

Connecticut WIC

# Food Guide



NUTRITION IS JUST *the* BEGINNING.



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For more information, visit [www.ct.gov/dph/wic](http://www.ct.gov/dph/wic)  
Not all WIC approved foods may appear in this booklet.

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## Successful Shopping Tips



### Before you shop:

- Download the *WICShopper* app.
- Review your Family Benefits List, recent receipt, or check My Benefits on the *WICShopper* app to check your available balance.
- Know your Fruit & Vegetable cash value benefit amount.
- Check the start and end dates of your benefit period.



### While you shop:

- Look for the Connecticut WIC approved shelf tags or use the *WICShopper* app to help identify WIC items.
- Choose only WIC approved items from this Food Guide and make sure you have the correct quantities indicated on your Family Benefits List or recent receipt.
- If you think the food should be allowed but it's not going through, you can use the *I Couldn't Buy This* feature on the *WICShopper* App to submit the food for review, or contact your local WIC clinic.



### Checkout:

- Use your store saving card.
- Tell the cashier you have coupons before the transaction.
- Use your WIC benefits before any other form of payment (SNAP, TFA, cash, or credit/debit card).
- Request and review the mid-transaction receipt before you choose Yes.
- If a food rings up and is not WIC allowed, ask to have it voided. If you choose to purchase these foods with another form of payment, **WIC cannot reimburse you.**

# Cold Cereals

**BUY ONLY**  
12 ounces or larger

\* = **Gluten Free** \* = **Whole Grain**

**Ways to buy up  
to 36 oz. of cereal**

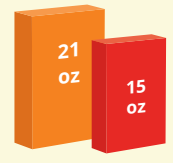
Buy any combination of hot or cold WIC approved cereals, totaling 36 ounces



Totals 36 oz.



Totals 36 oz.



Totals 36 oz.

## National Brands

### General Mills



Cheerios\*\*



Cheerios Oat Crunch Berry\*



Cheerios Vanilla Spice\*



Multi Grain Cheerios\*\*



Blueberry Chex\*\*



Cinnamon Chex\*



Corn Chex\*\*



Rice Chex



Wheat Chex\*



Kix\*



Berry Berry Kix

### Kellogg's



Honey Kix\*



Total\*



Wheaties\*



Corn Flakes



Crispix



Frosted Mini Wheats Original\*



Frosted Mini Wheats Cinnamon Roll\*



Frosted Mini Wheats Filled Mixed Berry\*



Frosted Mini Wheats Pumpkin Pie Spice\*



Rice Krispies



Special K



### Kashi



Kashi Hearts Honey Toasted Organic



Kashi Hearts Warm Cinnamon Organics



Crispy Rice\*



Mini Frosted Spooners\*

### MOM Brands

### Post



Grape Nuts\*



Grape Nuts Flakes\*



Great Grains Banana Nut Crunch\*



Great Grains Crunchy Pecans\*

### Quaker



HBOO Almonds



HBOO Cinnamon Bunches\*



HBOO Honey Roasted



HBOO Pecan and Maple Brown Sugar\*



HBOO Vanilla Bunches\*



HBOO Vanilla Multigrain\*



HBOO Whole Grain Honey Crunch\*



Oatmeal Squares Brown Sugar\*

Continued on next page →

# Cold Cereals

**BUY ONLY**  
12 ounces or larger

## Store Brands



### Avenue A

Corn Flakes  
Toasted Oat Cereal\*



### Best Yet

Bran Flakes\*  
Corn Flakes  
Crispy Rice  
Frosted Shredded Wheat\*  
Shredded Wheat\*



### Big Y

Bran Flakes\*  
Corn Flakes  
Crispy Corn Squares  
Frosted Shredded Wheat\*



### Food Club

Bran Flakes\*  
Corn Flakes  
Crisp Rice  
Frosted Shredded Wheat\*  
Honey and Oats with Almonds  
Oats & More  
Oats Cluster  
Oats with Honey\*  
Toasted Oats\*  
Toasted Roasted Oats  
Wheat Bran Flakes\*



