

# WIC Shopping Guide



March 1, 2011 – March 31, 2012

Washington State  
WIC Nutrition Program



## Welcome to WIC — The Women, Infants, and Children Nutrition Program

Congratulations for making an important and healthy choice by participating in WIC!

Working with WIC clients, grocers, and clinic staff, we have created this guide with WIC shoppers and checkers in mind.

### About the WIC Shopping Guide

The WIC Shopping Guide is the **main** source for WIC clients and store staff to get information about WIC approved foods. This guide is designed to help you have a successful shopping experience.

#### In this guide you will find:

- Information for WIC shoppers and retail checkers
- Lists of approved and not approved foods
- Pictures of specific brands and types of allowed foods

### If you have questions or need help...

Ask WIC or grocery store staff, call WIC Customer Service: 1-800-841-1410, extension 3620, or visit our website: [www.doh.wa.gov/cfh/wic](http://www.doh.wa.gov/cfh/wic).

I hope you have a good shopping experience. Enjoy your healthy WIC foods.

**Janet Jackson Charles**  
Washington State WIC Director

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WIC is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. WIC is the federal "Special Supplemental Nutrition Program for Women, Infants, and Children."

WIC provides: health screening, nutrition and health education, breastfeeding promotion and support, help getting other services, and checks for nutritious foods.

**Washington WIC does not discriminate.**

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## Using WIC Checks

### The following rules apply to WIC checks and WIC Fruit and Vegetable checks:

- Use your checks on or between the first and last day to use.
- Use a check only if your name is printed below the signature box.
- Shop only at approved stores. Look for the “WIC Checks Accepted Here” signs.
- Buy the amounts and types of foods listed on your checks.
- Separate your WIC foods by check, and from other items you are buying.
- Let the checker know you are using WIC checks before you begin your purchase.
- Sign the check only after the checker sees your ID and writes in the amount.



### These additional rules apply only to WIC Fruit and Vegetable checks:

- If more than one person in your family gets WIC Fruit and Vegetable checks, you can use them together.  
**Example:** You can combine a \$6 WIC Fruit and Vegetable check with a \$10 WIC Fruit and Vegetable check to pay for \$16 worth of fresh fruits and vegetables.
- If your purchase costs more than the amount on the WIC Fruit and Vegetable check, you are allowed to pay the extra amount.  
**Example:** If the purchase costs \$7, and you are using a \$6 WIC Fruit and Vegetable check, you can pay the extra \$1 to cover the cost.
- If your purchase costs less than the amount on the WIC Fruit and Vegetable check, you are not allowed to receive money back.

## Shopping Tips

You can help WIC serve more families by using coupons and loyalty cards, and choosing lower priced foods.

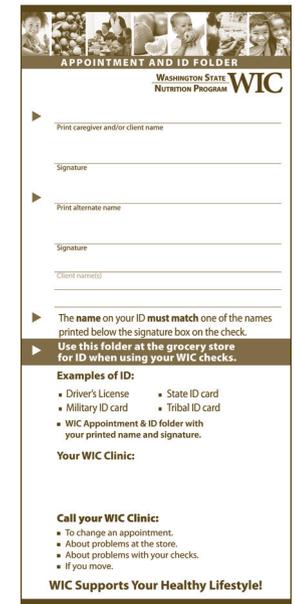
**Store specials apply to WIC purchases.** This includes buy one, get one free offers.

**If you can't find what you are looking for,** ask store staff for help.

**You do not have to buy all the foods listed on your WIC checks.** You may buy less, not more.

**Bring your WIC Appointment/ID folder to the store to use as identification.** Other forms of ID are accepted. The name on your ID must match one of the names printed below the signature box on the check.

**If you sign the check before you give it to the checker,** the check will not be accepted.



Weights and Measures
<b>Abbreviations:</b>
Ounces = OZ
Pound = LB
<b>Equivalents:</b>
1 gallon = 2 half-gallons
1 gallon = 3.8 liters
½ pound = 8 ounces
1 pound = 16 ounces
1 pound = 0.45 kilograms

**Shopping Tip**  
Look for Shopping Tips throughout the guide.

## Baby Cereal

### APPROVED

#### Must Be

8 oz or 16 oz

Boxes

Dry

Plain

These brands:

Beech-Nut

Gerber



#### You Can Choose

Any type, including barley, mixed whole grain, oatmeal, rice, and wheat

### NOT APPROVED

#### Do Not Buy

Brands, sizes, and types not listed as approved

Cans

Cartons

Jars

Single-serve or individual packets

Added fruit, formula, or flavors

DHA

Organic

Prebiotic or probiotic

## Baby Food – Meats

### APPROVED

#### Must Be

2.5 oz glass jars

Plain

These brands:

