



Shopping With WIC



Good Nutrition in WIC Foods

- WIC foods contain important nutrients your body needs to stay healthy.
- WIC foods help moms have healthy pregnancies and children grow strong and healthy so they are ready for Kindergarten.



Vitamins,
minerals
and fiber



Fiber,
folate, B
vitamins



Protein,
calcium,
vitamin D



Protein



Protein,
iron



Iron,
folate,
vitamins,
minerals



Protein,
calcium,
probiotics



Vitamin C



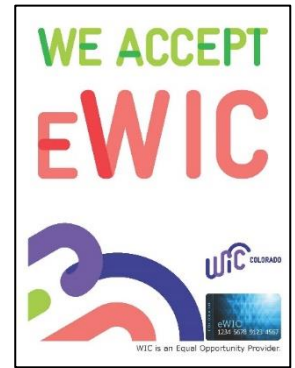
Food List & Shopping Guide



- The guide is full of shopping information and tips.
- It is available in many different languages.
- It can also be found on the WICShopper app.



Use eWIC card at:



Fresh, Frozen and Canned Fruits and Vegetables

Correct ✓



Do Not Buy



Dollar amounts are listed on your benefits list to spend for fruits and vegetables.

Example 1:

- You have \$20 to spend
- You purchase grapes, frozen broccoli and canned corn that add up to \$9.00
- You have \$11.00 left to spend

Example 2:

- You have \$11 to spend
- You purchase bananas, peppers and strawberries that add up to \$11.50
- You will need to pay 50 cents with your own money or SNAP benefits.



Whole Grains

Correct ✓



Whole Grains

Do Not Buy





Whole Grains – Adding up to 32 ounces



+



Sara Lee 100% Whole Wheat Bread 16 oz.

Wonder 100% Whole Wheat Bread 16 oz.



+



Sara Lee 100% Whole Wheat Bread 20 oz.

Oroweat 100% Whole Wheat Sandwich Thins 12 oz.



+



Nature's Own 100% whole wheat bread 20 oz.

Kroger 100% whole wheat sandwich slims 12 oz.



+



Oroweat 100% whole wheat bread 24 oz.

La Favorita Corn Tortillas 12 count 8 oz.

Breakfast Cereal

Correct ✓



Shopping Tip:

- Add up to 36 oz. (not over)
- Pay attention to the weight, not the size of the box



Milk

Correct ✓



Gallon Half Gallon Quart



Gallon Half Gallon Quart

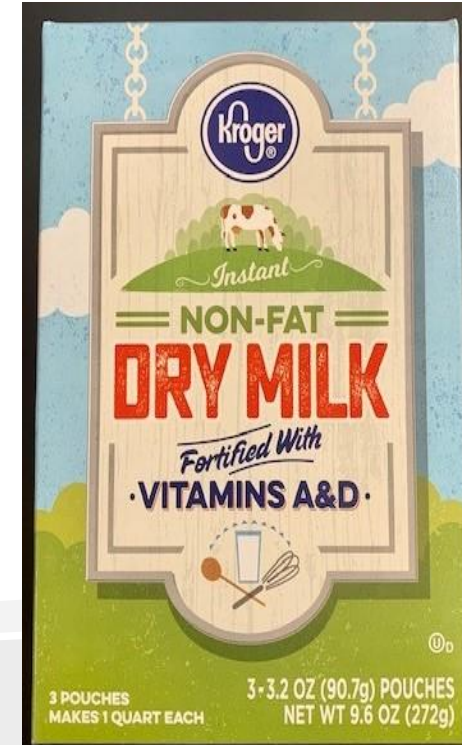


Gallon Half Gallon Quart

Shopping Tip
Gallon = 1
Half Gallon = .5
Quart = .25

Milk (continued)

