WYOMING
WIC PROGRAM

Food Shopping Guide

Eat Healthy
BE HEALTHY

Effective April 1, 2015
Version 3

INFORMATION

- **NO SUBSTITUTIONS ARE ALLOWED** - All WIC purchases are final, unless the item(s) purchased were expired or damaged.
- Not all products will be available at all stores.
- Take your receipt printout with you, or print a balance inquiry at the store before shopping. Make sure the foods you buy match your receipt.
- Let the cashier know that you will be using your WYO W.E.S.T. card.
- Give the cashier any Manufacturer/Store Coupons and/or Store Discount Cards as they are allowed and encouraged.
- If an item you are trying to purchase with your WIC benefits does not scan as WIC approved, please provide the UPC and a description of the product to your local WIC office immediately. (Tip: Take a picture with your smart phone and email it to wdh-wywicebt@wyo.gov.)
- If you are not able to buy juice with your WIC benefits, the product may not have enough Vitamin C or make the correct amount. See label below:

Nutrition Facts

Add 3 Cans of Water!

Makes 48 FL. OZ

Serving Size:
Conc. 2 fl. oz.
Recon. 8 fl. oz.
Servings: 6
Calories 120

Amount /Serving	% DV*	Amount /Serving	% DV*
Total Fat 0g	0%	**Total Carb.** 29g	10%
Sodium 5mg	0%	Sugar 28g**	
Potassium 300mg	9%	**Protein** 0g	
Vitamin A 0%	Vitamin C 120%	Calcium 0%	Iron 6%
Not a significant source of fat cal, sat fat, trans fat, cholest, and fiber.			
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
** Contains Natural Fruit Sugars Only			

- In order to receive the full nutrition benefit, we encourage you to buy and use all of the food benefits prescribed for you and your family.
- If you have a smartphone, you can use the EBT Shopper app to find out if a food item is WIC approved before getting to the checkout lane. See back of brochure for information on the app.
- If your local WIC office is closed and you need assistance, contact 1-888-996-9378 during normal business hours.

DAIRY

MILK (type of milk is specified on receipt)

Store Brand in gallons for:

- Whole
- Reduced Fat (2%)
- Low Fat (1%)
- Fat Free (Skim)
- Evaporated (12 oz cans)
- Non Fat Dry (Only in 8qt boxes)

If there is only one quart of milk remaining on your card you may purchase name brand milk.

Any brand can be purchased for:

- Acidophilus
- Buttermilk
- Goat's Milk (canned, fresh, or powered)
- Lactose Reduced/Free

Not Allowed: Organic, Flavored, Value-Added, Raw/ Unpasteurized Milk, or Any Name Brand (except in quart size or those specified above)

SOY BEVERAGE

The following brands in quarts or half-gallons:

- 8th Continent
  - Original or Vanilla
  - Refrigerated

- Pacific Natural
  - Ultra Soy Vanilla or Ultra Soy Original
  - Shelf Stable

- Silk
  - Original
  - Refrigerated

Not Allowed: Organic, Any Other Brands, Any Other Flavors, or Rice/Almond Based Beverage

CHEESE

Store brand and Kraft, 8 and 16 ounce block packages, regular or reduced-fat in the following types:

- Cheddar-Jack
- Cheddar (Yellow)
- Colby
- Colby-Jack
- Longhorn
- Monterey Jack
- Mozzarella
- String Cheese (Mozzarella)
- Deluxe American Cheese Slices (**not individually wrapped**)

Not Allowed: Organic, Random Weight, Bulk, Shredded, Deli, Sliced, Gourmet, Individually Wrapped Sliced Cheese, Cheese Food Products, Cheese Spreads, White American, Any Other Size, Added Ingredients (i.e., Pepper Jack), or Any Other Flavor

PROTEIN

LEGUMES

Any brand, 1 pound (16 oz) bag dried or 15 to 16 ounce can, any variety:

- Beans
- Peas (no Sweet)
- Fat Free Refried Beans
- Lentils
- Low Sodium

4 cans = 1 pound of dry legumes. Your benefit balance will be deducted .25 units for each can purchased.

Not Allowed: Organic, Canned Sweet Peas, Mixed Beans, Green Beans, Soup/Soup Mixes, Chili, Baked Beans, Beans with Meat, Soup, Snap Green, Wax, Yellow Beans, Added Flavoring, Added Fat, Added Oil, or Any Other Size

PEANUT BUTTER

Any brand, 16 to 18 ounce jars in creamy, crunchy, and extra crunchy

Not Allowed: Organic, Added Marshmallow, Added Jelly, Added Honey, Whipped, Natural, Squeeze Bottles, Low or Reduced-Fat, Other Nut Butters, or Any Other Size

EGGS

Any brand, large 1 dozen, white, Grade A, and Grade AA

Not Allowed: Organic, Brown, Eggland's Best, Cage Free, Free Range, Medium Size, Jumbo, Added Omega-3 Fatty Acid Eggs, or Any Other Count