Gerber 2nd Foods

Nature's Goodness From About 6 Months



#### You Can Choose

Any variety

Combinations of meats

Single meat

With broth

With gravy

### NOT APPROVED

#### Do Not Buy

Brands, sizes, and types not listed as approved

Plastic containers

Added flavors, foods, or spices

Casseroles

DHA

Dinners

Meat sticks

Mixed with fruits or vegetables

Noodles or rice

Organic

Stage 1 or Stage 3



For Fully Breastfeeding Babies

## Baby Food – Fruits and Vegetables

### APPROVED

#### Must Be

4 oz glass jars

Plain

These brands:

Beech-Nut Stage 2

Gerber 2nd Foods

Nature's Goodness From About 6 Months



#### You Can Choose

Any variety

Combinations of fruits

Combinations of vegetables

Single fruit

Single vegetable

### NOT APPROVED

#### Do Not Buy

Brands, sizes, and types not listed as approved

Plastic containers

Added formula or flavors

Casseroles

Cobblers

Desserts

DHA

Dinners

Grains

Meats

Noodles or rice

Organic

Stage 1 or Stage 3

Breastfeeding provides moms and babies with lifelong health benefits. WIC supports breastfeeding. The more you breastfeed, the more WIC foods you receive!



#### Formula

Only the formula printed on the check is allowed. For information about WIC Approved Formulas visit [www.doh.wa.gov/cfh/WIC/formula.htm](http://www.doh.wa.gov/cfh/WIC/formula.htm) or call Customer Service at 1-800-841-1410, extension 3620.

## Cold Breakfast Cereal



## Hot Breakfast Cereal



You can choose a combination of breakfast cereals up to the amount of ounces (oz) printed on the check. Examples:



## APPROVED

### Must Be

- Boxes, 11 oz or larger
- Plain
- These brands and types:

### Cold Breakfast Cereal

- Bran Flakes:
  - Albertsons \*
  - Food Club \*
  - Fred Meyer \*
  - Great Value \*
  - IGA \*
  - Safeway \*
  - Western Family \*
- Cheerios (Plain) \*
- Corn Chex
- Kellogg's Corn Flakes
- Kellogg's Mini-Wheats, Unfrosted Bite Size \*
- Kix (Plain)
- Life (Plain)
- Post Grape Nuts \*
- Post Grape Nuts Flakes \*
- Rice Chex
- Wheat Chex \*

### Hot Breakfast Cereal

- Cream of Wheat (1 minute, 2 ½ minute, 10 minute)
- Instant oatmeal in boxes containing individual packets:
  - Albertsons, Regular Flavor \*
  - Great Value, Original \*
  - Hy-Top, Regular Flavor \*
  - IGA, Regular Flavor \*
  - Safeway, Regular Flavor \*
  - Quaker Oats, Original \*
  - Western Family, Regular Flavor \*

\* These breakfast cereals are good sources of whole grain and fiber.

## NOT APPROVED

### Do Not Buy

- Brands, sizes, and types not listed as approved
- Bags of breakfast cereal
- Added flavors, foods, or spices

## Shopping Tip

You can choose oatmeal in boxes containing individual packets when "breakfast cereal" is printed on the check.

Breakfast Cereal

Breakfast Cereal

## APPROVED

### Must Be

- 16 oz packaged block when "1 LB cheese" is printed on the check
- Made from pasteurized cow's milk
- Made in USA
- Plain
- These types:
  - Cheddar (mild, medium, or sharp, yellow or white )
  - Colby
  - Colby Jack
  - Monterey Jack
  - Mozzarella (part skim, whole milk, block, ball, or vacuum-packed)



### You Can Choose

- 8 oz packaged blocks only when "kosher cheese" is printed on the check
- Two 16 oz packaged blocks when "2 LB cheese" is printed on the check
- 32 oz packaged block when "2 LB cheese" is printed on the check
- Any brand
- Calcium and/or Vitamin D fortified
- Fat free, low fat, and reduced fat
- Reduced-sodium

## NOT APPROVED

### Do Not Buy

- Sizes and types not listed as approved
- Single-serve or individual packets
- Added flavors, foods, or spices
- Cheese from raw milk
- Cracker cut
- Cream cheese
- Deli cheese
- Diced, crumbled, cubed, cut, grated, shredded, or sliced
- DHA/ARA
- Extra sharp cheddar
- Fresh mozzarella
- Goat or sheep
- Imported
- Lactose free
- Low- or reduced-cholesterol
- Muenster
- Organic
- Parmesan
- Pasteurized process American
- Provolone
- Queso fresco
- Ricotta
- String cheese
- Swiss
- Unpasteurized
- Vintage cheese

## APPROVED

### Must Be

- Plain

### You Can Choose

- 16 oz bags or bulk (sold by weight)
- Any brand
- Any variety
- Non-organic or organic



## NOT APPROVED

### Do Not Buy

- Sizes and types not listed as approved
- Sizes other than 16 oz bags
- Boxes
- Cans
- Added flavors, foods, or spices
- Barley
- Bean and rice mix
- Coffee beans
- Dried refried beans
- Frozen
- Green beans
- Jelly beans
- Soup or soup mix
- Vanilla beans

