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INFORMATION FOR WIC SHOPPERS
INFORMATION FOR WIC SHOPPERS

USING WIC CHECKS
• Use your checks on or between the first and last day to use.
• Use a check only if your name is printed below the signature box.
• Shop at stores that have the “WIC Accepted Here” sign.
• Buy the amounts, sizes, and types of foods listed on your checks.
• Separate your WIC foods by check, and from other items you are buying.
• Show the checker your ID when you let them know you are using WIC checks.
• Sign each check only after the checker writes in the “Actual Purchase Price.”

USING WIC FRUIT AND VEGETABLE CHECKS
• Ask the checker if you can combine more than one WIC fruit and vegetable check. Most stores can do this.
  Example: You can combine $8 and $11 checks to buy $19 worth of fruits and vegetables.
• If your purchase is more than the amount on the check, you can pay the extra or choose not to buy it.
  Example: If the purchase costs $9 and you have an $8 check, you can pay the extra $1, or choose to buy less.
• If your purchase costs less than the amount of the check, you can’t get money back.

WEIGHTS AND MEASURES

<table>
<thead>
<tr>
<th>Abbreviations:</th>
<th>Equivalents:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ounces = oz</td>
<td>1 quart = 32 ounces</td>
</tr>
<tr>
<td>Pound = lb</td>
<td>½ gallon = 2 quarts</td>
</tr>
<tr>
<td>Weight = wt</td>
<td>1 gallon = 2 half-gallons</td>
</tr>
<tr>
<td></td>
<td>1 gallon = 3.8 liters</td>
</tr>
<tr>
<td></td>
<td>½ pound = 8 ounces</td>
</tr>
<tr>
<td></td>
<td>1 pound = 16 ounces</td>
</tr>
<tr>
<td></td>
<td>1 pound = 0.45 kilograms</td>
</tr>
</tbody>
</table>
SHOPPING TIPS

• Bring signed ID. If you use your WIC folder as ID, make sure it’s signed before shopping. The names on the folder and checks must match. See page 36 “WIC Customer Identification.”

• Stores aren’t required to carry all WIC approved foods. You can ask the store staff if they can order the foods you need. You can’t accept rainchecks.

• You don’t have to buy all the foods printed on your WIC checks. You can’t return to the store later for the foods you didn’t purchase. You can’t substitute other foods or formula for those printed on the WIC check.

• You can receive in-store or manufacturer specials when you use WIC checks, such as: buy one, get one free, store loyalty cards, gift cards, manufacturer promotions, or store specials. You can use these specials for non-WIC foods.

• You can help WIC serve more families. Use coupons, store loyalty cards, and choose lower priced foods.

• It is best to avoid express lanes when using more than one WIC check.

SHOPPING TIP

Look for Shopping Tips throughout the guide.

WHAT YOU SHOULD KNOW

• You can’t sell WIC foods or formula.

• You can’t give WIC foods or formula away to family or friends.

• You can’t post any WIC foods or formula for sale or trade on websites, social media pages, or other form of public communication.

• Bring any unused, unopened, non-perishable foods to your WIC clinic.

EXTRA FOODS FOR FULLY BREASTFEEDING MOMS

Look for this symbol if you are a fully breastfeeding mom. You get these extra foods.
### BABY FOOD

#### BABY CEREAL

<table>
<thead>
<tr>
<th><strong>BUY</strong></th>
<th> </th>
<th><strong>DON'T BUY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td>8 oz or 16 oz Dry</td>
<td>With added:</td>
</tr>
<tr>
<td><strong>These brands:</strong></td>
<td>Beech-Nut Earth’s Best Organic Gerber</td>
<td>Flavors, fruit, or formula Prebiotics, probiotics, or DHA Cans, jars, or pouches Single-serve or individual packets</td>
</tr>
<tr>
<td><strong>You Can Choose</strong></td>
<td>Barley, multigrain, oatmeal, rice, and whole wheat</td>
<td> </td>
</tr>
</tbody>
</table>

#### BABY FOOD – FRUITS AND VEGETABLES

<table>
<thead>
<tr>
<th><strong>BUY</strong></th>
<th> </th>
<th><strong>DON'T BUY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td>4 oz glass jars 4 oz plastic containers</td>
<td>With added:</td>
</tr>
<tr>
<td><strong>These brands – Stage 2:</strong></td>
<td>Beech-Nut Classics Beech-Nut Naturals Earth’s Best Organic Gerber 2nd Foods O Organics Tippy Toes Tippy Toes Organic Wild Harvest Organic Yummy Naturals Yummy Organics</td>
<td>Flavors, spices, or sugars Cereal, grains, or noodles Meats Desserts Dinners Pouches</td>
</tr>
<tr>
<td><strong>You Can Choose</strong></td>
<td>Any combinations of fruits and vegetables</td>
<td>Stage 1 or Stage 3</td>
</tr>
</tbody>
</table>

**SHOPPING TIP**

When buying baby food fruits and vegetables, a 2-pack is counted as 2 containers.
Breastfeeding provides moms and babies with lifelong health benefits. WIC supports breastfeeding. The more you breastfeed, the more WIC foods you get.

### BABY FOOD – MEATS

<table>
<thead>
<tr>
<th><strong>BUY</strong></th>
<th><strong>DON’T BUY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td>With added:</td>
</tr>
<tr>
<td>2.5 oz glass jars</td>
<td>- Flavors, sugars, or spices</td>
</tr>
<tr>
<td><strong>These brands – Stage 1 or Stage 2:</strong></td>
<td>- Cereals, grains, or noodles</td>
</tr>
<tr>
<td>Beech-Nut Classics</td>
<td>- Fruits or vegetables</td>
</tr>
<tr>
<td>Gerber 2nd Foods</td>
<td>- Meat sticks</td>
</tr>
<tr>
<td>O Organics</td>
<td>- Dinners</td>
</tr>
<tr>
<td>Tippy Toes</td>
<td>- Stage 3</td>
</tr>
<tr>
<td>Tippy Toes Organic</td>
<td></td>
</tr>
<tr>
<td>Wild Harvest Organic</td>
<td></td>
</tr>
<tr>
<td>Yummy Naturals</td>
<td></td>
</tr>
<tr>
<td>Yummy Organics</td>
<td></td>
</tr>
<tr>
<td><strong>You Can Choose</strong></td>
<td></td>
</tr>
<tr>
<td>Any variety</td>
<td></td>
</tr>
<tr>
<td>Single meat</td>
<td></td>
</tr>
<tr>
<td>With broth or gravy</td>
<td></td>
</tr>
</tbody>
</table>

**FORMULA**

Buy only the brand, size, type, and amount of formula printed on the WIC check. For information about WIC Approved Formulas, visit www.doh.wa.gov/WICFoods/InfantFormula, or call 1-800-841-1410.
**BEANS – CANNED**

**BUY**

**Must Be**
- 15 oz to 16 oz cans
- Plain
- Only canned beans when printed on WIC checks

**You Can Choose**
- Any brand
- Low or reduced sodium
- 4-pack of 15–16 oz cans
- Non organic or organic

**DON’T BUY**

- With added:
  - Flavors or meats
  - Honey, syrups, molasses, sugar, or other sweeteners
  - Baked beans
  - Bean salad
  - Bean sprouts
  - Chili beans
  - Green or wax beans
  - Mixed beans
  - Bean soups
  - Peas
  - Pouches
  - Refried

**SHOPPING TIPS**

You can choose dried beans, peas, lentils, or peanut butter when printed on the check.

