12	▶ Similac Advance powder formula ▶ Baby cereal ▶ Baby food fruits and vegetables	7 cans 24 oz 32 jars



*WIC Foods
help keep
you strong
while you
love and care
for your
growing infant.*



WIC Foods

- ▶ Provide nutrients for your infant's growth
- ▶ Help you maintain a healthy weight after delivery

Infants: ► Formula 0 thru 3 months ► Formula 4 thru 5 months ► Formula 6 to 12 months

Women: ► Postpartum

Postpartum Women

Foods	WIC Shopping Guide page	Key points about each food
Breakfast Cereal	6-7	<ul style="list-style-type: none"> ► Only these brands & types. Combine ounces to add up to 36 oz. ► ** after a brand name listed on page 7 of the WIC Shopping Guide means the cereal is a good source of whole grains and fiber. ► Instant oatmeal in boxes containing individual packets can be purchased when "Breakfast Cereal" is printed on the check. Look under "Hot Breakfast Cereal" for brands and types.
Cheese	8	<ul style="list-style-type: none"> ► These types only, any brand. No string cheese.
Dry Beans, Peas, Lentils or Peanut Butter	9 23	<ul style="list-style-type: none"> ► Choose 1 jar of peanut butter <u>or</u> 1 pound of dry beans, peas, lentils. <ul style="list-style-type: none"> ► Dry Beans, Peas, Lentils: Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. ► Peanut Butter: Any brand in 16 oz to 18 oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ► Small, medium, large white chicken eggs. ► No specialty eggs such as Eggland's Best, Naturally Nested, Free Range, & Omega3.
Fresh Fruits & Vegetables	12 - 13	<ul style="list-style-type: none"> ► Fresh only. Any brand. Any variety. Organic allowed. No potatoes. Sweet potatoes and yams are allowed. ► Select fresh fruits and vegetables up to the \$10 amount on the check. If the cost is less than the amount on the check, you will not get money back. <p>REVIEW USING WIC CHECKS – Page 2 WIC Shopping Guide</p> <p>These things are different from other WIC checks:</p> <ul style="list-style-type: none"> ► You can pay the difference if the amount doesn't cover the total cost. ► You can use family member's checks together to pay for the total amount.
Juice	15-17	<ul style="list-style-type: none"> ► Combinations of 11.5 or 12 oz frozen, 46 oz cans and 46 oz plastic bottles are allowed.
Milk	20-22	<ul style="list-style-type: none"> ► 1%, 2% or non fat milk only in gallons or half gallons up to the amount on the check. ► Organic milk is <u>not</u> allowed due to cost. ► "Lactose Free" and "Quarts" are allowed when printed on the check.

Infant - Fully Formula Fed

The number of cans of formula WIC provides is based on the age of the infant.

Age of the infant	Key points about each food
0 thru 3 months	<ul style="list-style-type: none"> ► 9 cans Similac Advance powder formula.
4 thru 5 months	<ul style="list-style-type: none"> ► 10 cans Similac Advance powder formula.
6 to 12 months Food package includes: ► Formula ► Baby Cereal ► Baby Food Fruits /Vegetables WIC Shopping Guide pages 4-5	<ul style="list-style-type: none"> ► 7 cans Similac Advance powder formula. ► 24 oz baby cereal. <ul style="list-style-type: none"> ► Buy only these brands of baby cereal in 8 oz or 16 oz containers. ► 32 jars of baby food fruits and vegetables. <ul style="list-style-type: none"> ► Buy only these brands of baby food fruits and vegetables in 4 oz glass jars. ► Ok to combine allowed brands and types of baby food fruits and vegetables. ► No: Added DHA/ARA, organic, desserts, dinners, or added ingredients like rice.