### Good & Gather

Honey & Oat Mixers



### Great Value

Bran Flakes\*  
Crisp Rice  
Crunchy Nuggets  
Frosted Shredded Wheat\*  
Toasted Corn\*  
Toasted Oats\*  
Toasted Rice\*  
Toasted Wheat\*



### Hy-Top

Bran Flakes\*  
Corn Flakes  
Crispy Rice  
Toasted Oats\*



### IGA

Bran Flakes\*  
Corn Flakes\*  
Corn Squares\*  
Crispy Rice\*  
Frosted Shredded Wheat\*  
Shredded Wheat\*  
Tasteos\*  
Toasted Oats\*



### Kiggins

Corn Flakes  
Crispy Rice  
Rolling Oats\*  
Shredded Wheat Frosted\*



### Krasdale

Corn Flakes  
Toasted Oats\*



### Parade

Toasted Oats



### PICS/Price Chopper

Corn Flakes  
Crispy Rice  
Frosted Shredded Wheat\*  
Toasted Corn Crisps  
Toasted Rice Crisps  
Toasted Oats\*  
Wheat Bran Flakes\*



### PriceRite Bowl & Basket

Bite Size Frosted Shredded Wheat\*  
Bite Size Shredded Wheat\*  
Bran Flakes\*  
Toasted Oats\*



### ShopRite Bowl & Basket

Bran Flakes\*  
Corn Flakes  
Crispy Corn Squares  
Crispy Rice Squares  
Crispy Rice Toasted  
Frosted Shredded Wheat\*  
Oats & More with Honey\*  
Shredded Wheat\*



### Signature Select

Bran Flakes\*  
Cereal Corn Pockets  
Cereal Nutty Nuggets\*  
Cereal Rice Pockets  
Crispy Rice  
Frosted Shredded Wheat\*  
Oat and Almonds Cereal\*  
Oat and More with Honey



### Stop & Shop

Bran Flakes\*  
Corn Flakes  
Corn Squares  
Crispy Rice  
Frosted Shredded Wheat\*  
Honey Crunchin' Oats  
Nutty Nuggets\*  
Oats & O's\*