You can buy canned beans only when printed on the check.

For more information, see Beans/Peas/Lentils – Dried page 7 and Peanut Butter page 26.
**BUY**

**You Can Choose**
- 16 oz bags
- Any brand
- Any variety
- Non organic or organic

**DON’T BUY**
- With added flavors or spices
- Boxes
- Barley
- Bean and rice mix
- Bulk (sold by weight)
- Chia seeds
- Coffee beans
- Dried refried beans
- Farro
- Frozen
- Green beans
- Heirloom
- Quinoa
- Sprouted or germinated
- Soup or soup mix

**SHOPPING TIPS**

You can choose dried beans, peas, lentils, or peanut butter when printed on the check.

You can buy canned beans only when printed on the check.

For more information, see Beans – Canned page 6 and Peanut Butter page 26.
BREAKFAST CEREAL

COLD BREAKFAST CEREAL

HOT BREAKFAST CEREAL
# BREAKFAST CEREAL

## Must Be
- 12 oz to 36 oz boxes
- Only these brands and types

### Cold Breakfast Cereal
- Alpha-Bits
- Cheerios (Plain)
- Cheerios Multi Grain (Plain)
- Corn Chex (Plain)
- Dora the Explorer (Cinnamon)
- Great Grains Banana Nut Crunch
- Kellogg’s Corn Flakes
- Kellogg’s Frosted Little Bites or Mini Wheats Original
- Kellogg’s Rice Krispies (Plain)
- Kix (Plain)
- Post Grape Nuts
- Post Grape Nuts Flakes
- Rice Chex (Plain)
- Sunbelt Bakery Simple Granola
- Wheat Chex (Plain)
- Bran Flakes:
  - Essential Everyday
  - Food Club
  - Great Value
  - IGA
  - Kroger
  - Signature Kitchens
  - Western Family

### Hot Breakfast Cereal
- Cream of Rice
- Cream of Rice Instant
- Cream of Wheat (Instant, 1 minute, 2½ minute, 10 minutes)
- Cream of Wheat Whole Grain (Instant and 2½ minute)
- Essential Everyday Grits Original
- Malt-O-Meal Original

## DON’T BUY
- Bags
- Cylinders
- Oatmeal

## SHOPPING TIP
You can choose a combination of breakfast cereals up to the amount of ounces (oz) printed on the WIC check. Examples:

- **12 oz + 12 oz + 12 oz**
  - = 36 oz
  - **OR**
  - **18 oz + 18 oz**
  - = 35.3 oz
  - **OR**
  - **18 oz + 18 oz**
  - = 36 oz

**W** These are whole grain cereals.
## CHEESE

### BUY

**Must Be**
- Only the amount printed on the WIC check
- 1 lb = 16 oz, or 2 lb = 32 oz
- 8 oz if Kosher
- Made from pasteurized cow milk
- Made in USA

**These types:**
- Cheddar (mild, medium, or sharp, yellow or white)
- Colby
- Colby Jack
- Colby Monterey Jack
- Monterey Jack
- Mozzarella

### DON'T BUY

- With added flavors, herbs, nuts, seeds, spices, or vegetables
- Single serving sticks or packets
- Cheese made from raw milk
- Cotija
- Cracker cut
- Cream cheese
- Deli cheese
- Diced, crumbled, cubed, cut, grated, shredded, or sliced
- Extra sharp cheddar
- Fresh mozzarella
- Goat or sheep cheese
- Imported
- Lactose free
- Muenster
- Organic
- Parmesan
- Pepper Jack
- Processed pasteurized American
- Provolone
- Queso fresco
- Ricotta
- String cheese
- Swiss
- Unpasteurized
- Vintage cheese

### You Can Choose

- Any brand
- Calcium and/or Vitamin D fortified
- Fat free, low fat, and reduced fat
- Part skim or whole
- Reduced sodium
<table>
<thead>
<tr>
<th>BUY</th>
<th>DON’T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td>Bulk</td>
</tr>
<tr>
<td>12-count carton (1 dozen)</td>
<td>Brown eggs</td>
</tr>
<tr>
<td>White eggs only from chickens</td>
<td>Cage-free</td>
</tr>
<tr>
<td></td>
<td>Dried or powdered</td>
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<tr>
<td></td>
<td>Duck eggs</td>
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<tr>
<td></td>
<td>Egg substitute products</td>
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<tr>
<td></td>
<td>Extra-large or jumbo</td>
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<tr>
<td></td>
<td>Fertile</td>
</tr>
<tr>
<td></td>
<td>Free-range</td>
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<tr>
<td></td>
<td>Hard-boiled eggs</td>
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<td>Liquid eggs</td>
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<td>Low or reduced cholesterol</td>
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<td>Naturally-nested</td>
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<td>Omega 3</td>
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<tr>
<td></td>
<td>Organic</td>
</tr>
<tr>
<td></td>
<td>Pasteurized</td>
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<tr>
<td></td>
<td>Reduced saturated fat</td>
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<tr>
<td></td>
<td>Specialty eggs</td>
</tr>
<tr>
<td></td>
<td>Vegetarian fed</td>
</tr>
<tr>
<td><strong>You Can Choose</strong></td>
<td>Bulk</td>
</tr>
<tr>
<td>Any brand</td>
<td>Brown eggs</td>
</tr>
<tr>
<td>Small, medium, or large size</td>
<td>Cage-free</td>
</tr>
<tr>
<td></td>
<td>Dried or powdered</td>
</tr>
<tr>
<td></td>
<td>Duck eggs</td>
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<td></td>
<td>Egg substitute products</td>
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<tr>
<td></td>
<td>Extra-large or jumbo</td>
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<td></td>
<td>Fertile</td>
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<tr>
<td></td>
<td>Free-range</td>
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<td></td>
<td>Hard-boiled eggs</td>
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<tr>
<td></td>
<td>Liquid eggs</td>
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<tr>
<td></td>
<td>Low or reduced cholesterol</td>
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<td>Naturally-nested</td>
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<td>Omega 3</td>
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<td>Organic</td>
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<td>Pasteurized</td>
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<td></td>
<td>Reduced saturated fat</td>
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<tr>
<td></td>
<td>Specialty eggs</td>
</tr>
<tr>
<td></td>
<td>Vegetarian fed</td>
</tr>
</tbody>
</table>
FISH – CANNED

