



Connecticut WIC Program: Questions You May Have About WIC Food Benefits

WIC is a supplemental nutrition program. Supplemental means that the formula or foods WIC provides may not meet all of your formula or food needs for the month. You will need to buy more food or formula to feed you and your WIC eligible family members.

What are the rules about using WIC formula and foods?

- WIC gives food and formula to you and/or your family members that qualify for the Program.
- Each family receives an eWIC card to buy their WIC foods or formula. All food or formula benefits for each family member on WIC will be combined or grouped into one amount for each food category. For example, if you are pregnant and have a 2 year old, your *Family Benefits List* will show 2 dozen eggs- 1 dozen eggs for you and 1 dozen for your child. You will receive a Family Benefits List (FBL) from WIC staff to help you on your shopping trip. As a reminder, WIC benefits are only for family members eligible for the WIC Program.
- If you or your family member cannot use all of the formula or food you get from WIC, you cannot donate it, give it away, trade it for other food or services or sell it. This is against WIC Program rules.

If I have formula or food left over, what should I do?

- If you have formula that you cannot use, let your local agency know. If you get too much from WIC, WIC staff can adjust your food package. If you have cans of formula left over once your child reaches one year of age, you can take them back to your local WIC program as long as it is un-opened. WIC staff can dispose of it properly.
- If you find that you are not able to use all of your WIC foods, tell a WIC staff person. WIC staff will be able to give you recipe ideas. Staff can fix your WIC benefits to give you less of the foods that you cannot use during the month. In some cases there may be another food you can get in place of the food you are not able to use.

Why do I have to keep receipts for formula or food that I buy not using my eWIC card?

- If you don't plan on offering to sell or actually selling formula or foods that are similar to WIC formula or foods, receipts aren't needed.
- In the event you offer to sell, trade or donate formula or foods like those that WIC provides and we find out, receipts are needed to show the formula or foods sold online were not bought using WIC benefits. If receipts are not available, you and family members may be suspended or disqualified from the WIC Program and have to repay the cost of those items paid for by WIC.



What you need to know:

- **WIC is a Supplemental Nutrition Program.**
- **The formula or food that you get from WIC cannot be donated, given away, traded or sold.**
- **If you are found donating, giving away, trading or selling WIC formula or food in person or online you and your family members may be suspended or disqualified from the Program.**
- **Receipts for formula or foods that you buy may be needed if you are found posting for sale online formula or foods similar to what WIC provides.**