



CONNECTICUT WIC

FOOD GUIDE

January 1, 2021

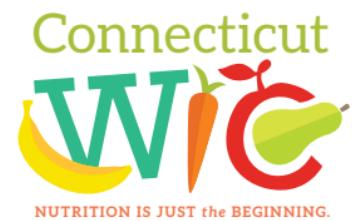




TABLE OF CONTENTS

FOR MORE INFORMATION, VISIT
WWW.CT.GOV/DPH/WIC

*Not all WIC approved foods may appear
in this booklet.*

3	Successful Shopping Tips
4-7	Cold Cereals
7	Hot Cereals
8-9	Bread
10-11	Tortillas
12	Whole Wheat Pasta
13	Brown Rice
14-15	Fluid Juice
16	Concentrated Juice
17	Legumes: Peas, Beans & Lentils
17	Peanut Butter
18-19	Milk, Cheese, Eggs & Tofu
20	Yogurt
20	Canned Fish
21	Infant Food
22-23	Fruits & Vegetables
24-25	Tips for a Positive Shopping Experience
26	Rights & Responsibilities
27	Questions

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.

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.



COLD CEREALS

BUY ONLY
12 ounces or larger

g* or # = Gluten Free

All cereal listed in orange are whole grain.

GENERAL MILLS



Cheerios

Multi Grain
Cheerios

Blueberry
Chex



Cinnamon
Chex



Corn Chex



Rice Chex



Vanilla
Chex



Wheat Chex



Fiber One
Clusters



Berry Berry
Kix



Honey Kix



Kix

KELLOGG'S



Total



Wheaties



All-Bran
Complete Wheat
Flakes



Corn
Flakes



Crispix



Frosted
Shredded
Wheat



Rice Krispies



Special K

MOM BRANDS



Crispy Rice



Frosted Mini
Spooners



Grape Nuts



Grape Nut
Flakes



Great Grains
Crunchy
Pecans



Almonds



Honey
Roasted



HONEY BUNCHES
OF OATS
PECAN + MAPLE BROWN SUGAR
HONEY ROASTED



HONEY BUNCHES
OF OATS
PECAN + MAPLE BROWN SUGAR
HONEY ROASTED



Vanilla
Bunches



Vanilla
Multigrain



Whole Grain
Honey Crunch

QUAKER



Oatmeal Squares
Brown Sugar

STORE BRANDS



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



GOOD & GATHER

Honey & Oat Mixers



GREAT VALUE

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

WAYS TO BUY UP TO 36 OZ OF CEREAL



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

COLD CEREALS

BUY ONLY
12 ounces or larger



HY-TOP

Bran Flakes
Corn Flakes
Crispy Rice
Toasted Oats



IGA

Bran Flakes
Corn Flakes#
Corn Squares#
Crispy Rice#
Frosted Shredded Wheat
Shredded Wheat
Tasteeos
Toasted Oats



KIGGINS

Bran Flakes
Corn Flakes
Crispy Rice



KRASDALE

Corn Flakes
Toasted Oats



PARADE

Toasted Oats



PICS/PRICE CHOPPER

Corn Flakes
Frosted Shredded Wheat
Good Choice
Oat Crunch
Nutty Nuggets
Toasted Corn Crisps
Toasted Oats
Wheat Bran Flakes

Price Rite PRICE RITE BOWL & BASKET

Bite Size Shredded Wheat
Bran Flakes
Toasted Oats

SHOPRITE BOWL & BASKET

Bran Flakes
Corn Flakes
Crispy Corn Squares
Frosted Shredded Wheat
Oats & More with Honey
Shredded Wheat



SHURFINE
Corn Flakes
Frosted Shredded Wheat
Oats & More
Toasted Roasted Oats
Wheat Bran Flakes