BUY

Must Be
Chunk light tuna in water, net wt.
5 oz to 6 oz (not drained wt.)
Pink salmon, 5 oz to 14.75 oz
Sardines in water, 3.75 oz to 4.4 oz

You Can Choose
Any brand
Boneless
Low sodium
No added salt
Skinless
Wild caught

DON’T BUY
With added flavors, foods, or spices
Albacore tuna
Brisling sardines
Dried
Fancy
Fillet
Foil bags or pouches
Fresh
Frozen
Glass
Gourmet
Jack Mackerel
Line or pole caught
Organic
Plastic
Red salmon
Smoked
Snack packs
Solid or chunk white tuna
Specialty salmon or tuna steak
Tongol tuna
Yellowfin tuna

SHOPPING TIP
You can choose a combination of chunk light tuna, pink salmon, or sardines up to the amount of ounces (oz) printed on the WIC check. Examples:

5 oz + 5 oz + 5 oz + 5 oz = 30 oz

OR
14.75 oz + 3.75 oz + 3.75 oz + 3.75 oz = 29.75 oz
### Buy

**You Can Choose**
- Any brand or type
- Cut or whole
- Fresh fruits and vegetables in bags, clam shells, cups, plastic bowls, or tubs
- Fresh fruits and vegetables in foam trays wrapped in plastic
- Non organic or organic

### Don’t Buy

- With added:
  - Dips, dressings, fats, oils, or sauces
  - Flavors, foods, herbs, nuts, or spices
  - Breaded, cooked, creamed, or soups
  - Edible blossoms of flowers, or dried fruits or vegetables
  - Fruit baskets
  - Herbs, or spices such as aloe vera, anise, banana leaves, basil, bay leaves, caraway, chervil, chives, cilantro, corn husk, dill, fenugreek, lemongrass, lime leaves, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, vanilla beans, or wheatgrass
  - Ornamental or decorative items such as dried chili peppers, garlic on a string, gourds, carved or painted pumpkins
  - Party trays or platters with or without dips
  - Salad bar items
  - Sugar cane

### Shopping Tip

You can buy a combination of fresh and frozen fruits and vegetables. Remember, if you buy foods that are more than the combined amount of your checks, you can pay the extra, or choose not to buy it.
## FRUITS / VEGETABLES – FROZEN

### BUY

**You Can Choose**
- Any size bag, box, or steamer pouch
- Any brand
- Non organic or organic
- Frozen beans are OK (such as: black-eyed peas, edamame, garbanzo, and lima beans)

### DON’T BUY

- With added:
  - Fats, oils, salts, seasonings, spices, sugars or sauces
  - Meats, noodles, nuts, pasta, rice, or grains
  - Battered or breaded
  - Creamed
  - Deli items
  - Dried fruits, vegetables, or fruit leather
  - French fries
  - Hash browns
  - Mashed potatoes, Potatoes O’Brien, Tater Tots®

### SHOPPING TIP

You can buy a combination of fresh and frozen fruits and vegetables. Remember, if you buy foods that are more than the combined amount of your checks, you can pay the extra, or choose not to buy it.
## JUICE – TOMATO / VEGETABLE (46 OZ)

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON’T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td>Apple, grape, grapefruit, orange, pineapple</td>
</tr>
<tr>
<td>46 oz cans or plastic bottles</td>
<td>Cartons or glass bottles</td>
</tr>
<tr>
<td>Only these brands and types</td>
<td>Cider</td>
</tr>
<tr>
<td><strong>Tomato</strong></td>
<td>Cocktail</td>
</tr>
<tr>
<td>Campbell’s</td>
<td>Juice drink</td>
</tr>
<tr>
<td>Haggen</td>
<td>Lemon</td>
</tr>
<tr>
<td>Kroger</td>
<td>Lemonade</td>
</tr>
<tr>
<td>Shur Saving</td>
<td>Lime</td>
</tr>
<tr>
<td>Western Family</td>
<td>Limeade</td>
</tr>
<tr>
<td><strong>Vegetable</strong></td>
<td>Organic</td>
</tr>
<tr>
<td>Campbell’s V8 Essential Antioxidants</td>
<td>Punch</td>
</tr>
<tr>
<td>Campbell’s V8 Hint of Black Pepper</td>
<td>Refrigerated</td>
</tr>
<tr>
<td>Campbell’s V8 Hint of Lime</td>
<td>Unfiltered</td>
</tr>
<tr>
<td>Campbell’s V8 Low Sodium</td>
<td></td>
</tr>
<tr>
<td>Campbell’s V8 Original</td>
<td></td>
</tr>
<tr>
<td>Campbell’s V8 Spicy Hot</td>
<td></td>
</tr>
<tr>
<td>Campbell’s V8 Spicy Hot Low Sodium</td>
<td></td>
</tr>
<tr>
<td>Haggen</td>
<td></td>
</tr>
<tr>
<td>Kroger</td>
<td></td>
</tr>
<tr>
<td>Western Family</td>
<td></td>
</tr>
<tr>
<td>JUICE – FROZEN (11.5–12 OZ)</td>
<td></td>
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<tr>
<td>-----------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>APPLE</strong> <strong>ONLY THESE BRANDS</strong></td>
<td></td>
</tr>
<tr>
<td>[Images of apple juice cans]</td>
<td></td>
</tr>
<tr>
<td><strong>GRAPE OR WHITE GRAPE</strong> <strong>ONLY THESE BRANDS</strong></td>
<td></td>
</tr>
<tr>
<td>[Images of grape juice cans]</td>
<td></td>
</tr>
<tr>
<td><strong>GRAPEFRUIT / ORANGE</strong> <strong>ANY BRAND</strong></td>
<td></td>
</tr>
<tr>
<td>[Images of grapefruit and orange juice]</td>
<td></td>
</tr>
<tr>
<td><strong>PINEAPPLE</strong> <strong>ONLY THESE BRANDS</strong></td>
<td></td>
</tr>
<tr>
<td>[Images of pineapple juice]</td>
<td></td>
</tr>
<tr>
<td><strong>MIXED FRUIT</strong> <strong>ONLY THESE BRANDS</strong></td>
<td></td>
</tr>
<tr>
<td>[Images of mixed fruit juice]</td>
<td></td>
</tr>
</tbody>
</table>
## JUICE – FROZEN (11.5–12 OZ)