## APPROVED

### Must Be

- 12-count carton (1 dozen)
- White, chicken eggs



### You Can Choose

- Any brand
- Small, medium, or large size

## NOT APPROVED

### Do Not Buy

- Sizes and types not listed as approved
- 6- or 18-count cartons
- Bulk eggs
- Brown eggs
- Cage-free
- DHA
- Duck eggs
- Extra-large or jumbo-size eggs
- Fertile
- Free-range
- Liquid, pasteurized, powdered, or egg substitute products
- Naturally-nested or other specialty eggs
- Non-chicken eggs
- Omega-3
- Organic
- Single hard-boiled eggs

## APPROVED

### Must Be

- Chunk light tuna in water, 5 oz to 6 oz
- Pink salmon in oil or water, 5 oz to 14.75 oz
- Cans
- Plain



### You Can Choose

- Any brand
- Boneless
- Low-sodium
- Skinless

## NOT APPROVED

### Do Not Buy

- Sizes and types not listed as approved
- Tuna in 12 oz can
- Foil bags
- Pouches
- Snack packs
- Added flavors, foods, or spices
- Albacore tuna
- Dried
- Fillet
- Fresh
- Frozen
- Gourmet
- Mackerel
- Red salmon
- Sardines
- Smoked
- Solid or chunk white tuna
- Specialty salmon or tuna steak
- Tongol tuna
- Yellowfin tuna

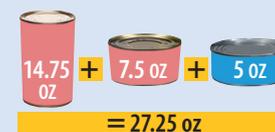


For Fully Breastfeeding Women

You can choose a combination of chunk light tuna and pink salmon up to the amount of ounces (oz) printed on the check. Examples:



OR



## APPROVED

### Must Be

Fresh fruits  
Fresh vegetables

### You Can Choose

Any brand  
Any combination of fruits and vegetables  
Any variety  
Bags or packages  
Bulk (sold by weight)  
Non-organic or organic  
Whole or cut  
Yams or sweet potatoes

## NOT APPROVED

### Do Not Buy

Types not listed as approved  
Added dips, dressings, fats, or oils  
Added flavors, foods, or spices  
Breaded, canned, cooked, creamed, dried, frozen, or soups  
Edible blossoms or flowers  
Fruit baskets  
Fruit roll-ups or fruit leathers  
Herbs or spices, such as aloe vera, anise, banana leaves, basil, bay leaves, caraway, chervil, chives, cilantro, corn husk, dill, fenugreek, horseradish, lemongrass, lime leaves, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, vanilla beans, or wheatgrass  
Ornamental or decorative items, such as chili peppers, garlic on string, gourds, carved or painted pumpkins  
Party trays  
Potatoes (except sweet potatoes and yams), including blue, purple, red, white, yellow, or Yukon Gold  
Salad bar items  
Sugar or sugar cane



## Want to know how much fruits and vegetables will cost?

1. Weigh an item, and round the weight up to the nearest ½ pound.
2. Under the “price per pound” column, find the closest price per pound of the item.
3. Read across the row to find the cost based on the weight of the item.
4. Repeat these steps for each item.
5. Add together each item’s cost to know about how much all of the fruits and vegetables you plan to buy will cost.

Price per pound (LB)	1 LB	1½ LB	2 LB	2½ LB	3 LB	3½ LB	4 LB	4½ LB	5 LB
\$ 0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21	2.45
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66	2.95
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11	3.45
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56	3.95
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01	4.45
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46	4.95
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91	5.45
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36	5.95
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81	6.45
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26	6.95
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71	7.45
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16	7.95
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61	8.45
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06	8.95
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51	9.45
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96	9.95
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41	10.45
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86	10.95
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31	11.45
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76	11.95
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21	12.45
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66	12.95
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11	13.45
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56	13.95
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01	14.45

## Apple



## Grape



## Grapefruit



## Orange



## Pineapple



## Tomato and Vegetable



## Cans or Plastic Bottles (46 OZ)

### APPROVED

#### Must Be

46 oz cans or plastic bottles  
These brands and types:

#### Apple

Great Value Apple  
Tree Top 100% Apple

#### Grape

Welch's 100% Grape  
Welch's 100% White Grape

#### Grapefruit

Great Value Pink Grapefruit  
Great Value White Grapefruit  
Texsun Ruby Red Grapefruit

#### Orange

Texsun Orange

#### Pineapple

Dole Pineapple  
Fred Meyer Unsweetened Pineapple  
Haggen Unsweetened Pineapple  
IGA Pineapple  
Western Family Pineapple

#### Tomato and Vegetable

Campbell's Tomato  
Haggen Tomato  
Haggen Vegetable  
IGA Tomato  
Kroger Tomato  
V8 Essential Antioxidants 100% Vegetable  
Western Family Tomato  
Western Family Vegetable

### NOT APPROVED

#### Do Not Buy

Brands, sizes, and types not listed as approved  
Sizes other than 46 oz  
Cartons or glass bottles  
Cider, cocktail, fruit juice blend, juice drink, lemon, lemonade, lime, limeade, or punch  
Organic  
Refrigerated

Juice - 46 OZ

### Shopping Tip

You can choose a combination of juice in 46 oz cans, 46 oz plastic bottles, or frozen containers when "2 juice" is printed on the check.