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
Oat Squares
Oats & O's



WHITE ROSE

Corn Flakes
Crispy Rice

HOT CEREALS



Cream of Rice



Cream of Wheat



Cream of Wheat Whole Grain



Hot Wheat Cereal



Maypo Vermont Style Maple Oatmeal



MOM Farina Original



MOM Original Hot Wheat Cereal



Ralston Creamy Wheat



DO NOT BUY
Instant

BREAD

BUY ONLY

- 100% Whole Wheat/Whole Grain* Bread
- Size 16 ounce = 1 pound only

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

HOLSUM



Whole
Wheat

KRASDALE



100% Whole
Wheat

PAS YISROEL



Whole
Wheat

PENN STREET



Whole
Wheat

PEPPERIDGE FARM



Very Thin
100% Whole
Wheat



Whole
Wheat Stone
Ground



Whole Grain
Seeded/Seedless
Jewish Rye*

SARA LEE



100% Whole
Wheat

STERN'S



Whole
Wheat

SUNBEAM



Whole
Wheat

WEIGHT WATCHERS



Whole
Wheat

WINDMILL FARMS



Stone Ground
Menzanos



Stone Ground
Hamotze



Whole
Wheat

WONDER



Whole
Wheat

BEST YET



Whole
Wheat

BIG Y



Whole
Wheat

CENTRAL
MARKET CLASSICS



100% Whole
Wheat

GREAT VALUE



Whole
Wheat

KEY FOODS



Whole
Wheat

NATURE'S
HARVEST



Whole
Wheat

SHOPRITE
BOWL & BASKET



Whole
Wheat

SIMPLY
BALANCED



Whole
Wheat

STOP & SHOP



Whole
Wheat



Whole
Wheat with
Flaxseed



No-Salt
Added Whole
Wheat

URBAN
MEADOW



Whole
Wheat

DO NOT BUY

Bagels, deli bread,
white bread, store
bakery bread



BREAD

Ⓐ Store Brand

Ⓐ National Brand

TORTILLAS

BUY ONLY

- Soft Corn or Whole Wheat Tortillas
- 1 pound or 16 ounce bag

CHI CHI'S



White Corn



Whole Wheat

DON PANCHO



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

EASY ENCHILADAS

INGREDIENTS

- 1/4 pound lean ground beef
- 1/4 cup **onion**, chopped
- 1 cup **black beans**
- 2 tablespoons taco sauce
- 1/8 teaspoon garlic powder
- 1/2 cup enchilada sauce
- 4 whole-wheat tortillas**, softened
- 1/4 cup **cheddar cheese**, shredded

DIRECTIONS

1. Place ground beef in a microwave-safe bowl; cover, and cook at 100% power for 1-2 minutes.
2. Stir ground beef and mix in onion. Cook 2-3 minutes or until meat is no longer pink. Drain well.
3. Mix black beans, taco sauce, and garlic powder into meat mixture.
4. Lay tortillas flat and pour 1/4 cup meat mixture in the center of each tortilla; roll tightly.
5. Pour enchilada sauce in an 8x8 microwave-safe baking dish. Roll filled tortillas in enchilada sauce. Place seam side down in the baking dish. Cover and microwave at 70% power for 10-15 minutes.
**Note: Rotate dish after 5 minutes, if your microwave does not have a turntable. **
6. Sprinkle cheese on top of each enchilada. Microwave, uncovered, at 70% power for 1-3 minutes, until cheese is melted.
7. Serve warm.

Bolded items are WIC approved foods.