<table>
<thead>
<tr>
<th>BUY</th>
<th>BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td><strong>BUY</strong></td>
</tr>
<tr>
<td>11.5 oz or 12 oz frozen</td>
<td>Blueberry Pomegranate</td>
</tr>
<tr>
<td>Only these brands and types</td>
<td>Cherry Pomegranate</td>
</tr>
<tr>
<td><strong>Apple</strong></td>
<td>Cranberry Blend</td>
</tr>
<tr>
<td>Essential Everyday</td>
<td>Cranberry Pomegranate</td>
</tr>
<tr>
<td>Great Value</td>
<td>Cranberry Raspberry</td>
</tr>
<tr>
<td>IGA</td>
<td>Pineapple Orange</td>
</tr>
<tr>
<td>Kroger</td>
<td>Pineapple Orange Banana</td>
</tr>
<tr>
<td>Langers</td>
<td>Welch’s</td>
</tr>
<tr>
<td>Old Orchard</td>
<td>White Grape Peach</td>
</tr>
<tr>
<td>Signature Kitchens</td>
<td>White Grape Raspberry</td>
</tr>
<tr>
<td>Tree Top</td>
<td><strong>Pineapple</strong></td>
</tr>
<tr>
<td>Western Family</td>
<td>Dole</td>
</tr>
<tr>
<td><strong>Grape or White Grape</strong></td>
<td>Old Orchard</td>
</tr>
<tr>
<td>Essential Everyday</td>
<td><strong>DON’T BUY</strong></td>
</tr>
<tr>
<td>Great Value</td>
<td>Cider</td>
</tr>
<tr>
<td>Old Orchard</td>
<td>Cocktail</td>
</tr>
<tr>
<td>Welch’s</td>
<td>Juice drink</td>
</tr>
<tr>
<td>Western Family</td>
<td>Lemon</td>
</tr>
<tr>
<td><strong>Grapefruit</strong></td>
<td>Lemonade</td>
</tr>
<tr>
<td>Any brand 100% grapefruit</td>
<td>Lime</td>
</tr>
<tr>
<td><strong>Orange</strong></td>
<td>Limeade</td>
</tr>
<tr>
<td>Any brand 100% orange</td>
<td>Organic</td>
</tr>
<tr>
<td><strong>Mixed Fruit</strong></td>
<td>Punch not 100% Juice</td>
</tr>
<tr>
<td><strong>Dole</strong></td>
<td>Refrigerated</td>
</tr>
<tr>
<td>Orange Peach Mango</td>
<td>Unfiltered</td>
</tr>
<tr>
<td>Pineapple Orange</td>
<td></td>
</tr>
<tr>
<td>Pineapple Orange Banana</td>
<td></td>
</tr>
<tr>
<td><strong>Old Orchard</strong></td>
<td></td>
</tr>
</tbody>
</table>
JUICE – FRUIT – SINGLE (64 OZ)

APPLE  ONLY THESE BRANDS

GRAPE, RED GRAPE, OR WHITE GRAPE  ONLY THESE BRANDS

ORANGE  ANY BRAND

PINEAPPLE  ONLY THESE BRANDS
BUY

**Must Be**
- 64 oz plastic bottles
- Only these brands and types

**Apple**
- Essential Everyday
- Great Value
- Haggen
- IGA
- Juicy Juice
- Kroger
- Langers
- Old Orchard
- Signature Kitchens
- Tree Top
- Western Family

**Grape, Red Grape, or White Grape**
- Essential Everyday
- Great Value
- Haggen
- IGA
- Juicy Juice
- Kroger
- Langers
- Old Orchard
- Signature Kitchens
- Tree Top
- Western Family

**Pineapple**
- Essential Everyday
- Kroger
- Langers
- Old Orchard
- Signature Kitchens
- Western Family

BUY

Any brand 100% orange juice.
*Some examples:*
- Essential Everyday
- Golden Crown
- Juicy Juice
- Langers
- Old Orchard
- Signature Kitchens
- Tropicana

DON’T BUY

- Cartons or glass bottles
- Cider
- Cocktail
- Frozen
- Lemon
- Lemonade
- Lime
- Limeade
- Organic
- Punch not 100% Juice
- Refrigerated
- Unfiltered
MIXED FRUIT ONLY THESE BRANDS

- Essential Everyday
- 100% Juice
- Cranberry
- Raspberry
- Blueberry
- Cherry
- Strawberry
- Mixed Berry
- Apple
- Peach
- Mango
- Orange
- Pineapple
- Tree Top
- Cranberry
- Raspberry
- Cherry
- Mixed Berry
- Apple
- Peach
- Mango
- Orange
- Pineapple
## JUICE – FRUIT – MIXED OR BLENDS (64 OZ)

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON'T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong>&lt;br&gt;64 oz plastic bottles&lt;br&gt;Only these brands and types</td>
<td><strong>See page 19.</strong></td>
</tr>
<tr>
<td>Essential Everyday&lt;br&gt;Berry&lt;br&gt;Cherry&lt;br&gt;Cranberry&lt;br&gt;Cranberry Raspberry&lt;br&gt;Grape Blend&lt;br&gt;100% Juice Punch</td>
<td></td>
</tr>
<tr>
<td>Great Value&lt;br&gt;Cranberry Blend&lt;br&gt;Cranberry Grape&lt;br&gt;Cranberry Pomegranate&lt;br&gt;White Grape and Peach</td>
<td></td>
</tr>
<tr>
<td>Haggen&lt;br&gt;Cranberry&lt;br&gt;Cranberry Raspberry</td>
<td></td>
</tr>
<tr>
<td>Juicy Juice&lt;br&gt;Apple Raspberry&lt;br&gt;Berry&lt;br&gt;Cherry&lt;br&gt;Cranberry Apple&lt;br&gt;Fruit Punch&lt;br&gt;Kiwi Strawberry&lt;br&gt;Mango&lt;br&gt;Orange Tangerine&lt;br&gt;Passion Dragonfruit&lt;br&gt;Peach Apple&lt;br&gt;Strawberry Banana&lt;br&gt;Strawberry Watermelon&lt;br&gt;Tropical</td>
<td></td>
</tr>
<tr>
<td>Kroger&lt;br&gt;Cranberry&lt;br&gt;White Grape Peach</td>
<td></td>
</tr>
<tr>
<td>Langers&lt;br&gt;Apple Berry Cherry&lt;br&gt;Apple Cranberry</td>
<td></td>
</tr>
</tbody>
</table>
# MILK – COW MILK

## NONFAT, 1%, 2%, WHOLE, OR LACTOSE FREE

<table>
<thead>
<tr>
<th><strong>BUY</strong></th>
<th><strong>BUY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td><strong>You Can Choose</strong></td>
</tr>
<tr>
<td>Only the type of milk printed on the WIC check (Nonfat, 1%, 2%, Whole, or Lactose Free)</td>
<td>Combinations of half-gallons and gallons</td>
</tr>
<tr>
<td>Plastic or paper containers</td>
<td>Quarts only allowed when printed on the check</td>
</tr>
<tr>
<td>Cow milk</td>
<td>Acidophilus</td>
</tr>
<tr>
<td>Homogenized</td>
<td>Any brand</td>
</tr>
<tr>
<td>Pasteurized</td>
<td>Calcium-fortified</td>
</tr>
<tr>
<td>Refrigerated</td>
<td>Fat free</td>
</tr>
<tr>
<td>Unflavored</td>
<td>Kosher</td>
</tr>
<tr>
<td></td>
<td>Lactobacillus</td>
</tr>
<tr>
<td></td>
<td>Low fat</td>
</tr>
<tr>
<td></td>
<td>Probiotics</td>
</tr>
<tr>
<td></td>
<td>Reduced fat</td>
</tr>
<tr>
<td></td>
<td>Skim milk with added thickeners, such as Creamy Fat Free, Skim Supreme</td>
</tr>
</tbody>
</table>

**SHOPPING TIP**

You can combine two half-gallons for a gallon. Skim and nonfat milk are the same.