## Apple



## Cranberry



## Grape



## Grapefruit Any Brand



## Orange Any Brand



## Pineapple



## Frozen (11.5 OZ or 12 OZ)

APPROVED	NOT APPROVED
<p><b>Must Be</b></p> <p>11.5 oz or 12 oz frozen These brands and types:</p> <p><b>Apple</b></p> <ul style="list-style-type: none"> <li>Albertsons Apple</li> <li>Favorite Apple</li> <li>Fred Meyer Apple</li> <li>Great Value 100% Apple</li> <li>Hy-Top Apple</li> <li>IGA 100% Apple</li> <li>Kroger Apple</li> <li>Old Orchard 100% Apple</li> <li>Safeway Apple with added Vitamin C</li> <li>Tree Top Apple</li> <li>Western Family 100% Apple</li> </ul> <p><b>Cranberry</b></p> <ul style="list-style-type: none"> <li>Old Orchard 100% Cranberry</li> </ul> <p><b>Grape</b></p> <ul style="list-style-type: none"> <li>Albertsons Grape</li> <li>Great Value 100% Grape</li> <li>Hy-Top Grape</li> <li>Old Orchard 100% Grape</li> <li>Old Orchard 100% White Grape</li> <li>Welch's 100% Grape</li> <li>Welch's 100% White Grape</li> <li>Western Family 100% Grape</li> </ul> <p><b>Grapefruit</b></p> <ul style="list-style-type: none"> <li>Any brand 100% grapefruit juice</li> </ul> <p><b>Orange</b></p> <ul style="list-style-type: none"> <li>Any brand 100% orange juice</li> </ul> <p><b>Pineapple</b></p> <ul style="list-style-type: none"> <li>Dole 100% Pineapple</li> <li>Old Orchard 100% Pineapple</li> </ul>	<p><b>Do Not Buy</b></p> <p>Brands, sizes, and types not listed as approved</p> <p>Sizes other than 11.5 oz or 12 oz</p> <p>Cider, cocktail, fruit juice blend, juice drink, lemon, lemonade, lime, limeade, or punch</p> <p>Organic</p>

### Shopping Tip

You can choose a combination of juice in frozen containers, 46 oz cans, or 46 oz plastic bottles when "2 juice" is printed on the check.

Juice - Frozen

Juice - Frozen

## Apple



## Grape



## Orange Any Brand



## Pineapple



## Plastic Bottles (64 OZ)

APPROVED	APPROVED
<b>Must Be</b>	<b>Orange</b>
64 OZ plastic bottles only	<b>Any brand 100% Orange Juice</b>
These brands and types:	<b>Some examples are listed below:</b>
<b>Apple</b>	Big Tex
Albertsons Apple	Golden Crown
Albertsons Apple with Calcium and Vitamin C	Langers
Flavorite 100% Apple	Old Orchard
Fred Meyer 100% Apple	Western Family
Haggen 100% Apple	<b>Pineapple</b>
Hy-Top Apple	Albertsons Pineapple
IGA 100% Apple	Langers 100% Pineapple
Kroger Apple	Safeway 100% Pineapple
Nestle Juicy Juice Apple	Western Family 100% Pineapple
Safeway 100% Juice Apple	
Tree Top 100% Apple	
Western Family 100% Apple	
<b>Grape</b>	<b>NOT APPROVED</b>
Albertsons Grape	<b>Do Not Buy</b>
Albertsons White Grape	Brands, sizes, and types not listed as approved
Flavorite Grape	Sizes other than 64 OZ
Flavorite White Grape	Container types other than plastic bottles
Fred Meyer 100% Grape	Refrigerated
Fred Meyer White 100% Grape	Cider, cocktail, cranberry, fruit juice blend, grapefruit, juice drink, lemon, lemonade, lime, limeade, or punch
Great Value 100% Grape	Organic
Great Value 100% White Grape	
Haggen 100% Grape	
Haggen 100% White Grape	
IGA 100% Grape	
IGA 100% White Grape	
Kroger Grape	
Kroger White Grape	
Safeway 100% Grape	
Safeway 100% White Grape	
Welch's 100% Grape	
Welch's 100% White Grape	
Welch's Red 100% Grape	
Western Family 100% Grape	
Western Family White Grape	

Juice - 64 OZ

## 2%, 1%, or Nonfat

### APPROVED

#### Must Be

- 2%, 1%, or nonfat milk
- Only the type of milk printed on the WIC check
- Plastic or paper containers
- Cow's milk
- Fortified with Vitamins A and D
- Homogenized
- Pasteurized
- Plain, unflavored
- Refrigerated



#### You Can Choose

- Combinations of gallons or half-gallons
- Quarts only allowed when printed on the check
- Acidophilus
- Any brand
- Calcium-fortified
- Fat free
- Kosher
- Lactobacillus
- Low fat
- Skim milk with added thickeners, such as Skim Royal, Trim Deluxe, Skim Supreme

### NOT APPROVED

See page 22.