BIG Y

Whole Wheat

FOOD CLUB

Whole Wheat

IGA

Whole Wheat

KEY FOODS

Whole Wheat

MY ESSENTIALS

Whole Wheat

NATURE'S PROMISE

Whole Wheat

SHOPRITE

Whole Wheat

SIGNATURE SELECT

Whole Wheat

STOP & SHOP

White Corn
Whole Wheat
Yellow Corn

WHOLE WHEAT PASTA



BUY ONLY

- 1 pound or 16 ounce package
- 100% Whole Wheat/Whole Grain Pasta

BARILLA



Whole Wheat
Whole Grain

GIA RUSSA



Whole Wheat

HODGSON MILL



Whole Wheat

RONZONI



Whole Wheat

DELALLO



Organic
Whole Wheat

FULL CIRCLE



Organic
Whole Wheat

LUIGI VITELLI



Whole Wheat
Organic Whole Wheat

O ORGANICS



Whole Wheat

RACCONTO



Whole Wheat

SHOPRITE



Whole Wheat

BOWL & BASKET



Whole Wheat

SHURFINE



Whole Wheat

SIGNATURE SELECT



Whole Wheat

SIMPLY BALANCED



Whole Wheat
Organic Whole Wheat

URBAN MEADOW



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



C&F

Boil-in-Bag
Long/Short Grain
Instant

CAROLINA

Brown Rice

GOYA

Brown Rice

MAHATMA

Brown Rice

MINUTE

Brown Rice

RICELAND

Natural

SUCCESS

Brown Rice

UNCLE BEN'S

Fast & Natural Whole Grain Instant
Natural Whole Grain
Whole Grain Boil-In-Bag

BEST YET

Instant
Long Grain

BIG Y

Instant

FOOD CLUB

Boil-in-Bag

GOOD & GATHER

Brown Rice

GREAT VALUE

Brown Rice

IGA

Instant
Long Grain

MY ESSENTIALS

Brown Rice

PARADE

Brown Rice

PICS/PRICE CHOPPER

Boil-in-Bag

SIGNATURE SELECT

Brown Rice

SHURFINE

Brown Rice
Instant Brown Rice

STOP & SHOP

Boil-in-Bag
Instant

WHITE ROSE

Brown Rice

TUNA PASTA SALAD

INGREDIENTS

3 cups **whole wheat pasta**,
cooked and drained

Two 5 oz cans of
water-packed tuna, drained

3 stalks **celery**, chopped

3/4 cup **light mayonnaise**

2 cups **frozen peas**, thawed

Bolded items are **WIC approved**
foods. Certain categories of pregnant
and breastfeeding women may receive
canned fish.

DIRECTIONS

1. Combine the cooked and drained pasta with the drained tuna, chopped celery, peas, and mayonnaise.
2. Chill at least 1-2 hours before serving.