WHOLE GRAINS

WHOLE WHEAT BREAD

Any brand, 16, 20, or 24 ounce packages

- **100% Whole Wheat Bread must be specified on the package**
- **First ingredient must be whole wheat flour**

Women can get only 16 ounce packages
Children can get 16, 20, and 24 ounce packages

Not Allowed: Organic, Enriched Wheat Flour, Bleached Wheat Flour, Hot Dog Buns, Hamburger Buns, Any Other Flavors, Light, or Any Other Size

WHOLE WHEAT TORTILLAS

16 ounce packages

The following name brands are allowed:

- Carlita 100% Whole Wheat
- Chi-Chi's Whole Wheat Fajita Style
- Don Pancho Whole Wheat Soft Taco
- Guerrero 100% Whole Wheat Soft Taco
- Herdez Whole Wheat Fajita Style
- IGA Whole Wheat Fajita Style
- Kroger 100% Whole Wheat Soft Taco
- La Favorita Whole Wheat
- Mission 100% Whole Wheat Soft Taco
- Ortega Whole Wheat
- Our Family Whole Wheat Fajita Style
- Shurfine Whole Wheat Fajita Style

Not Allowed: Organic, White Flour, Taco Shells, Tostada Shells, Flavored, Low Carb, Any Other Size, or Any Other Flavor

CORN TORTILLAS

Any brand, 8 or 16 ounce, soft, white, or yellow

- **First ingredient must be corn or corn masa flour**

Not Allowed: Organic, White Flour, Taco Shells, Tostada Shells, Flavored, or Any Other Size

BROWN RICE

Any brand, 16 or 32 ounce bag, short grain, long grain, or parboiled

Women can get only 16 ounce packages
Children can get 16 and 32 ounce packages

Not Allowed: Organic, Added Flavors/Seasonings, Mixes, Dinners, Instant, Ready to Serve, Boil-in-Bag, or Any Other Size

OATMEAL / OATS

Any brand, 16 ounce package, original flavor

Not Allowed: Organic, Instant, Added Flavors, or Any Other Size

BREAKFAST CEREAL

WG = Whole Grain as defined by USDA
GF = Gluten Free

OATMEAL

Store brand only, **11.8 or 12 ounce** box, regular flavor, individual packets

WG

The following brands are approved:

- Essential Everyday
- Kroger
- Shurfine
- Great Value
- Our Family
- Western Family
- IGA
- Safeway Kitchens

CEREAL

12, 18, and 36 ounce packages

B&G Foods

WG GF

Cream of Wheat Instant Packets | Cream of Wheat Whole Grain | Cream of Rice Instant Packets

Essential Everyday

WG

Corn Flakes | Crispy Rice | Bite Size Frosted Shredded Wheat

General Mills

WG/GF WG/GF GF GF WG WG WG

Cheerios | Multi Grain Cheerios | Corn Chex | Rice Chex | Kix | Berry Kix | Honey Kix

Great Value

Corn Flakes | Crisp Rice

IGA

Corn Flakes | Crispy Rice

Kellogg's

WG WG GF

All Bran Complete Wheat Flakes | Corn Flakes | Frosted Mini Wheats Bite Size | Rice Krispies | Rice Krispies Gluten Free

BREAKFAST CEREAL

Kroger

Corn Flakes

Crispy Rice

WG

Bite Size Frosted Shredded Wheat

Quaker

WG

Life

Malt-O-Meal (bag or box)

Crispy Rice

WG

Frosted Mini Spooners

WG

Blueberry Frosted Mini Spooners

WG

Strawberry Cream Frosted Mini Spooners

Malt O Meal Original

POST

WG

Alpha-Bits

Honey Bunches of Oats

Almond Cinnamon Honey Roasted

WG

WG

Honey Bunches of Oats Whole Grain

Honey Crunch Vanilla Bunches

WG

Grape-Nuts Flakes

Our Family

Corn Flakes

Crispy Rice

WG

Frosted Bite Size Shredded Wheat

Safeway (bag or box)

Corn Flakes

WG

Bite Size Frosted Shredded Wheat

Shurfine

Corn Flakes

Crisp Rice

WG

Bite Size Frosted Shredded Wheat

Western Family

Corn Flakes

Crisp Rice

WG

Frosted Shredded Wheat Bite Size

Not Allowed: Organic, Any Other Size, or Any Other Flavor

JUICE

All WIC juice must contain at least 120% Vitamin C and be 100% juice

JUICE FOR WOMEN

Any brand, in 11.5 to 12 ounce frozen or non-frozen cans; **Juice must reconstitute to 48 ounces**

Any brand, 12oz frozen Apple, Cranberry, Grape (white or purple), Grapefruit, Orange, or Pineapple

Welch's 11.5oz shelf stable (non-Frozen) Grape or Apple

JUICE FOR CHILDREN

Any brand, 64 ounce, in the flavors listed below

64oz Orange juice in a plastic jug/bottle or carton, refrigerated or shelf stable

64oz Apple, Cranberry, Grape (White or Purple), Pineapple, Vegetable, or Grapefruit shelf stable bottle

Not Allowed: Organic, Cocktail Juices, Granny Smith Apple, Added Sugar, Added Sugar Substitutes, Any Other Flavors, or Any Other Sizes

FRUITS & VEGETABLES

FRESH FRUITS AND VEGETABLES

Any brand or any size

The following are approved:
Whole, pre-cut, organic, mixed, and packaged

- Your fruit and vegetable purchase must be less than or equal to the dollar value on your benefit balance receipt.
- Buy produce in season for the best price and flavor.
- If you are not able to purchase certain fruits or vegetables, it could be that the item is not flagged as WIC approved in the store's system. Please let your local WIC office know immediately.
- If you have less than a dollar for fresh fruits or vegetables on your card, try buying a single banana, apple, or orange.