### White Rose

Corn Flakes  
Crispy Rice

# Hot Cereals



Cream of  
Rice\*



Cream of  
Wheat\*



Cream of  
Wheat  
Whole Grain\*



Maltex Hot  
Wheat Cereal\*



Maypo Vermont  
Style Maple  
Oatmeal\*



MOM Farina  
Original



MOM Original Hot  
Wheat Cereal



Ralston Creamy  
Wheat



Urban Meadow  
Farina

**Do not buy:**  
Instant

# Bread

## BUY ONLY

- 100% whole wheat or whole grain bread
- Size 16 ounce = 1 pound only

## Do not buy:

Bagels, deli bread, white bread, store bakery bread

### National Brands

#### Alvarado Street Bakery



Whole Wheat

#### Arnold Stoneground



Whole Wheat

#### Bimbo



Whole Wheat

#### Country Kitchen



Whole Wheat

#### Geissler's



Whole Wheat

#### Gold Medal Bakery



Whole Wheat



Wheat with Flaxseed

#### Holsum



Whole Wheat

#### Krasdale



100% Whole Wheat

#### Pas Yisroel



Whole Wheat

#### Penn Street



Whole Wheat

#### Pepperidge Farm



Very Thin 100% Whole Wheat



Whole Grain Seeded/Seedless Jewish Rye\*

#### Sara Lee



100% Whole Wheat

#### Stern's



Whole Wheat

#### Sunbeam



Whole Wheat

### Store Brands

#### Best Yet



Whole Wheat

#### Big Y



Whole Wheat

#### Great Value



100% Whole Wheat

#### Key Food



Whole Wheat

#### PICS/Price Chopper



Whole Wheat

#### Windmill Farms



Stone Ground Menzanos



Stone Ground Hamotze

#### Wonder



Whole Wheat

#### ShopRite Bowl & Basket



Whole Wheat

#### Simply Balanced



Whole Wheat

#### Stop & Shop



Whole Wheat



No-Salt Added Whole Wheat

#### The Bakery



100% Whole Wheat

#### Urban Meadow



Whole Wheat

# Tortillas

## National Brands

### BUY ONLY

- Soft corn or whole wheat tortillas
- 1 pound or 16 ounce bag

#### Chi Chi's



White Corn



Whole Wheat



White Corn



Whole Wheat

#### La Banderita



Corn



Whole Wheat

#### La Fe



Corn

#### La Poblanita



Corn

#### Mayan Farms



Whole Wheat

#### Mission



Corn



Whole Wheat

#### Ortega



Whole Wheat

#### Pepito



Corn



Whole Wheat

#### Quesos La Ricura



White Corn

#### Tropical



Whole Wheat

## Store Brands

#### Big Y

Whole Wheat

#### Food Club

Whole Wheat  
White Corn

#### IGA

Whole Wheat

#### Key Foods

Whole Wheat

#### My Essentials

Whole Wheat

#### Nature's Promise

Whole Wheat  
Whole Grain Corn

#### PICS/Price Chopper

Corn Taco

#### ShopRite

Whole Wheat

#### Signature Select

Whole Wheat

#### Stop & Shop

White Corn  
Whole Wheat  
Yellow Corn

## Breakfast Burritos

### Ingredients

- 1 can **black beans**, drained and rinsed
- 12 **tortillas**
- 1½ cups shredded **cheddar cheese**
- 2 tbsp vegetable oil
- ½ cup **green pepper**, diced
- ½ cup **onion**, chopped
- 8 **eggs**
- 16 oz salsa

**Bolded items are WIC approved foods.**

### Directions

1. Add black beans to a small saucepan. Cook over medium-low heat until heated through.
2. In a large skillet, sauté green peppers and onion in vegetable oil until tender.
3. In a large bowl, whisk eggs until smooth. Add eggs to skillet and cook until eggs are done.
4. Heat the tortillas in the microwave or oven until soft. Lay tortillas flat, then spoon the beans, eggs, cheese and salsa on top of each tortilla.
5. Roll the tortillas into burritos.
6. Serve warm. Wrap leftover burritos in aluminum foil to freeze or reheat for another meal!



# Whole Wheat Pasta

## BUY ONLY

- 1 pound or 16 ounce package
- 100% whole wheat or whole grain pasta
- Various shapes allowed penne, rotini, spaghetti, etc.



## National Brands

<b>Barilla</b>  Whole Wheat Whole Grain	<b>Gia Russa</b>  Whole Wheat	<b>Hodgson Mill</b>  Whole Wheat	<b>Nature's Promise</b>  Whole Wheat	<b>Ronzoni Healthy Harvest</b>  Whole Wheat	<b>Delallo</b>  Organic Whole Wheat	<b>Full Circle</b>  Organic Whole Wheat
<b>Luigi Vitelli</b>  Whole Wheat Organic Whole Wheat	<b>O Organics</b>  Whole Wheat	<b>Racconto</b>  Whole Wheat	<b>ShopRite Bowl &amp; Basket</b>  Whole Wheat	<b>Signature Select</b>  Whole Wheat	<b>Simply Balanced</b>  Whole Wheat Organic Whole Wheat	<b>Urban Meadow</b>  Whole Wheat

# Brown Rice

## BUY ONLY

- 1 pound or 14-16 ounce bag/box
- Plain brown rice

**Do not buy:**  
 White rice, rice with seasoning, bulk, organic rice

## National Brands

<b>C&amp;F</b> Boil-in-Bag Long/Short Grain Instant	<b>Minute</b> Brown Rice
<b>Carolina</b> Brown Rice	<b>Riceland</b> Natural
<b>Goya</b> Brown Rice	<b>Success</b> Brown Rice
<b>Mahatma</b> Brown Rice	<b>Uncle Ben's</b> Fast & Natural Whole Grain Instant Natural Whole Grain Whole Grain Boil-In-Bag