## Whole

### APPROVED

#### Must Be

- Whole milk
- Only the type of milk printed on the WIC check
- Plastic or paper containers
- Cow's milk
- Fortified with Vitamin D
- Homogenized
- Pasteurized
- Plain, unflavored
- Refrigerated

#### You Can Choose

- Combinations of gallons or half-gallons
- Quarts only allowed when printed on the check
- Acidophilus
- Any brand
- Calcium-fortified
- Kosher



### NOT APPROVED

See page 22.

## Lactose Free

### APPROVED

#### Must Be

- Lactose free milk
- Only the type of milk printed on the WIC check
- Plastic or paper containers
- Cow's milk
- Fortified with Vitamins A and D
- Homogenized
- Pasteurized
- Plain, unflavored
- Refrigerated



#### You Can Choose

- Combinations of gallons or half-gallons
- Quarts only allowed when printed on the check
- 2%, 1%, nonfat, or whole lactose free milk
- Acidophilus
- Any brand
- Calcium-fortified
- Kosher
- Lactobacillus

### NOT APPROVED

See page 22.

## Dry

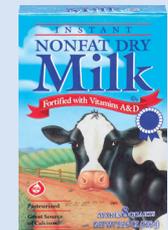
### APPROVED

#### Must Be

- Dry milk
- Only the type of milk printed on the WIC check
- Mixes to 1 quart of milk or more
- Cow's milk
- Fortified with Vitamins A and D
- Homogenized
- Pasteurized
- Plain, unflavored

#### You Can Choose

- Boxes, cylinders, plastic bags, or pouches
- 2%, 1%, nonfat, or whole dry milk
- Any brand
- Calcium-fortified
- Kosher



### NOT APPROVED

See page 22.

Milk

Milk

Evaporated

APPROVED

Must Be

- 12 oz can
- Evaporated milk
- Only the type of milk printed on the WIC check
- Cow's milk
- Fortified with Vitamins A and D
- Homogenized
- Pasteurized
- Plain, unflavored

You Can Choose

- 2%, 1%, nonfat, or whole evaporated milk
- Any brand
- Calcium-fortified
- Kosher



NOT APPROVED

See list below.

NOT APPROVED FOR ALL TYPES OF MILK

Do Not Buy

- Sizes and types not listed as approved
- Added flavors, foods, or spices
- Pints, half-pints, or smaller
- Glass bottles, shelf-stable, or UHT containers
- Single-serve or individual packets
- Bulk powdered milk
- Buttermilk
- Chocolate milk
- DHA/ARA
- Half and half

- Hemp, nut, rice, or other grain beverages
- Kefir
- Low-carb dairy beverage
- Omega 3
- Organic
- Other animal milk, such as goat or sheep
- Raw milk
- Soy milk or beverage
- Sweetened condensed milk
- Unpasteurized milk
- Whipping cream

APPROVED

Must Be

- 16 oz to 18 oz jar
- Plain



You Can Choose

- Any brand
- Creamy or smooth
- Chunky or extra chunky
- Crunchy or extra crunchy
- Natural peanut butter
- No stir
- Salted or unsalted

NOT APPROVED

Do Not Buy

- Sizes and types not listed as approved
- Sizes other than 16 oz to 18 oz
- Bulk
- Added flavors, foods, or spices
- Added oils, such as flax or safflower
- DHA/ARA
- Freshly ground or grind-it-yourself
- Gourmet
- Low-carb peanut butter spread
- Low-glycemic
- Nut or seed butters, such as almond, cashew, sesame, soy, sunflower, or tahini
- Omega 3
- Organic
- Reduced-fat
- Roasted honey nut
- Single-serve or slices
- Spread
- "Squeeze It" tubes
- Valencia
- Vitamin E

## APPROVED

### Must Be

These brands and types:

8th Continent Soymilk  
Half-gallon containers  
Refrigerated  
Original or Vanilla

Pacific Ultra Soy  
32 oz (quart) containers  
Shelf-stable  
Plain or Vanilla



## NOT APPROVED

### Do Not Buy

Brands, sizes, and types not listed as approved

## APPROVED

### Must Be

12 oz to 16 oz container  
Calcium-set  
Plain



### You Can Choose

Any brand  
Refrigerated or shelf-stable

### Shopping Tip

You can choose **any brand** of tofu. **Some examples** are listed below. Others are listed on the WIC website.