WIC Foods Children

Foods	Amounts
Breakfast cereal	36 oz
Cheese	1 pound
Peanut butter or Dried beans, peas & lentils	1 jar or 1 pound
Eggs	1 dozen
Fresh fruits and vegetables	\$6.00
Juice	2 bottles
Milk 1 year olds receive whole milk 2 through 5 year olds receive low fat milk (2%, 1% or non fat)	3 gallons plus 1 quart
Whole Grain Choices: 100% whole wheat bread Soft tortillas (corn or wheat) Brown rice Oatmeal Bulgur	32 oz



*WIC Foods help
children maintain a
healthy weight.*



WIC Foods:

- ▶ Are low in fat and high in fiber
- ▶ Offer a wide variety of choices
- ▶ Provide nutrients children need when growing

Foods in the Child 1 year and Child 2 to 5 years food packages are the same. The milk types differ.

Foods	WIC Shopping Guide page	Key points about each food
Breakfast Cereal	6-7	<ul style="list-style-type: none"> ▶ Only these brands & types. Combine ounces to add up to 36 oz. ▶ “*” after a brand name on page 7 of the WIC Shopping Guide means the cereal is a good source of whole grains and fiber. ▶ Instant oatmeal in boxes containing individual packets can be purchased when “Breakfast Cereal” is printed on the check. Look under “Hot Breakfast Cereal” for brands and types.
Cheese	8	<ul style="list-style-type: none"> ▶ These types only, any brand. No string cheese.
Dried Beans Peas & Lentils and/or Peanut Butter	9 23	<ul style="list-style-type: none"> ▶ Choose 1 jar of peanut butter <u>or</u> 1 pound of dried beans, peas, lentils. <li style="padding-left: 20px;">Dried Beans, Peas, Lentils: <ul style="list-style-type: none"> ▶ Any brand, any variety. Bulk or in 16 oz packages. Organic allowed. <li style="padding-left: 20px;">Peanut Butter: <ul style="list-style-type: none"> ▶ Any brand in 16oz to 18oz jar. No added flavors. No roasted honey nut.
Eggs	10	<ul style="list-style-type: none"> ▶ Small, medium, large white chicken eggs. ▶ No specialty eggs such as Egghand’s Best, Naturally Nested, Free Range, & Omega3.
Fresh Fruits Vegetables	12-13	<ul style="list-style-type: none"> ▶ Fresh only. Any brand. Any variety. Organic allowed. No potatoes. Sweet potatoes and yams are allowed. ▶ Select fresh fruits and vegetables up to the \$6 amount on the check. If the cost is less than the amount on the check, you will not get money back. <p>REVIEW USING WIC CHECKS – Page 2 WIC Shopping Guide.</p> <p>These things are different from other WIC checks:</p> <ul style="list-style-type: none"> ▶ You can pay the difference if the amount doesn’t cover the total cost. ▶ You can use family member’s checks together to pay for the total amount.
Juice	18-19	<ul style="list-style-type: none"> ▶ 64 oz plastic bottles only. ▶ These brands and types of Apple, Grape, and Pineapple Juice. ▶ Any brand of orange juice. Some examples are listed on page 19 of the WIC Shopping Guide.
Milk	20-22	<ul style="list-style-type: none"> ▶ Only buy the type of milk printed on the check. <ul style="list-style-type: none"> ▶ Whole milk only for 1 year olds. ▶ Low fat milk (1%, 2% or non fat) only for children 2 to 5 years old. Children 2 to 5 usually do not need the amount of fat in whole milk. ▶ Buy milk in gallons or half gallons up to the amount printed on the check. ▶ “Lactose Free” and “Quarts” are allowed when printed on the check. ▶ Organic milk is <u>not</u> allowed due to cost.
Whole Grain Choices	26-29	<ul style="list-style-type: none"> ▶ Combine ounces and whole grain choices to add up to 16 oz. Example: 8 oz bulk brown rice + 8 oz bulk oatmeal = 16 oz ▶ Oatmeal in bags and in bulk can be purchased when “Whole Grain Choices” is printed on the check.

This institution is an equal opportunity provider.
Washington WIC does not discriminate.

For persons with disabilities, this document is available on request in other formats.
 To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).