## Store Brands

<b>Best Yet</b> Instant Long Grain	<b>Parade</b> Brown Rice
<b>Big Y</b> Instant	<b>PICS/Price Chopper</b> Boil-in-Bag Instant
<b>Food Club</b> Instant	<b>Signature Select</b> Brown Rice
<b>Good &amp; Gather</b> Brown Rice	<b>Stop &amp; Shop</b> Boil-in-Bag Instant
<b>Great Value</b> Brown Rice	<b>White Rose</b> Brown Rice
<b>IGA</b> Instant Long Grain	
<b>My Essentials</b> Brown Rice	

## Pasta with Spinach, Tomatoes and Beans



### Ingredients

- 1 tbsp olive oil
- 1 medium **onion**, chopped
- 1 stalk **celery**, chopped
- 1 tsp garlic powder
- 15 oz can **kidney beans** or **chickpeas**, drained and rinsed
- 15 oz can diced **tomatoes**, partially drained
- 15 oz can low-sodium chicken broth
- 2 cups fresh **spinach leaves**, rinsed
- 2 cups cooked **whole wheat pasta**
- ½ ground black pepper
- 4 tbsp parmesan or mozzarella **cheese**

### Directions

1. Cook pasta based on package directions. Drain and set aside.
2. While pasta cooks, heat olive oil in a large skillet on medium heat; swirl to coat pan.
3. Add chopped onion and celery to skillet, stir frequently. Cook until onion and celery are translucent, about 3 minutes.
4. Add garlic powder to skillet and stir.
5. Add rinsed beans, diced tomatoes, and chicken broth to skillet and stir gently. Bring to a boil, then reduce heat and allow to cook for another 2-3 minutes.
6. Add spinach and cooked pasta noodles to the skillet. Mix well and allow to heat through for 2-3 minutes.
7. Season with pepper and sprinkle with cheese to taste. Serve and enjoy!

**Bolded items are WIC approved foods.**

Cooked brown rice can also be used instead of pasta for this recipe!

# Fluid Juice

BUY ONLY

64 or 128 oz bottle; 100% juice, 120% Vitamin C or 72 milligram per 8 fl oz

## WAYS TO BUY

64 ounces = 1 bottle  
128 ounces = 2 bottles

### National Brands

#### Apple

Apple & Eve  
Juicy Juice  
Ocean Spray  
Old Orchard  
Mott's  
Welch's

#### Cherry

Juicy Juice  
Ocean Spray  
Welch's

#### Purple Grape

Juicy Juice  
Ocean Spray  
Old Orchard  
Welch's

#### White Grape

Juicy Juice  
Old Orchard  
Welch's

#### Juice Mixtures

Apple & Eve  
Juicy Juice  
Langers  
Ocean Spray  
Old Orchard  
Welch's

#### Mango

Juicy Juice  
Welch's

#### Orange

All Brands

#### Pineapple

Langers  
Libby's  
Welch's

#### Tomato

Campbell's

#### Vegetable

V8

### Store Brands

#### Best Yet

Apple  
Purple Grape  
White Grape  
Grapefruit Juice/  
Blends  
Pineapple



#### Bowl & Basket

Apple  
Purple Grape  
White Grape  
Grapefruit Juice/  
Blends  
Tomato  
Vegetable



#### Big Y

Apple  
Purple Grape  
White Grape  
Juice a Lot  
All Juice Mixtures



#### Food Club

Apple  
Purple Grape  
White Grape  
Grapefruit Juice/  
Blends  
Pineapple



#### Bogopa

Apple



#### Freedom's Choice

Apple  
Orange



#### Good & Gather

Apple  
Purple Grape  
White Grape  
All Juice Mixtures



#### Hy-Top

Apple  
Purple Grape  
White Grape



#### Parade

Apple  
Purple Grape  
White Grape  
Grapefruit Juice/  
Blends



#### Seven Farms

Cranberry Organic  
White Grape Organic



#### Tipton Grove

Apple  
Purple Grape  
White Grape



#### Great Value

Apple  
Cranberry  
White Grape  
Pineapple  
Purple Grape  
Tomato  
Vegetable  
All Juice Mixtures



