Fresh & Healthy
Idaho WIC food list
Before the store:

* Check your WIC account - know what you can get.
* Use this food list - know what's WIC approved.
* Get the free **WICShopper** 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 **WICShopper** 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.

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

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

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

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

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
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.

Enjoy a variety of fruits and vegetables every day
## Chart For Purchasing Fresh Produce

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<th>Price per lb</th>
<th>1 lb</th>
<th>1 ½ lbs</th>
<th>2 lbs</th>
<th>2 ½ lbs</th>
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Enjoy a variety of fruits and vegetables every day.
Cold cereal

Buy

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

- Kix (Plain flavor only*)
- Multi-Grain Cheerios (Plain flavor only*)
- Cheerios (Plain flavor only*)
- Chex (Plain flavor only)
- Corn Flakes (Plain flavor only)
- Rice Krispies (Plain flavor only)
- Life (Plain flavor only*)
- Oatmeal Squares (Cinnamon only*)
- Honey Bunches Oats (Honey Roasted only*)
- Bran Flakes (Plain flavor only)
- great-grains (Banana Nut Crunch*)
- Sunnyside (Plain flavor only*)

* Whole grains

Do Not Buy

Cold cereal: packages smaller than 12 oz

Enjoy a variety of whole grains
**Buy**

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

* Plain flavor only, box or instant packets

* Whole grains

Plain flavor only, box or instant packets

Original only*

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

\[
\begin{align*}
(\text{hot}) & \quad 11.8 \text{ oz} \\
+ & \quad (\text{hot}) & \quad 11.8 \text{ oz} \\
+ & \quad 12 \text{ oz} & \quad = 35.6 \\
15 \text{ oz} & \quad + & \quad 21 \text{ oz} & \quad = 36 \\
18 \text{ oz} & \quad + & \quad 18 \text{ oz} & \quad = 36
\end{align*}
\]

**Do Not Buy**

Hot cereal: packages smaller than 11.8 oz

Enjoy a variety of whole grains
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.

Enjoy a variety of whole grains
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

Enjoy a variety of whole grains
Whole grains support good health

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.
**Dairy**

**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.

Enjoy a variety of low-fat dairy products
Dairy

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
Dairy

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.

Enjoy a variety of low-fat dairy products
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.

Enjoy iron-rich foods
Juice

**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

**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.

8 oz + 16 oz = 24

8 oz + 8 oz + 8 oz = 24

**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.

2 PACK 4 oz = 2 Containers

**Do Not Buy**

Added ingredients, organic, DHA/ARA, pouches, Beech-Nut Naturals.
For 100% breastfeeding mothers and babies

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?

- 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.
Stay healthy

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.
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.
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

This institution is an equal opportunity provider.
Load the food list to your phone!

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