

## WIC Shopping Tips and Reminders

### Steps in a WIC Transaction:

- Do not use your checks before the “First Date to Use” or after the “Last Date to Use.”
- Buy only the food printed on your check. See the “Allowable Foods List” for a list of all WIC foods. Keep a copy of the “Allowable Foods List” in your WIC ID envelope.
- Separate your food items by check and from non-WIC foods. Each WIC check must be rung up separately by the store clerk.
- Tell the store clerk you are using WIC checks.
- Make sure the clerk puts the correct price on the WIC check.
- Show the clerk your WIC ID envelope.
- Remember – only you (the endorser) or your alternate shopper may sign the checks at the store. Your alternate shopper must sign the front of the WIC ID envelope before going to the store.

Participant ID 310-000060	Participant Name Nick Anderson	12345678	First Date To Use JUL/18/09
Endorser #1 CX1011	Endorser Name Joan Anderson	Sequence No. 12345678	Last Date To Use AUG/18/09
Clinic 08501	Colorado WIC Program/Colorado Department of Public Health and Environment 4300 Cherry Creek Drive South, Denver, Colorado 80246-1530 (303) 692-2400	South State Bank Tower Lane, MN 55449 919 Account No. 805108	Pay To The Order Of  <b>8555</b>
<small>Only The Authorized WIC Foods Listed May Be Purchased</small>		Purchase Amount <small>(Correction Only)</small>	
36	OUNCES BREAKFAST CEREALS	Dollars	Cents
2	CANS 12-OZ FZ AND/OR 46-OZ JUICE	\$	
2	GALLON(S) 2%, 1%, OR FAT-FREE MILK		
1	POUND(S) CHEESE		
1	DOZEN WIC APPROVED EGGS		
4	CAN(S) BEANS 16-OZ		
16	OUNCES WHOLE GRAINS		
<small>VENDOR MUST DEPOSIT WITHIN 60 DAYS FROM FIRST DATE TO USE</small>		<small>Signature Must Match Signature On WIC ID Envelope</small>	

### Infant Foods Checks:

- Fresh bananas are listed on the WIC check as numbers of pounds. You will need to weigh your banana purchase to make sure that you get as close to the number of pounds listed on your check without going over. You will NOT be able to purchase bananas that weigh more than the amount listed on your check.
- Baby food fruits and vegetables and baby food meats are listed on the check by number of jars. Multi-packs of baby food jars are allowed. Each jar in the multi-pack will be counted as 1 jar. For example, a 2-pack = 2 jars.

### Combining Whole Grains:

- You have the option to combine foods from the Whole Grains category (bread, rice & tortillas). For example, if your check lists “32 ounces whole grains” you can purchase:

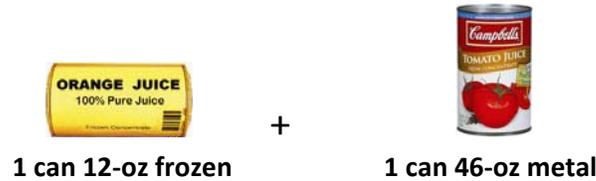


- If your check lists “16 ounces whole grains” you will need to look carefully for packages that are 16 ounces or less.

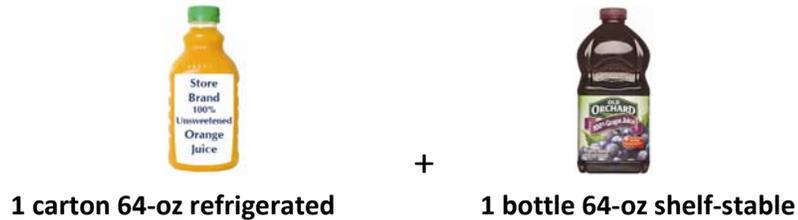
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### Purchasing Juice:

- You have the option to purchase combinations of the juice container sizes listed on your check. For example, if your check lists “2 cans 12-oz fz and/or 46-oz juice” you can purchase:



- Or if your check lists “2 containers 64-oz juice” you can purchase:



**\*Note: You may NOT purchase juice containers in sizes not listed on your WIC check**

### WIC Checks for Fruits & Vegetables:

WIC checks for fruits and vegetables are special in a number of ways. Here are some important points about the WIC checks for fruits and vegetables:

- Fruits and vegetables are listed on a separate check, not with other WIC food items. The cashier will process each check separately.
- The WIC check lists the dollar amount of fruits and vegetables that you can purchase, *not* the number of items.
- Multiple fruit and vegetable checks may NOT be combined in one transaction.
- You will need to add up or weigh your fruits and vegetables to get as close to your full dollar amount as possible, without going over.
- You will NOT be able to purchase more than the check lists.
- You will NOT be given cash back if the purchase totals less than the check lists.
- It is important that you weigh and add up the prices of your fruit and vegetable purchase BEFORE you check out at the cash register. The “Allowable Foods List” has a “Buying Fresh Fruits and Vegetables” pricing chart to help figure out how much a weighed item costs.
- If the items you have selected add up to more than the dollar amount listed on your fruit and vegetable check, you can do one of three things. You can separate those items and pay for them with your personal shopping items, you may use another fruit and vegetable check, or you may choose not to purchase the extra items.



### Shopping Tips:

- Use coupons, store discount cards and sale promotions to get the most out of your WIC checks. For example, use your store discount card when the store is offering a sale or a “Buy One Get One Free” promotion on a WIC approved item.
- Use the “Shopping Tips” charts on the Allowable Foods List to help figure out package sizes, prices, and how to combine WIC food items.