#### IGA

Apple  
Purple Grape  
White Grape  
Grapefruit Juice/  
Blends  
All Juice Mixtures



#### PICS/Price Chopper

Apple  
Purple Grape  
White Grape  
Grapefruit Juice/Blends  
Orange  
Pineapple  
Vegetable  
All Juice Mixtures



#### Signature Select

Apple  
Apple Cider  
Cranberry Blends  
Grape  
Grapefruit  
Pineapple  
Vegetable  
White Grape



#### Urban Meadow

Apple  
Apple Cranberry  
Cranberry  
Cranberry Grape  
Cranberry  
Pomegranate



#### Krasdale

Apple  
Purple Grape  
White Grape



#### Nature's Nectar

Apple  
Grape  
White Grape



#### Save-A-Lot/ Ruby Kist

Apple  
Pineapple



#### Stop & Shop

Apple  
Purple Grape  
White Grape



#### White Rose

Apple  
Purple Grape  
White Grape  
Grapefruit Juice/Blends



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# Concentrated Juice

## BUY ONLY

11.5-12 ounce cans  
100% juice  
At least 120% Vitamin C

## WAYS TO BUY

48 oz. = 1 can  
96 oz. = 2 cans  
144 oz. = 3 cans

### All juices, do not buy:

Juice cocktail, beverages, drinks, or juice with added sugar or sweeteners

To get your full juice benefit:

Children choose  
64 oz. bottles

Women choose  
11.5 or 12 oz.  
concentrated juice

Brand	Grapefruit	Orange Calcium Fortified	Apple	Grape	Mixtures	Pineapple	Non-Frozen
Best Yet	✓	✓	✓	✓			
Cascadian Farm		✓					
Clear Value	✓	✓	✓				
Dole	✓	✓			✓	✓	
Food Club		✓	✓	✓			
Freedom's Choice		✓	✓				
Good & Gather		✓	✓	✓	✓	✓	
Great Value	✓	✓	✓	✓	✓		
HY-TOP	✓	✓	✓				
IGA	✓	✓	✓				
Langers	✓	✓	✓	✓	✓	✓	
Old Orchard	✓	✓	✓	✓	✓	✓	
Parade	✓	✓	✓				
PICS/Price Chopper		✓	✓	✓	✓		
Seneca	✓	✓	✓	✓			
ShopRite	✓	✓					
Signature Select		✓	✓				
Stop & Shop		✓	✓	✓			
Tipton Grove		✓	✓	✓			
Tree Top	✓	✓	✓				
Welch's (yellow cap)				✓	✓		✓

# Legumes: Peas, Beans, & Lentils

## Dried Peas, Beans, Lentils

### BUY ONLY

1 pound (16 ounce) bags



### MAY BUY:

Any single variety of dried peas, beans, or lentils

## Canned Beans, Peas

### BUY ONLY

15-16 ounce cans

### WAYS TO BUY

1 can = .25 pound  
4 cans = 1 pound



### MAY BUY:

Plain or vegetarian

### Do not buy:

Items with added sugars, fats, oils, vegetables, fruits or meats, baked beans

# Peanut Butter

### MAY BUY:

16-18 ounce jar  
Unflavored

Smooth, crunchy,  
creamy, chunky  
or natural

### Do not buy: Flavored



# Milk, Cheese, Eggs, & Tofu

## Milk

Purchase size and type shown on the WIC Family Benefits List

### WAYS TO BUY

128 oz./Gallon  
64 oz./Half Gallon  
32 oz./Quart

### MAY BUY:

- Skim (fat free)
- 1% (low fat)
- 2% (reduced fat)
- Whole  
(For children 12-23 months old)

### Do not buy:

Buttermilk, organic, flavored milk, raw milk

### MAY BUY:

#### Soy milk

96 oz., 64 oz./half gallon, 32 oz./quart

#### 8th Continent

Original

#### Pacific Ultra Soy

Original (shelf stable, 32 oz.)