- Azumaya  
Extra Firm, Firm, Silken
- House Foods Organic  
Extra Firm, Firm, Medium Firm, Soft (Silken)
- House Foods Premium  
Extra Firm, Extra Soft, Firm, Medium Firm, Soft (Silken)
- Mori-Nu Organic  
Silken Extra Firm, Silken Firm, Silken Lite Firm
- Nasoya  
Lite Firm, Lite Silken, Organic  
Extra Firm, Organic Firm, Organic Silken, Organic Soft
- Sun Luck  
Chinese Style Firm, Japanese Style, Nugoshi Soft

## NOT APPROVED

### Do Not Buy

Sizes and types not listed as approved  
Sizes other than 12 oz to 16 oz  
Added flavors, foods, or spices  
Baked, cubed, or sliced  
Dessert tofu

## Shopping Tip

You can choose a combination of whole grain choices up to the amount of ounces (OZ) printed on the check.

## Whole Grain Choices:

- **Brown Rice**
- **Bulgur**
- **Oatmeal**
- **Soft Tortillas**
- **100% Whole Wheat Bread**



## Brown Rice

### APPROVED

#### Must Be

Plain



#### You Can Choose

16 oz bags or larger, or bulk (sold by weight)  
Any brand  
Non-organic or organic

### NOT APPROVED

#### Do Not Buy

Sizes and types not listed as approved  
Added flavors, foods, or spices  
Boxes  
Basmati, black, jasmine, mahogany, white, or wild  
Gourmet  
Mixed rice

## Bulgur

### APPROVED

#### Must Be

Plain

#### You Can Choose

16 oz bags or larger, or bulk (sold by weight)  
Any brand  
Non-organic or organic



### NOT APPROVED

#### Do Not Buy

Sizes and types not listed as approved  
Boxes  
Added flavors, foods, or spices

## Oatmeal

### APPROVED

#### Must Be

Plain



#### You Can Choose

16 oz bags or larger, or bulk (sold by weight)  
Any brand  
Gluten-free  
Instant or quick  
Non-organic or organic  
Old-fashioned or regular  
Rolled or steel-cut

### NOT APPROVED

#### Do Not Buy

Sizes and types not listed as approved  
Boxes  
Cylinders  
Added flavors, foods, or spices  
Granola

## Shopping Tip

You can choose oatmeal in bags or in bulk when "whole grain choices" is printed on the check.

## Soft Tortillas

### APPROVED

#### Must Be

Packages, 8 oz or larger  
 Yellow or white corn soft tortillas  
 Whole wheat soft tortillas  
 Plain

#### You Can Choose

Any brand  
 Low-sodium



### Shopping Tip

You can choose **any brand** of soft tortillas. **Some examples** are listed below. Others are listed on the WIC website.

Celia's White Corn  
 Celia's Whole Wheat  
 Chi Chi's Café Style Corn  
 Don Pancho 6" White Corn  
 Don Pancho 6" Yellow Corn  
 Don Pancho White or Yellow Corn  
 Great Value Corn  
 Guerrero 100% Whole Wheat  
 Guerrero White or Yellow Corn  
 La Burrita 8" Yellow Corn  
 Mama Lupe's 100% Whole Wheat  
 Mission White Corn – Super Size  
 Mission Yellow Corn – Extra Thin  
 Mission Yellow Corn – Super Size  
 Mission Whole Wheat  
 Ortega Whole Wheat  
 Tia Rosa White Corn  
 Tia Rosa Yellow Corn Taco Size

### NOT APPROVED

#### Do Not Buy

Sizes and types not listed as approved  
 Added flavors, foods, or spices  
 Chips, taco salad bowls, taco shells, tostada, or any other hard tortillas  
 Mixed-grain tortillas, such as corn and wheat together  
 Sprouted wheat  
 Store-made tortillas  
 Tortillas with "light" or "lite" on the label  
 Wraps

## 100% Whole Wheat Bread

### APPROVED

#### Must Be

Packages, 16 oz or larger  
 100% whole wheat bread  
 Loaf, plain, sliced

#### You Can Choose

Any brand  
 Low-sodium



### Shopping Tip

You can choose **any brand** of 100% whole wheat bread. **Some examples** are listed below. Others are listed on the WIC website.

Albertsons  
 Country Oven  
 Franz  
 Franz 40 Calories Per Slice  
 Franz 45 Calorie  
 Franz Big Horn Valley All Natural  
 Franz Stone Ground  
 Fred Meyer  
 Great Value  
 Hagen  
 Hagen Stone Ground  
 Oroweat  
 Oroweat Country  
 Roman Meal All Natural  
 Royal Hearth  
 Safeway O Organics 100% Whole Grain Wheat  
 Sara Lee Classic  
 Yoke's Fresh Market