## EVAPORATED

<table>
<thead>
<tr>
<th><strong>BUY</strong></th>
<th><strong>BUY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td><strong>You Can Choose</strong></td>
</tr>
<tr>
<td>Only when printed on the WIC check</td>
<td>Nonfat, 1%, 2%, low fat, or whole</td>
</tr>
<tr>
<td>12 oz can</td>
<td>Any brand</td>
</tr>
<tr>
<td>Cow milk</td>
<td>Calcium-fortified</td>
</tr>
<tr>
<td>Homogenized</td>
<td>Kosher</td>
</tr>
<tr>
<td>Pasteurized</td>
<td></td>
</tr>
<tr>
<td>Unflavored</td>
<td></td>
</tr>
</tbody>
</table>
MILK – COW MILK

DRY

BUY

Must Be
Only when printed on the WIC check
Mixes to 1 quart of milk or more
Cow milk
Homogenized
Pasteurized
Unflavored

You Can Choose
Boxes, cylinders, plastic bags, or pouches
Nonfat, 1%, 2%, low fat, or whole
Any brand
Calcium-fortified
Kosher

SHOPPING TIP
The amount printed on the check equals the amount of quarts after mixing with water.

Dry Cow Milk Reconstitution

<table>
<thead>
<tr>
<th>Milk Fat</th>
<th>Size Printed on Container</th>
<th>Water Added Makes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonfat</td>
<td>9.6 oz</td>
<td>3 Quarts</td>
</tr>
<tr>
<td>Nonfat</td>
<td>9.64 oz</td>
<td>3 Quarts</td>
</tr>
<tr>
<td>Nonfat</td>
<td>25.6 oz</td>
<td>8 Quarts</td>
</tr>
<tr>
<td>Nonfat</td>
<td>32 oz</td>
<td>10 Quarts</td>
</tr>
<tr>
<td>Nonfat</td>
<td>64 oz</td>
<td>20 Quarts</td>
</tr>
<tr>
<td>Whole</td>
<td>12.6 oz</td>
<td>3 Quarts</td>
</tr>
<tr>
<td>Whole</td>
<td>28.1 oz</td>
<td>7 Quarts</td>
</tr>
<tr>
<td>Whole</td>
<td>56.3 oz</td>
<td>13 Quarts</td>
</tr>
</tbody>
</table>

DON’T BUY FOR ALL TYPES OF COW MILK

Added flavors, foods, or spices
Almond, coconut, hemp, rice, or other grain or nut beverages
Bulk powdered milk
Buttermilk
Chocolate milk
Filled milk
Glass bottles
Half and half
Kefir
Low-carb dairy beverage
Non homogenized
Omega 3
Organic
Other animal milk, such as goat or sheep

Pints, half-pints, or smaller size
Raw milk
Single-serve or individual packets
Sweetened condensed milk
UHT containers
Unpasteurized milk
Whipping cream

SHOPPING TIP
You can only buy soy beverage or goat milk when it’s printed on your WIC check. See page 24 for goat milk information and 27 for soy beverage information.
BUY

Must Be
Meyenberg brand only
Only the type of milk printed on the WIC check (Low fat or Whole)
Homogenized
Pasteurized
Refrigerated
Unflavored

Only Dry goat milk when printed on the WIC check

Only Evaporated goat milk when printed on the WIC check

DON’T BUY

Other goat milk brands

SHOPPING TIP

You can combine half-gallons and quarts, or buy all quarts of goat milk, if half-gallons aren’t available where you shop.

Dry Goat Milk Reconstitution

<table>
<thead>
<tr>
<th>Container Size</th>
<th>Water added makes</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz can</td>
<td>3 Quarts</td>
</tr>
<tr>
<td>A box of 12–4 oz pouches</td>
<td>4 Quarts</td>
</tr>
<tr>
<td><strong>BUY</strong></td>
<td><strong>DON'T BUY</strong></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
</tbody>
</table>
| **Must Be** | 2% cow milk yogurt  
Whole cow milk yogurt  
With added:  
Flavors, fruits, grains, granola, or nuts  
Candy, honey, spices, or added protein  
Artificial sweeteners: aspartame, saccharin, stevia, or sucralose (Splenda™)  
Custards or whips  
Drinkable or squeezable  
Frozen yogurt  
Greek  
Kefir  
Light  
Organic  
Raw milk  
Single-serve or multi-packs  
Yogurt kits |
| 1 quart (32 ounces)  
Plastic container  
Cow milk  
Homogenized  
Pasteurized |  |
| **You Can Choose** |  |
| Any brand |  |
| **These types:** |  |
| Low fat – Plain or vanilla |  |
| Nonfat – Plain or vanilla |  |
### BUY

**You Can Choose**  
- 16 oz jar only  
- Any brand  
- Creamy or smooth  
- Chunky or extra chunky  
- Crunchy or extra crunchy  
- Low sodium  
- Natural peanut butter  
- No stir or stir  
- Salted or unsalted

### DON'T BUY

- Bulk (sold by weight)  
- With added:  
  - Flavors, foods, or spices  
  - Flax or safflower oil  
  - Chocolate  
  - Freshly ground or grind-it-yourself  
  - Gourmet  
  - Honey  
  - Jelly  
  - Low-carb peanut butter spread  
  - Low-glycemic  
  - Marshmallows  
  - Natural peanut butter spreads  
  - Nut or seed butters, such as almond, cashew, sesame, soy, sunflower, or tahini  
  - Omega 3  
  - Organic  
  - Powdered  
  - Roasted honey nut  
  - Single-serve  
  - Spread  
  - “Squeeze It” tubes  
  - Valencia

### SHOPPING TIPS

- You can choose dried beans, peas, lentils, or peanut butter when printed on the check.  
- You can choose canned beans only when printed on the check.  
- You can find more information about canned beans on page 6 and dried beans/peas/lentils on page 7.
### Must Be

**These brands and types:**
- 8th Continent Original Soymilk
- 8th Continent Vanilla Soymilk
  - Half-gallon containers
  - Refrigerated
- Pacific Ultra Soy Original
- Pacific Ultra Soy Vanilla
  - 32 oz (quart) containers
  - Non refrigerated
- Silk Original Soymilk
  - Half-gallon containers
  - 32 oz (quart) containers
  - Twin pack of half-gallon containers
  - Refrigerated