#### Silk

Original



#### Evaporated Milk

12 ounce can, Fat Free, 2%, Whole (Vitamin D added)

### WAYS TO BUY

1 can liquid = .18 of a gallon  
5 cans = 1 gallon

## Additional Milk Choices

- Lactose Reduced/Lactose Free Milk
  - 96 oz., 64 oz./half gallon, 32 oz./quart
  - Skim, 1%, 2%, Whole
- Kosher Milk
  - Skim, 2%, Whole
- Nonfat Dry Milk
- Goat's Milk
  - Meyenberg (canned-liquid or powder)
  - Whole milk only available (for 12-23 months old)

### WAYS TO BUY

1 can liquid = .18 of a gallon  
5 cans = 1 gallon  
4 cans powder = 3 gallons

### UHT Milk

Shelf Stable, Unflavored, Regular or Lactose Free, Skim, 1%, 2%, Whole

See Your Nutritionist for Issuance

## Cheese

### BUY ONLY

8 or 16 ounce package, shredded, cheese sticks, blocks, sliced

### MAY BUY:

- American
- Colby/Colby Jack
- Cheddar
- Fat Free Mozzarella, prepackaged:  
*Calabro, Polly-O*
- Lactose Free Mozzarella: *Galbani*
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

### Do not buy:

Deli, individually wrapped slices, cheese food, cheese product or spreads, cream cheese or cottage cheese, imported, flavored, organic

## Eggs

### Any Brand

### MAY BUY:

Any size, 1 dozen, carton, white, or brown

### Do not buy:

Organic



## Tofu

### MAY BUY:

8-16 ounce package, Plain

In order to receive the full benefit of tofu, purchase 8 or 16 ounce packages.

#### Azumaya

Extra Firm, Firm

#### Franklin Farms

Extra Firm, Firm, Medium Firm, Soft

#### Nasoya

Cubed, Firm, Lite Firm, Silken, Super Firm, Super Firm Cubed

#### Nature's Promise

Extra Firm, Firm

#### Nature's Soy

Firm, Soft

#### O Organics

Extra Firm, Firm, Silken, Sprouted Super Firm

# Yogurt

## MAY BUY:

1 quart or 32 ounce container,  
4 ounces 4 pack, 4 ounces 8 pack

## Do not buy:

Non-calorie sweeteners, drinkable yogurts, or mix-in ingredients (granola, candy pieces, honey, nuts, etc.)

## Greek Yogurt

Bowl & Basket\*  
Cabot\*  
Chobani\*  
Fage\*

Food Club\*  
Good & Gather\*  
Great Value\*

Hood\*  
Lucerne Dairy Farms\*  
O'Organics

*\*Also available in whole milk yogurt*

Open Nature\*  
Stonyfield Organic\*  
Upstate Farms

## Low-Fat/Non-Fat Yogurt

### Any flavors

Activia  
Axelrod\*  
Best Yet  
Big Y  
Brown Cow\*  
Butterworks Farm\*  
Cabot  
Coburn Farms  
Cream O Land  
Crowley  
Dannon\*

Dannon All Natural\*  
Dannon Danimals  
Desi Natural Dahl\*  
Food Club  
Friendly Farms  
Friendship  
Good & Gather  
Great Value  
Green Mountain  
Creamery\*  
J & J Kosher

La La  
La Yogurt  
La Yogurt Probiotic\*  
Lucerne Dairy Farms  
Maple Hill\*  
Mountain High\*  
My Essentials  
Nature's Promise\*  
Noosa\*  
Oomda\*

*\*Also available in whole milk yogurt*

PICS/Price Chopper  
PriceRite Bowl & Basket  
Romis\*  
Seven Stars Farm\*  
ShopRite Bowl & Basket\*  
Stop & Shop  
Stonyfield\*  
Super A  
Urban Meadow  
Yoplait  
Yoplait Grande

## Whole Milk Yogurt

(for children 12-23 months old)



# Canned Fish

**\*For certain categories of pregnant and breastfeeding women**

Packed in water or oil. Added sauces or flavorings are allowed.