### NOT APPROVED

#### Do Not Buy

Sizes and types not listed as approved  
 Added flavors, foods, or spices  
 Artisan or gourmet (bread baked in small batches)  
 Breads not wrapped in plastic  
 Breads with "light" or "lite" on the label  
 DHA  
 Extra fiber  
 French bread  
 Frozen or refrigerated dough  
 Gluten-free breads  
 Multigrain  
 Pockets of honey  
 Sourdough bread  
 Sprouted wheat  
 Store-made bread  
 Uncooked bread mixes  
 Unsliced

## WIC Customer Identification

1. The name of the person using the WIC check must be printed below the customer signature box on the check and match the identification (ID).
2. Identification must be shown when a WIC check is used.
3. **A WIC Appointment/ID folder with the printed name and signature of the person using the check is all the identification needed.**
4. If the WIC customer doesn't have their WIC Appointment/ID folder, or if it does not have their printed name and signature, use the following list for examples of other types of ID that can be used:
  - Driver's License
  - Military ID card
  - State ID card
  - Tribal ID card
5. WIC checks must be signed in the presence of the checker and after the actual purchase price is written on the check.
6. If the check is signed before it is presented to the checker, the WIC check cannot be used.

**APPOINTMENT AND ID FOLDER**  
WASHINGTON STATE NUTRITION PROGRAM **WIC**

▶ Print caregiver and/or client name \_\_\_\_\_  
Signature \_\_\_\_\_

▶ Print alternate name \_\_\_\_\_  
Signature \_\_\_\_\_

Client name(s) \_\_\_\_\_

▶ The **name** on your ID **must match** one of the names printed below the signature box on the check.

▶ **Use this folder at the grocery store for ID when using your WIC checks.**

**Examples of ID:**

- Driver's License
- Military ID card
- State ID card
- Tribal ID card
- WIC Appointment & ID folder with your printed name and signature.

**Your WIC Clinic:** \_\_\_\_\_

**Call your WIC Clinic:**

- To change an appointment.
- About problems at the store.
- About problems with your checks.
- If you move.

**WIC Supports Your Healthy Lifestyle!**

## Important Points to Remember at the Check Stand

- WIC customers must be allowed to buy all the foods in the amounts listed on the check.
- WIC customers may choose not to buy all the foods on the check.
- Sell only what's on the check—no substitutions are allowed.
- WIC customers can use manufacturer and store coupons, and loyalty cards. Deduct the value of the coupon(s) before entering the total amount of the sale on the WIC check.
- WIC customers are entitled to store promotions offered to all customers (for example: buy one, get one free).
- Print clearly and carefully on the check using a black or dark blue ink pen.
- For WIC Fruit and Vegetable checks never enter more than the value of the check in the Actual Purchase Price box.
- Always get the WIC customer's signature on the check. Checks without signatures cannot be paid.
- WIC customers must be treated with the same courtesies extended to other shoppers.
- If you have to refuse a WIC check, use all your customer service skills to explain why. Tell the WIC customer they can take the check back to their WIC clinic for help or more information.
- If a WIC customer needs a WIC approved food that is not in stock, do not issue a rain check or allow them to come back to the store to get the missing item.
- A WIC check cannot be used to pay a bill or an account that a WIC customer has at your store.

## WIC Customer Returns of Approved Foods

WIC customers may return WIC approved food if it is found to be spoiled or defective. They can have the exact same brand, type, and size of product as the one that was returned. They cannot have other types of food, credit, cash, gift cards, or coupons in exchange for the defective product.

## How to Take a WIC Check

**WIC** WASHINGTON STATE DEPARTMENT OF HEALTH  
P.O. BOX 47886 OLYMPIA, WA 98504-7886  
1-800-841-1410

"Quit Smoking, 1-800-Quit-Now"

United Community Bank 64-1968  
611

**1965567100**

Client ID#: 000111269    Name: Washington, Noel M  
Pay To: Any Washington WIC Approved Store

**2** First Day To Use  
**Feb 01, 2011**

Transaction Date

Last Day To Use  
**Mar 03, 2011**

Retailer Stamp ID Here

\*\*\* You may buy less, not more \*\*\* See WIC Shopping Guide \*\*\*

**2 gallon(s) 2%, 1%, or non fat milk, any brand**  
**36 oz cereal, 11 oz box or larger**

**3 1 dozen white eggs, small, medium, or large**  
**1 juice, 64 oz plastic bottles**  
**1 lb cheese, any brand, made in USA**

**4** Actual Purchase Price  
\$

Retailer must deposit this check within  
60 days of "First Day To Use"

Customer Signature - Show ID to match name below

X

February 2011    **1**  
1221 / 20100927

Washington, Patrice S  
 Washington, James D

**SAMPLE**

**5**

### 1 Getting Started

- Process each WIC check as a separate transaction.
- Ask for the check and the customer's ID.
- The name on the ID must match one of the names listed below the signature box.
- Put a check mark next to the customer's name.
- Refuse the check if it is already signed, the customer has no ID, the customer's name is not listed below the signature box, or if it is altered (for example, if dates or quantities are changed).
- When writing on a check, use a black or dark blue ink pen. Write clearly and do not use colored ink pens or gel pens.