FLUID JUICE

BUY ONLY

64 or 128 ounce bottle, 100% juice, at least 120% Vitamin C

WAYS TO BUY

64 ounces = 1 bottle

128 ounces = 2 bottles

APPLE

Juicy Juice
Old Orchard
Mott's
Welch's

CHERRY

Juicy Juice
Welch's

JUICE MIXTURES

Juicy Juice
Old Orchard
Welch's

MANGO

Juicy Juice
Welch's

ORANGE

All Brands

PINEAPPLE

Langers
Libby's
Welch's

PURPLE GRAPE

Juicy Juice
Old Orchard
Welch's

WHITE GRAPE

Juicy Juice
Old Orchard
Welch's

TOMATO JUICE

Low Sodium only

Campbell's

VEGETABLE JUICE

Low Sodium only

PICS/Price
Chopper

Signature Select
V8

BEST YET

Apple
White Grape
Purple Grape
Grapefruit Juice/Blends
Pineapple



BIG Y

Apple
White Grape
Purple Grape
Juice a Lot
All Juice Mixtures



FOOD CLUB

Apple
White Grape
Grapefruit Juice/Blends
Pineapple
Purple Grape



GOOD & GATHER

Apple
White Grape
Purple Grape
All Juice Mixtures



GREAT VALUE

Apple
White Grape
Purple Grape
All Juice Mixtures



HARVEST CLASSIC

Apple



HY-TOP

Apple
White Grape
Purple Grape



TIPTON GROVE

Apple
White Grape
Purple Grape



VALU TIME

White Grape
Purple Grape



WHITE HOUSE

Apple



WHITE ROSE

Apple
White Grape
Grapefruit Juice/Blends
Purple Grape



IGA

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

KRASDALE

Apple
White Grape
Purple Grape

NATURE'S NECTAR

Apple
Grape

PARADE

Apple
White Grape
Purple Grape
Grapefruit Juice/Blends



PICS/PRICE CHOPPER

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

SAVE-A-LOT/RUBY KIST

Apple
Pineapple

SHOPRITE BOWL & BASKET

Apple
White Grape
Grapefruit Juice/Blends
Purple Grape



SHURFINE

Apple
White Grape
Grapefruit Juice/Blends
Purple Grape



SIGNATURE SELECT

Apple
Apple Cider
Cranberry Blends
Grape
Grapefruit
Pineapple
White Grape



STOP & SHOP

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



CONCENTRATED JUICE

FROZEN

GRAPEFRUIT ORANGE CALCIUM FORTIFIED APPLE GRAPE MIXTURES PINEAPPLE NON-FROZEN

	GRAPEFRUIT	ORANGE	CALCIUM FORTIFIED	APPLE	GRAPE	MIXTURES	PINEAPPLE	NON-FROZEN
Best Yet	✓	✓		✓	✓			
Clear Value	✓	✓		✓				
Dole	✓	✓				✓	✓	
Food Club		✓		✓				
Good & Gather	✓	✓		✓	✓	✓	✓	
Great Value	✓	✓		✓	✓	✓		
HY-TOP	✓	✓		✓				
IGA	✓	✓		✓				
Langers	✓	✓		✓	✓	✓	✓	
Old Orchard	✓	✓		✓	✓	✓	✓	
Parade	✓	✓		✓				
Price Chopper	✓	✓		✓				
Seneca	✓	✓		✓				
ShopRite	✓	✓						
Shurfine	✓	✓		✓				
Signature Select		✓		✓				
Stop & Shop	✓	✓		✓		✓		
Tipton Grove	✓	✓		✓				
Tree Top	✓	✓		✓				
Valu Time	✓	✓		✓				
Welch's (yellow cap)		✓				✓		✓

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

LEGUMES: PEAS, BEANS & LENTILS

DO NOT BUY

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

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

PEANUT BUTTER

MAY BUY:

16-18 ounce jar
Unflavored

Smooth, crunchy, creamy, chunky or natural



DO NOT BUY

Flavored, organic

MILK, CHEESE, EGGS & TOFU

MILK

Purchase size and type shown on the WIC Family Benefits List

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

64 ounce/Half gallon, refrigerated



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

8TH CONTINENT

Original

PACIFIC ULTRA SOY

Original
(shelf stable, 32 oz)

SILK

Original

ADDITIONAL MILK CHOICES

- Lactose Reduced/Lactose Free Milk, 64 oz/Half Gallon
- Skim, 1%, 2%, Whole
- Kosher Milk
- Skim, 2%, Whole
- Nonfat Dry Milk
- Goat's Milk
- Meyenberg (canned-liquid or powder)

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

MAY BUY:

- American
- Colby/Colby Jack
- Cheddar
- Monterey Jack
- Mozzarella
- Muenster
- Fat Free Mozzarella, prepackaged: Calabro, Polly-O

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

NASOYA

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

NATURE'S PROMISE

Extra Firm, Firm

O ORGANICS

Extra Firm, Firm, Silken, Sprouted Super Firm



YOGURT

WHOLE MILK YOGURT
(FOR CHILDREN 12-23 MONTHS OLD)

*ALSO AVAILABLE IN
WHOLE MILK YOGURT

DO NOT BUY

Greek yogurt,
artificial sweeteners

MAY BUY: 1 quart or 32 ounce container, 4 ounces 4 pack, 4 ounces 8 pack

- **LOW-FAT / NON-FAT** Any flavors
- Axelrod*
- Best Yet
- Big Y
- Brown Cow*
- Butterworks Farm*
- Cabot
- Coburn Farms
- Cream O Land
- Crowley
- Dannon*
- Dannon All Natural*
- Desi Natural Dahl*
- Food Club
- 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*
- PICS/Price Chopper
- Price Rite Bowl & Basket
- Romis*
- Seven Stars Farm*
- ShopRite Bowl & Basket*
- Shur Fine
- Stop & Shop
- Stonyfield*
- Super A
- Yoplait
- Yoplait Grande

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

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 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.

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

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

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

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 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. If you have paid for an item that should have come off the eWIC card, you can ask for a refund at the customer service desk before you leave the store.
- 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.



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.
- If you need interpreter or disability services, please ask WIC Staff.

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.

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.

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.



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