The 10 Things You’ll Want to Know Before Shopping for WIC Foods
1. Take the WIC Shopping Guide with you.

or search: WA WIC Foods on your smartphone.
Mom Tips:

“I try to do my WIC shopping when the store is less busy.”
2. Use checks only on or between the First Day to Use and the Last Day to Use.
3. **Bring** your WIC checks and ID to the store.

**If someone is shopping for you they:**

- Need to have their **name** on the check
- Need to show their ID at the store.
Mom Tip:
“I make sure to sign my appointment folder and my husband does too. Then my appointment folder is the ID we use at the store.”
Some stores have shelf tags to help you find your WIC foods.
5. Choose **only** the foods printed on your WIC checks.

WIC has specific foods and stores aren’t allowed to make substitutions.
Mom Tip:
“I like that I can use store specials and coupons with my WIC checks.”
6. **Stores** don’t have to carry all the foods WIC offers.

If you have a food or formula approved by WIC that the store doesn’t carry, ask them if they’ll order it for you.
Mom Tip:
“I learned if I don’t want a food on my WIC check, I don’t have to buy it. I can’t return WIC foods to the store, so learning this really helped.”
Let the cashier know you’re using WIC checks before they start ringing up your purchase.
Mom Tip:
“I like using my loyalty card with my WIC checks. It saves WIC money and sometimes there’s a good special for me too.”
8. Separate your WIC foods by check, and from other items you’re buying.
Mom Tip:
“It takes longer for me to shop when I separate all my foods by check, but I know it’s easier when I’m checking out.

It also makes it easier to know I’ve got all the foods on my checks.”
Wait to sign the WIC check until the cashier enters the actual purchase price of the foods on the check.
10. **Using** your fruit and vegetable check is different than your other WIC checks.

- Most stores let you combine more than one WIC Fruit and Vegetable check.
- If your purchase is more than the amount, you can pay the extra.
- If the purchase is less than the amount, you can’t get money back.
Mom Tip: “I like that I can combine my fruit and vegetable checks. I’ll use my child’s 8.00 check with my 11.00 check! I pick out the things we both like—she always wants bananas and I like frozen veggies!”
10. Using Your $8.00 WIC Fruit and Vegetable Check

Spend as close to $8.00 as you can

$1.38 - 1 bunch bananas
$2.99 - 16 oz. frozen broccoli
$2.99 - 6 oz. blueberries
$.50 - 1 kiwi
$7.86 ($.14 remains)

Or you can pay more

$1.38 - 1 bunch bananas
$2.99 - 16 oz. frozen broccoli
$2.99 - 6 oz. blueberries
$1.99 - 1 bag of spinach
$.50 - 1 kiwi
$9.85 You owe $1.85

You can’t get money back, but you can spend more and pay the difference.
10. Using Your $11.00 WIC Fruit and Vegetable Check

You can get very close to $11.00

$1.57 - 1 head lettuce
$1.27 - 5 pounds potatoes
$3.99 - 3 pounds apples
$1.99 - 1 bunch carrots
$1.99 - 10 oz. frozen spinach
$10.81 (.19 remains)

Or you can pay more

$1.57 - 1 head lettuce
$1.27 - 5 pounds potatoes
$3.99 - 3 pounds apples
$1.99 - 1 bunch carrots
$1.99 - 10 oz. frozen spinach
$.74 - 1 yellow onion
$11.55 You owe .55 cents.

You can’t get money back, so look for ways to spend the whole amount or close to it.
A QUICK REVIEW...

✅ **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.

✅ **Bring** your ID to the store.

✅ **If** someone is doing your shopping for you, they’ll need ID also.
A QUICK REVIEW...

✔ **Buy** only the amounts, sizes, and types of foods listed on your checks.

✔ **Separate** your WIC foods by check, and from other items you are buying.

✔ **Let the checker know** you’re using WIC checks before you begin your purchase.

✔ **Sign** each check only after the checker sees your ID and writes in the “Actual Purchase Price.”
Washington WIC
THANKS YOU for being a member of WIC!

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).