### Don’t Buy

- Almond, coconut, hemp, or rice milk
- Blends or creamers
- 8th Continent Complete Vanilla
- 8th Continent Light Chocolate
- 8th Continent Light Original
- 8th Continent Light Vanilla
- Pacific organic Unsweetened
- Pacific Select Soy Original
- Pacific Select Soy Vanilla
- Non refrigerated Silk Soymilk
- Silk Chocolate
- Silk DHA Omega-3
- Silk Light Chocolate
- Silk Light Original
- Silk Light Vanilla
- Silk Organic Original
- Silk Organic Unsweetened
- Silk Organic Vanilla
- Silk Vanilla
- Silk Very Vanilla

### Shopping Tip

You can choose to buy half-gallon containers of soy beverage for every 2 quarts printed on the WIC check.
<table>
<thead>
<tr>
<th>BUY</th>
<th>DON’T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Must Be</strong></td>
<td>With added flavors, foods, or spices</td>
</tr>
<tr>
<td>16 oz container only</td>
<td>Baked</td>
</tr>
<tr>
<td>Calcium-set</td>
<td>Dessert tofu</td>
</tr>
<tr>
<td>You Can Choose</td>
<td>Fried</td>
</tr>
<tr>
<td>Cubed or sliced</td>
<td>Non refrigerated</td>
</tr>
<tr>
<td>Non organic or organic</td>
<td></td>
</tr>
<tr>
<td>Refrigerated</td>
<td></td>
</tr>
<tr>
<td><strong>These brands and types:</strong></td>
<td></td>
</tr>
<tr>
<td>Azumaya Extra Firm</td>
<td></td>
</tr>
<tr>
<td>Azumaya Firm</td>
<td></td>
</tr>
<tr>
<td>Azumaya Silken</td>
<td></td>
</tr>
<tr>
<td>House Foods Extra Firm</td>
<td></td>
</tr>
<tr>
<td>House Foods Firm</td>
<td></td>
</tr>
<tr>
<td>House Foods Medium Firm</td>
<td></td>
</tr>
<tr>
<td>Nasoya Organic Silken</td>
<td></td>
</tr>
<tr>
<td>Nasoya Organic Sprouted</td>
<td></td>
</tr>
<tr>
<td>Super Firm</td>
<td></td>
</tr>
<tr>
<td>O Organic Silken</td>
<td></td>
</tr>
<tr>
<td>O Organic Sprouted Extra Firm</td>
<td></td>
</tr>
</tbody>
</table>
Whole Grain Choices:
• Brown Rice
• Bulgur
• Oatmeal
• Soft Tortillas
• Whole Wheat Pasta
• 100% Whole Wheat Bread
• 100% Whole Wheat Hamburger and Hot Dog Buns

SHOPPING TIP
You can choose a combination of whole grain choices up to the amount of ounces (oz) printed on the WIC check. Breakfast cereals don’t count as a whole grain choice for your WIC checks. See pages 8–9 for choices of breakfast cereals.

BROWN RICE

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON’T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td>You Can Choose</td>
<td>With added flavors, foods, or spices</td>
</tr>
<tr>
<td>14 oz to 32 oz</td>
<td>Basmati</td>
</tr>
<tr>
<td>Bags or boxes</td>
<td>Black</td>
</tr>
<tr>
<td>Any brand</td>
<td>Bulk (sold by weight)</td>
</tr>
<tr>
<td>Gluten free</td>
<td>Boil-in-Bag</td>
</tr>
<tr>
<td>Extra long, long, medium, or short grain</td>
<td>Chia seeds</td>
</tr>
<tr>
<td>Instant or regular</td>
<td>Farro</td>
</tr>
<tr>
<td>Non organic or organic</td>
<td>Gourmet</td>
</tr>
<tr>
<td></td>
<td>Grits</td>
</tr>
<tr>
<td></td>
<td>Jasmine</td>
</tr>
<tr>
<td></td>
<td>Mahogany</td>
</tr>
<tr>
<td></td>
<td>Mixed rice</td>
</tr>
<tr>
<td></td>
<td>Pouches</td>
</tr>
<tr>
<td></td>
<td>Quinoa</td>
</tr>
<tr>
<td></td>
<td>Red</td>
</tr>
<tr>
<td></td>
<td>Sprouted or germinated</td>
</tr>
<tr>
<td></td>
<td>White</td>
</tr>
<tr>
<td></td>
<td>Wild</td>
</tr>
</tbody>
</table>
## Whole Grain Choices

### Bulgur

<table>
<thead>
<tr>
<th><strong>Buy</strong></th>
<th><strong>Don't Buy</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>You Can Choose</strong></td>
<td>With added flavors, foods, or spices</td>
</tr>
<tr>
<td>16 oz to 32 oz</td>
<td>Bulk (sold by weight)</td>
</tr>
<tr>
<td>Bags or boxes</td>
<td>Grits</td>
</tr>
<tr>
<td>Any brand</td>
<td>Quinoa</td>
</tr>
<tr>
<td>Non organic or organic</td>
<td>Sprouted or germinated</td>
</tr>
</tbody>
</table>

![Bulgur](image)

### Oatmeal

<table>
<thead>
<tr>
<th><strong>Buy</strong></th>
<th><strong>Don't Buy</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>You Can Choose</strong></td>
<td>With added flavors, foods, or spices</td>
</tr>
<tr>
<td>16 oz to 32 oz</td>
<td>Boxes with individual packets</td>
</tr>
<tr>
<td>Bags or boxes</td>
<td>Bulk (sold by weight)</td>
</tr>
<tr>
<td>Cardboard cylinders</td>
<td>Granola</td>
</tr>
<tr>
<td>Any brand</td>
<td>Grits</td>
</tr>
<tr>
<td>Gluten free</td>
<td>Metal cylinders</td>
</tr>
<tr>
<td>Instant or quick</td>
<td>Pouches</td>
</tr>
<tr>
<td>Non organic or organic</td>
<td>Quinoa</td>
</tr>
<tr>
<td>Old-fashioned or regular</td>
<td></td>
</tr>
<tr>
<td>Rolled or steel-cut</td>
<td></td>
</tr>
</tbody>
</table>