## Tuna Fish

5 ounce can – Chunk Light only

## Sardines

3.75 ounce can

## Pink Salmon

5-15 ounce cans



# Infant Food



## Infant Cereal

### MAY BUY:

- 8 or 16 ounce container size only
- Choose any brand

### Do not buy:

Varieties that include DHA, fruit, formula, and/or yogurt

## Infant Fruits And Vegetables

### MAY BUY:

- 4 or 8 ounce container, sampler, or variety packs
- Choose single ingredients or combinations of fruits and vegetables (i.e. apple-banana, apple-sweet potato, etc.)
- Choose any brand

### Do not buy:

Added sugar or pouches

## Infant Meat

**\*Available to exclusively breastfed infants 6-11 months only**

### MAY BUY:

- Individual containers, sampler, or variety packs
- Choose any brand
- Choose from the following varieties:
  - Beef & Beef Broth/Gravy
  - Chicken & Chicken Broth/Gravy
  - Ham & Ham Broth/Gravy
  - Turkey & Turkey Broth/Gravy

### Do not buy:

Pouches, desserts, dinners, casseroles, mixtures with added DHA/ARA, salt, sugar, cheese, cereal, or pasta

# Fruits & Vegetables

- Know your benefit balance before you shop.
- The Fruit and Vegetable benefits will have a maximum dollar amount, shown on your WIC Family Benefits List.
- If your fruit and vegetable purchase costs more than the maximum dollar amount, you may put something back or pay the difference with another form of payment (SNAP, cash, or credit/debit card).
- If your fruit and vegetable purchase costs less than the maximum dollar amount, your balance will remain on your eWIC card for the benefit period.



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## Fresh Fruits & Vegetables

### MAY BUY:

- Any variety
- Whole, precut, shredded or packaged – Sold by bags, boxes, piece, pound, or package
- Salad and/or mixed greens in a bag

### Do not buy:

Salad bar items, party trays, fruit baskets, dried fruit, fruit snacks. Packaged Salads/ Kits with added dressings, meats, nuts, croutons, cheese, etc.



## Frozen Fruits & Vegetables

### MAY BUY:

- Any brand/variety and size
- Plain fruit or vegetable or plain mixtures

### Do not buy:

Items with added sweeteners, sugar, added fats/oils, french fries, hash browns, tater tots, other shaped potatoes. **Must not be packed with sauce, pasta, or rice.**



## Canned Fruits & Vegetables

### MAY BUY:

- Any brand and size
- Must be packed in water or juice
- May be regular or low sodium
- Can or plastic packages

### Canned Tomato Sauce

- Plain Canned Tomato/Spaghetti Sauce

### Do not buy:

Items with added sweeteners, sugars, syrup, added fats, oils, salt (fruit), cranberry sauce, pie fillings, fruit cocktail, pickled (vegetables), creamed or sauced vegetables, olives



# Tips for a Positive Shopping Experience

- ✓ Your eWIC card is **only accepted at Connecticut authorized vendors** and cannot be used in any other state.
- ✓ For a list of WIC authorized vendors, ask your local agency staff, visit [www.ct.gov/dph/wic](http://www.ct.gov/dph/wic) under the *Retailers* tab, or use the *WICShopper* App.
- ✓ Refer to your *Family Benefits List* for products that have been specifically chosen for each participant's need. Not every product listed in this Food Guide is eligible for your purchase.  
  
*For example: Although the food guide has whole milk as a WIC approved item, if you have a child two years or older, you will only be able to purchase 1% or skim/fat-free milk for that child.*
- ✓ To ensure an item is WIC approved, use the *WICShopper* App and scan products.