Not Allowed: Frozen; Canned; Dried; Packages with Dip; Packages with Dressing; Fruits and Vegetables from Salad Bars; Fruit Baskets; Party Trays with dressing or dip; Edible Blossoms; Edible Flowers; Herbs; Spices; Aloe Leaves; Ornamental and Decorative Fruits and Vegetables, such as Chili Peppers on a String; Garlic on a String; Gourds; or Painted Pumpkins

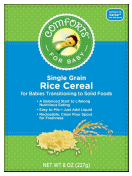
INFANT PRODUCTS

INFANT CEREAL

8 or 16 ounce containers, Rice, Oatmeal, Multigrain, and Whole Wheat

The following brands are approved:

Baby Basics



Comforts for Baby

Parents Choice

Beechnut

Gerber

Tippy Toes

Not Allowed: Organic, Any Other Brands, Cereal in Cans/Jars, Added Formula, Added Fruit, Added DHA, Added ARA, Added Yogurt, Any Other Sizes, or Any Other Flavors

INFANT FRUITS & VEGETABLES

Baby Basics, Beechnut Classics, Gerber, and Tippy Toes

The following are approved:

- 2.5 ounce
- 3.5 ounce
- 4 ounce
- 6 ounce
- Single Fruits
- Single Vegetables
- First Foods
- Second Foods
- Third Foods
- Glass
- Plastic
- Multi-Packs with Single Ingredients

Not Allowed: Organic, Mixtures, Medleys, Added DHA, Added ARA, Added Cereal, Dinners, Desserts, Custards, Cobblers, Added Sugar, Added Starch, Added Salt, Graduates, 4.25 ounce, Pouches, or Blends

Ways to buy 128 ounces of baby food:

Any Combination is possible, you can mix and match different sizes

- 32 - 4oz jars
- 24 - 2.5oz 2 packs plus 2 - 4oz jars
- 16 - 3.5oz 2 packs plus 4 - 4oz jars
- 20 - 6oz jars plus 2 - 4oz jars

FORMULA

Only brand, type, and size specified on benefit balance receipt

Not Allowed: Substitutions or Exchanges at the Store

EXCLUSIVELY BREASTFEEDING

Breastfeeding is the best way to support the growth of your child while nurturing a bond that will last a lifetime.

Fully breastfeeding moms, pregnant women with multiples, and fully breastfed infants not issued formula from WIC receive extra food benefits.

INFANT MEATS

2.5 ounce glass jars, single meat variety with added broth or gravy

The following brands are approved:

Baby Basics

Beechnut Classics

Gerber

Tippy Toes

Not Allowed: Organic, Added DHA, Added ARA, Added Rice, Added Pasta, Added Noodles, Graduates, Dinners, Added Sugar, or Added Salt

FISH

TUNA - Any brand, in 5 or 6 ounce cans, chunk style, water-packed, light

Not Allowed: Organic, Albacore, White, Oil Packed, Pouches, Lunch Kits, Gourmet Flavored, Seasoned, or Any Other Size

SALMON - Any brand, in 5 or 6 ounce cans, pink, water packed

Not Allowed: Organic, Red, Blueback, Atlantic, Coho, Sockeye, Wild, Pouches, Gourmet, Flavored, Seasoned, or Any Other Sizes

Mother's milk has everything a baby needs to grow and stay healthy. With enough patience and support , there is a solution to every breastfeeding challenge and WIC is here to help.

WIC WICShopper
WIC shopping, simplified.

The WIC EBTShopper mobile app enables WIC participants to verify the WIC eligibility of items while shopping. The app is free and can be downloaded by scanning the QR bar code or by going to ebtshopper.com.

WIC FRAUD OR ABUSE

Misusing the WIC Program takes away food and services from all WIC participants. Buying, selling, or giving away a WIC EBT card or WIC food benefits is against the law. You may be prosecuted for buying, selling, or attempting to buy/sell either a WIC EBT card or WIC food benefits.

Help put a stop to potential WIC Fraud. Please report any WIC participant or grocer whom you suspect of buying or selling WIC EBT cards or WIC food benefits, or any suspicious activity involving the WIC Program by calling **1-888-996-9378**.

This Food Shopping Guide can be viewed from a smartphone or computer. Go to:

http://www.health.wyo.gov/familyhealth/wic/FoodList.html

OR

Scan the QR bar code and look for the Food Shopping Guide

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