![Oatmeal](image)
# Whole Grain Choices

## Soft Tortillas

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON’T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>You Can Choose</strong></td>
<td><strong>With added flavors, foods, or spices</strong></td>
</tr>
<tr>
<td>8 oz to 32 oz</td>
<td>96% whole wheat</td>
</tr>
<tr>
<td>Corn or corn masa soft tortillas</td>
<td>Chips, taco salad bowls, taco shells, tostada, or any other hard tortillas</td>
</tr>
<tr>
<td>Whole wheat soft tortillas</td>
<td>Low carb or carb balance</td>
</tr>
<tr>
<td>Low sodium</td>
<td>Mixed-grain tortillas, such as corn and wheat together</td>
</tr>
<tr>
<td>Non organic or organic</td>
<td>Red corn</td>
</tr>
<tr>
<td><strong>Only these brands:</strong></td>
<td>Reduced fat, or fat-free tortillas</td>
</tr>
<tr>
<td>Celia’s</td>
<td>Sprouted or germinated</td>
</tr>
<tr>
<td>Essential Everyday</td>
<td>Store-made</td>
</tr>
<tr>
<td>Don Pancho</td>
<td>Tortillas with “light” or “lite” on the label</td>
</tr>
<tr>
<td>Garden of Eatin’ Organic</td>
<td>Wraps</td>
</tr>
<tr>
<td>Great Value</td>
<td></td>
</tr>
<tr>
<td>Guerrero</td>
<td></td>
</tr>
<tr>
<td>Kroger</td>
<td></td>
</tr>
<tr>
<td>La Banderita</td>
<td></td>
</tr>
<tr>
<td>La Burrita</td>
<td></td>
</tr>
<tr>
<td>Market Pantry</td>
<td></td>
</tr>
<tr>
<td>MiCasa</td>
<td></td>
</tr>
<tr>
<td>Mission</td>
<td></td>
</tr>
<tr>
<td>Ortega</td>
<td></td>
</tr>
<tr>
<td>Signature Kitchens</td>
<td></td>
</tr>
</tbody>
</table>
# Whole Grain Choices

## Whole Wheat Pasta

<table>
<thead>
<tr>
<th>BUY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>You Can Choose</strong></td>
<td><strong>BUY</strong></td>
</tr>
<tr>
<td>16 oz or 32 oz Bags or boxes Any type Non organic or organic Whole wheat or whole durum wheat</td>
<td><strong>Here are some examples of types:</strong> Angel hair Bows Egg noodles Elbow Fettuccine Fusilli Lasagna Linguine Macaroni Penne Rigate Rotini Shell Spaghetti Spirals Vermicelli Ziti</td>
</tr>
<tr>
<td><strong>Only these brands:</strong> Barilla Bella Terra Best Yet DaVinci DeLallo Organic Essential Everyday Full Circle Organic Garofalo Gia Russa Great Value Hodgson Mill Kroger Market Pantry Natural Directions Organic O Organics Racconto Ronzoni Healthy Harvest Shurfine Simple Truth Organic Simply Balanced Organic Western Family</td>
<td><strong>DON’T BUY</strong> With added flavors, foods, or seasonings 51% whole grain or whole wheat Buckwheat Bulk (sold by weight) Fresh Gluten free Mixed grain Multi-colored No boil, no drain Refrigerated Rice pasta Semolina Sprouted or germinated Vegetable</td>
</tr>
</tbody>
</table>
## 100% Whole Wheat Bread

<table>
<thead>
<tr>
<th>BUY</th>
<th>DON’T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>You Can Choose</strong></td>
<td>With added flavors, foods, or spices</td>
</tr>
<tr>
<td>16 oz to 32 oz</td>
<td>Artisan or gourmet (bread baked in small batches)</td>
</tr>
<tr>
<td>100% whole wheat (printed on the label)</td>
<td>Breads not wrapped in plastic</td>
</tr>
<tr>
<td>Any brand</td>
<td>Breads with “light” or “lite” on the label</td>
</tr>
<tr>
<td>Loaf and sliced</td>
<td>Bagels</td>
</tr>
<tr>
<td>Low sodium</td>
<td>Cracked wheat</td>
</tr>
<tr>
<td>Non organic or organic</td>
<td>English muffins</td>
</tr>
<tr>
<td>Sugar free</td>
<td>Extra fiber</td>
</tr>
<tr>
<td><strong>Here are some examples:</strong></td>
<td>French</td>
</tr>
<tr>
<td>Country Oven</td>
<td>Frozen or refrigerated dough</td>
</tr>
<tr>
<td>Essential Everyday</td>
<td>Gluten free</td>
</tr>
<tr>
<td>Franz</td>
<td>Multigrain</td>
</tr>
<tr>
<td>Fred Meyer</td>
<td>Sourdough</td>
</tr>
<tr>
<td>Great Value</td>
<td>Sprouted or germinated</td>
</tr>
<tr>
<td>Haggen</td>
<td>Store-made</td>
</tr>
<tr>
<td>Market Pantry</td>
<td>Uncooked bread mixes</td>
</tr>
<tr>
<td>Merita</td>
<td>Unsliced</td>
</tr>
<tr>
<td>Nature Harvest</td>
<td></td>
</tr>
<tr>
<td>Nature’s Own</td>
<td></td>
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<tr>
<td>Oroweat</td>
<td></td>
</tr>
<tr>
<td>QFC</td>
<td></td>
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<tr>
<td>Roman Meal</td>
<td></td>
</tr>
<tr>
<td>Sara Lee</td>
<td></td>
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<tr>
<td>Signature Kitchens</td>
<td></td>
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<tr>
<td>Simple Truth Organic</td>
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<tr>
<td>Standish</td>
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<tr>
<td>The Bread Garden</td>
<td></td>
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<tr>
<td>Wonder</td>
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</tbody>
</table>
## 100% Whole Wheat Hamburger and Hot Dog Buns

### BUY

**You Can Choose**
- 14 oz to 32 oz
- 100% whole wheat (printed on the label)
- Any brand
- Non organic or organic
- Topped with seeds

**Here are some examples:**
- Hamburger Buns
  - Country Oven
  - Franz
  - Fred Meyer
  - Nature’s Own
  - Oroweat
  - Pepperidge Farm
  - QFC
- Hot Dog Buns
  - Franz
  - Fred Meyer
  - Great Value
  - QFC

### DON’T BUY

- With added flavors or spices
- Artisan or gourmet buns (baked in small batches)
- Buns not wrapped in plastic
- Buns with “light” or “lite” on the label
- Bagels
- English muffins
- Extra fiber
- Dinner, French, or hoagie buns or rolls
- Frozen or refrigerated dough
- Gluten free
- Multigrain
- Sourdough
- Sprouted or germinated
- Store-made
INFORMATION FOR WIC VENDORS

100% WHOLE WHEAT HAMBURGER AND HOT DOG BUNS
HELPFUL INFORMATION FOR CHECKERS
We value our relationship with you! Studies show WIC customers spend an additional $3 to $4 at the store for every WIC dollar spent. Each WIC transaction helps ensure WIC moms, and kids have nutritious foods they need. We, and your WIC customers appreciate your patience, understanding, and good customer service.

WHAT YOU SHOULD KNOW
• We expect WIC customers to treat store employees with politeness.
• We expect store employees to treat WIC customers with the same respect and courtesy as they would treat any other customer.
• Your customer interaction influences their attitudes and customer loyalty.
• Please do not share customer information with others.
• Sell only the WIC approved foods listed on the check. Mistakes are costly to you and your employer. Errors may result in repayments, fines, or termination as an authorized WIC vendor.