- ✓ To identify WIC approved foods in the store, look for the Connecticut WIC approved shelf tag.
- ✓ The cashier should scan all of your selected items. Stores cannot limit your choices of WIC approved brands.
- ✓ Remember to use your WIC benefits before any other form of payment (SNAP, TFA, cash, or credit/debit card).
- ✓ When available, review the mid-transaction receipt before you confirm yes. This is to ensure all WIC approved foods come off your WIC balance. If you have paid for an item that should have come off the eWIC card, go to customer service for assistance.
- ✓ In order to better serve you if you have a problem purchasing or buying an item, ask for a store manager. If you need additional assistance, call the State WIC office at 1-800-741-2142 while you are at the store. If after business hours, email the State WIC office at [ctwic@ct.gov](mailto:ctwic@ct.gov). Please provide as many details as possible including *date, time, store name, details on items you were trying to purchase*, and when possible, include an *image of the product and UPC*.



# Rights & Responsibilities

## Your Rights:

- WIC provides nutrition education, breastfeeding information and support, and healthy foods.
- WIC will help you connect with other resources that may help your family including HUSKY A/Medicaid, local food banks, and health services.
- All information you give to WIC will be kept private.
- If you feel you have been discriminated against, you may file a complaint.
- Standards to participate in the WIC Program are the same for everyone, regardless of race, color, national origin, age, disability, or sex (including gender identity and sexual orientation).
- If you need interpreter or disability services, please ask WIC Staff.



## Your Responsibilities:

- Treat WIC and store staff with courtesy and respect. If you feel that a store, a WIC participant, or a staff person is doing something wrong, call the State WIC agency at 1-800-741-2142.
- Keep your eWIC card and Food Guide in a safe place.
- **Report address and/or phone changes to the WIC office as soon as possible.**

## You Understand:

- In order to provide you with certain referrals, we may need to share your name and or contact information with outside organizations. We will request your special permission when we need to share your name and contact information with anyone outside of the WIC Program.
- That if you intentionally lie to receive WIC benefits or if you violate the program rules, you will be subject to suspension or disqualification.
- **Selling, attempting to sell or giving away WIC benefits, food, or formula is not allowed. If you do so, you will be asked to repay the value of the items, and you may be subject to suspension or disqualification.**
- Posting WIC items on any social media, including, but not limited to Facebook, Craigslist, and Ebay is considered an attempt to sell.

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## Questions

### Can I change the foods listed on my family benefit list?

**ONLY your local WIC office can change your food package.** If you have concerns or special needs, be sure to talk to your WIC Nutritionist before your benefits are issued. They may be able to adjust your food package.

### Do I need to purchase everything listed on my family benefit list?

Your nutritionist can tailor your family benefits list to issue only the food you will buy and use. **No, you are not required to pick up everything on your Family Benefit List.** We encourage you to shop responsibly and only purchase the foods that you know you will use.

### What if I run out of food and I've used all of my WIC benefits?

The WIC program is only meant to “supplement” your diet. The foods you receive at WIC are not intended to meet all of your nutritional needs. You will need to purchase additional foods on your own. Your local office can help you find additional food assistance programs if needed.

### Can I save benefits for next month that I didn't use?

**No.** Benefits expire at midnight on the expiration date found on each receipt.

### Can I participate in more than one WIC Program at the same time?

**No.**

### What happens if I move?

Try to contact your local WIC office before you move. They can give you transfer information to take to the WIC office in your new area.

### How do I check my WIC balance?

You can get a benefit balance by **checking your last store receipt**, on WICShopper *My Benefits* page, **call the customer service number** on the back of your card, online at [www.connectebt.com](http://www.connectebt.com), or ask customer service at the store for a balance inquiry.

### Why was my transaction declined?

- If you have more than 50 items in one transaction, consider splitting up your transaction.
- If you are attempting to buy WIC and non-WIC items together, there may be an issue with an item you are trying to buy. Try splitting up your transaction and do your WIC purchase separate.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.

[www.CT.gov/DPH/WIC](http://www.CT.gov/DPH/WIC)