### 2 Check the dates carefully

- Do not take checks before the "First Day To Use" or after the "Last Day To Use."
- Writing today's date in the "Transaction Date" box helps reduce rejected checks.

### 3 Sell only WIC approved foods, and the right amount of food

- Ring up the food in the order listed on the check.
- Make sure the customer selected only WIC approved foods. Refuse to sell foods that are not WIC approved.
- Look at the number of items and quantities listed on the check and sell up to those amounts. It is not a requirement for WIC customers to buy everything on their check.

If you have questions about WIC checks or fruit and vegetable checks, call WIC Customer Service at 1-800-841-1410, extension 3620.

### 4 Total the sale

- Write the total amount of the sale in the "Actual Purchase Price" box.
- If you make a mistake when you write the total purchase amount, you can correct it. Follow these steps:
  - Draw one line through the incorrect amount
  - Clearly write the correct amount in or close to the box, and write your initials close to the new amount
  - Do not write or scribble over numbers, use white out, or try to erase the incorrect amount

### 5 Finish the sale with their signature

- Have the customer sign the check in the signature box **after** you complete the "Actual Purchase Price" box.
- Ask them to return the check to you.
- Review the check to be sure it has:
  - Valid dates
  - Correct Actual Purchase Price entered
  - Customer's signature
  - A check mark by the customer's name

## How to Take WIC Checks for Fruits and Vegetables

**WIC** WASHINGTON STATE DEPARTMENT OF HEALTH  
P.O. BOX 47886 OLYMPIA, WA 98504-7886  
1-800-841-1410

"Quit Smoking, 1-800-Quit-Now"

United Community Bank 64-1968  
611

1965569102

Client ID#: 000111269 Name: Washington, Noel M  
Pay To: Any Washington WIC Approved Store

2 **First Day To Use**  
Feb 01, 2011

Transaction Date

**Last Day To Use**  
Mar 03, 2011

6 dollars fresh fruits and/or vegetables

3 **ATTN Checkers:** The price you enter on the check must not exceed the dollar amount printed on the check  
The Client can pay any extra amount

4 **Actual Purchase Price**  
\$

February 2011  
1211 / 20100927 1

5 **Customer Signature - Show ID to match name below**  
X

Washington, Patrice S  
 Washington, James D

**RETAILER STAMP ID HERE**

Retailer must deposit this check within  
60 days of "First Day To Use"

**SAMPLE**

### 1 Getting Started

- WIC customers may combine more than one WIC check for fruits and vegetables in a single transaction.
- Ask for the check and the customer's ID.
- The name on the ID must match one of the names listed below the signature box.
- Put a check mark next to the customer's name.
- Refuse the check if it is already signed, the customer has no ID, the customer's name is not listed below the signature box, or if it is altered (for example, if dates or quantities are changed).
- When writing on a check, use a black or dark blue ink pen. Write clearly and do not use colored ink pens or gel pens.

### 2 Check the dates carefully

- Do not take checks before the "First Day To Use" or after the "Last Day To Use."
- Writing today's date in the "Transaction Date" box helps reduce rejected checks.

### 3 Sell only WIC approved fruits and vegetables

- This guide has information on WIC approved fruits and vegetables (see page 12).
- We encourage WIC customers to buy the full value of the check, but it is not a requirement.

### 4 Total the sale

- If the purchase is less than the value of the check, write in the actual purchase amount. For example, if the dollar value of the check is \$6.00, and the total amount of the purchase is \$4.50, write in \$4.50.
- If the purchase is more than the value of the check, write the dollar value of the check in the "Actual Purchase Price" box. For example, if the value of the check is \$6.00, and their total purchase is \$7.00, the amount you write on the check is \$6.00. The customer pays the additional dollar themselves, using

a Washington Electronic Benefit Transfer (EBT) Quest card, debit or credit card, check, or cash. If they pay with cash, they can receive change.

- If you make a mistake when you write the purchase amount or dollar value of the check, you can correct it. Follow these steps:
  - Draw one line through the incorrect amount
  - Clearly write the correct amount in or close to the box, and write your initials close to the new amount
  - Do not write or scribble over numbers, use white out, or try to erase the incorrect amount

### 5 Finish the sale with their signature

- Have the customer sign the check in the signature box after you complete the "Actual Purchase Price" box.
- Ask them to return the check to you.
- Review the check to be sure it has:
  - Valid dates
  - Correct Actual Purchase Price entered
  - Customer's signature
  - A check mark by the customer's name





Washington State Department of Health  
WIC Nutrition Program

Customer Service  
1-800-841-1410, extension 3620

[www.doh.wa.gov/cfh/wic](http://www.doh.wa.gov/cfh/wic)

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ALWAYS WORKING FOR A SAFER AND  
**HEALTHIER WASHINGTON**

For persons with disabilities, this document is available on request in other formats.  
To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).