WIC offers training resources, program technical assistance, and materials to help you build your understanding of the WIC Nutrition Program, and improve WIC customer interactions.

Thank you for your continued commitment to serving Washington WIC families.

WIC CUSTOMER IDENTIFICATION
1. The name of the person using the WIC check must be printed below the customer signature box, and match the identification.

2. Identification must be shown when a WIC check is used. The WIC Appointment/ID folder is authorized ID for WIC shoppers.

3. The WIC Appointment/ID folder MUST include the customer’s printed name and signature before the WIC transaction begins.

4. If the customer doesn’t have their WIC Appointment/ID folder, or the printed name, or signature is missing, another type of ID is required such as:
   • Driver’s License
   • Military ID
   • State ID card
   • Tribal ID card
WIC CUSTOMER SIGNATURE

1. WIC checks must be signed in the presence of the checker and after the actual purchase price is written on the check.

2. If the customer hands you a signed check before you start the transaction, have the customer resign the check after you enter the actual purchase price.

IMPORTANT POINTS TO REMEMBER AT THE CHECK STAND

WIC customers can:

- Decide if they want to buy all, or some of the foods up to the amounts printed on the check.
- Buy only the WIC approved foods printed on the check. **No substitutions are allowed.**
- Use store, or manufacturer promotions offered to all customers, such as: club reward discounts, coupons, loyalty gift cards, or buy one, get one free. The “buy one” food or formula must be WIC approved. The “get one free” doesn’t have to be WIC approved.
- Use cash, credit, debit, EBT, or other acceptable payments to pay the extra amount not covered on the WIC Fruit and Vegetable checks, or choose not to buy the extra amount.
- Exchange only outdated, spoiled, damaged, or defective foods for the same product.
- Ask you to order a WIC approved food you don’t normally carry (for example, soy beverage). Remember the customer must wait to use the WIC check until you have the requested item. Paying for the food with a WIC check, and coming back to the store to pick it up isn’t allowed.

WIC customers can’t:

- Accept rainchecks, or come back to the store to get the items not purchased if you already completed the transaction.
- Use WIC checks to pay a bill or an account they have at your store.
- Receive cash, coupons, tokens, or any item with a dollar value for returned foods.
INFORMATION FOR WIC VENDORS

HOW TO TAKE A WIC CHECK

Getting Started

• Process each WIC check as a separate transaction.
• Ask for the check and the customer’s ID. A signed WIC folder is a valid ID.

• The name on the ID must match one of the names printed below the signature box.
• Put a check mark in the box next to the customer’s name.
• Refuse the check if the customer has no ID, the customer’s name is not printed below the signature box, or if the check is altered (for example, if dates or quantities are changed) or severely damaged.
• Use a black or dark blue ink pen when writing on the WIC check. Write clearly. Don’t use colored ink pens or gel pens.

Check the dates carefully

• Don’t take checks before the “First Day To Use” or after the “Last Day To Use.”
• Write today’s date in the “Transaction Date” box.
3 Sell only WIC approved foods, and the right amount of food

- Ring up the food printed on the check.
- Make sure the customer selects only WIC approved foods that are listed on the check.
- Look at the number of items and quantities printed on the check and sell up to those amounts. It isn’t a requirement for WIC customers to buy everything on their check.

4 Total the sale

- Deduct the value of coupons before writing the total amount of the sale in the “Actual Purchase Price” box.
- If you make a mistake when you write the total purchase amount, you can correct it. Follow these steps:
  • Draw one line through the incorrect amount.
  • Clearly write the correct amount in or close to the box, and write your initials close to the new amount.
  • Don’t write or scribble over numbers, use white out, or try to erase the incorrect amount.

5 Finish the sale with their signature

- Have the customer sign the check in the signature box, after you enter the amount of the “Actual Purchase Price.” If the check is signed before the actual purchase price is entered, the WIC customer can re-sign the check close to the signature block.
- The customer must sign every check in your presence.
- Review the check. Make sure it has valid dates, correct actual purchase price entered, and customer’s signature.

IF YOU HAVE QUESTIONS ABOUT WIC CHECKS, CALL 1-800-841-1410.
INFORMATION FOR WIC VENDORS

HOW TO TAKE WIC FRUIT AND VEGETABLE CHECKS

Getting Started

- WIC customers may combine more than one WIC Fruit and Vegetable check in a single transaction.
- Ask for the check and the customer’s ID. A signed WIC folder is a valid ID.
- The name on the ID must match one of the names printed below the signature box.
- Put a check mark in the box next to the customer’s name.
- Refuse the check if the customer has no ID, the customer’s name is not printed below the signature box, or if the check is altered (for example, if dates or quantities are changed) or severely damaged.
- Use a black or dark blue ink pen when writing on the WIC check. Write clearly. Don’t use colored ink pens or gel pens.

Check the dates carefully

- Don’t take checks before the “First Day To Use” or after the “Last Day To Use.”
- Write today’s date in the “Transaction Date” box.
3 Sell only WIC approved fruits and vegetables

- This guide has information on WIC approved fruits and vegetables (see page 13).
- We encourage WIC customers to buy the full value of the check, but it is not a requirement.

4 Total the sale

- If the purchase amount is less than the value of the check, write the purchase amount in the “Actual Purchase Price” box. For example, if the value of the check is $8.00, and the total purchase amount is $4.50, write in $4.50.
- If the purchase is more than the value of the check, write the dollar value of the check in the “Actual Purchase Price” box. For example, if the value of the check is $8.00, and their total purchase is $9.00, the amount you write on the check is $8.00. The customer pays the additional dollar themselves, using a Washington Electronic Benefit Transfer (EBT) Quest card, debit or credit card, check, or cash. If they pay with cash, they can receive change.
- If you make a mistake, you can correct it. Follow these steps:
  - Draw one line through the incorrect amount.
  - Clearly write the correct amount in or close to the box, and write your initials close to the new amount.
  - Don’t write or scribble over numbers, use white out, or try to erase the incorrect amount.

5 Finish the sale with their signature

- Have the customer sign the check in the signature box, after you enter the amount of the “Actual Purchase Price.” If the check is signed before the actual purchase price is entered, the WIC customer can re-sign the check close to the signature block.
- The customer must sign every check in your presence.
- Review the check. Make sure it has valid dates, correct actual purchase price entered, and customer’s signature.

IF YOU HAVE QUESTIONS ABOUT WIC CHECKS, CALL 1-800-841-1410.
We create opportunities for people with limited resources to make healthy nutrition choices. We support healthy eating, breastfeeding, access to healthy foods, and physical activity.

This institution is an equal opportunity provider. Washington State WIC Nutrition Program doesn’t 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 711).