Correct ✓



Yogurt – 32 oz. tub or two 8-packs of 2 oz. tubes
or one 16-pack of 2 oz. tubes

Correct ✓



Do Not Buy ✗





Cheese – 8 oz. or 16 oz. packages

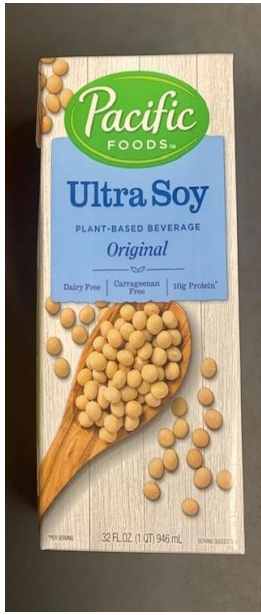
Correct ✓

Do Not Buy ✗



Soy & Tofu

Correct



Do Not Buy X



■ ■ ■ Eggs

Correct ✓



Canned Fish – Exclusively Breastfeeding Women Only

Correct ✓



Incorrect ✗



Peanut Butter & Beans



One Unit
(1 jar/bag/can)

Many Combinations Possible!

Example 1:

- You have 2 jar/bag/can
- You can purchase 1 jar of peanut butter and 4 cans of beans

Example 2:

- You have 3 jar/bag/can
 - You can purchase 2 jars of peanut butter and 1 bag of dried beans
- OR
- You could purchase 1 jar of peanut butter, 1 bag of dried beans and 4 cans of beans

Peanut Butter & Beans

Correct ✓



Do Not Buy ✗





Juice: 48 oz. Bottles or Frozen Juice - Women

Correct ✓



Do Not Buy ✗



64 oz



Juice: 64oz Bottles - Children

Correct ✓



Do Not Buy ✗





Baby Fruits and Vegetables

Correct



Do Not Buy



Baby Cereal and Infant Meat

Correct



Do Not Buy



Infant Formula

- Only buy name and brand of formula on your benefits list and WICShopper app.
- Call your WIC Office with questions or changes.





Your eWIC Card

- Set up your 4 digit PIN
- Share your PIN with those you trust
- Call 1-844-234-4950 to reset your PIN if you have entered it wrong 3 times.
- 4 wrong PIN entries will lock your card until midnight.
 - If this is the last day of the month you might lose your benefits.
- Call your clinic to unlock your PIN, and replace lost or stolen cards.





WICShopper App

- Download the WICShopper App
- Register eWIC card
- Set-up the end of month reminder
- Review different buttons
- Practice scanning foods
- Find your benefit balance

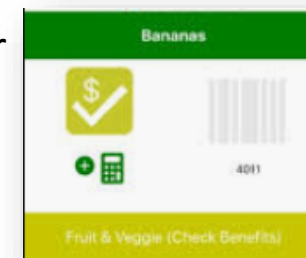


Scanning Results

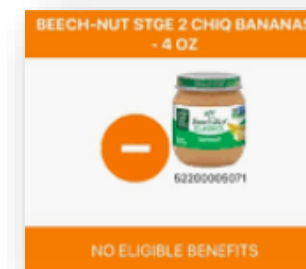
Food item allowed



Check your fruit & vegetable \$ balance



Item not on your list or already purchased

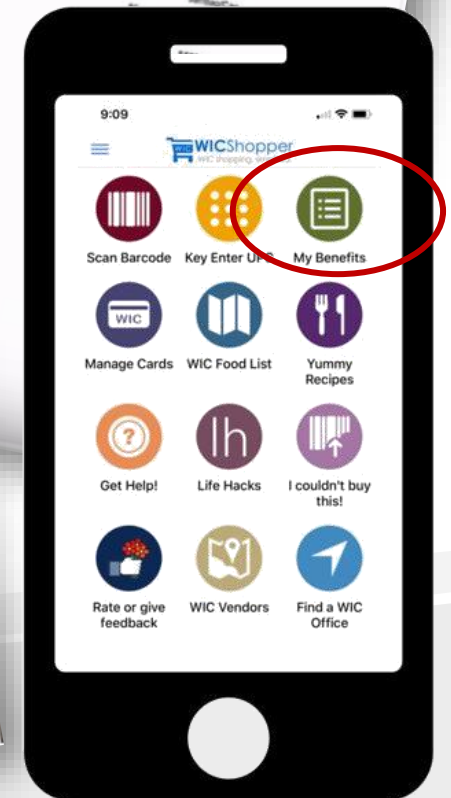
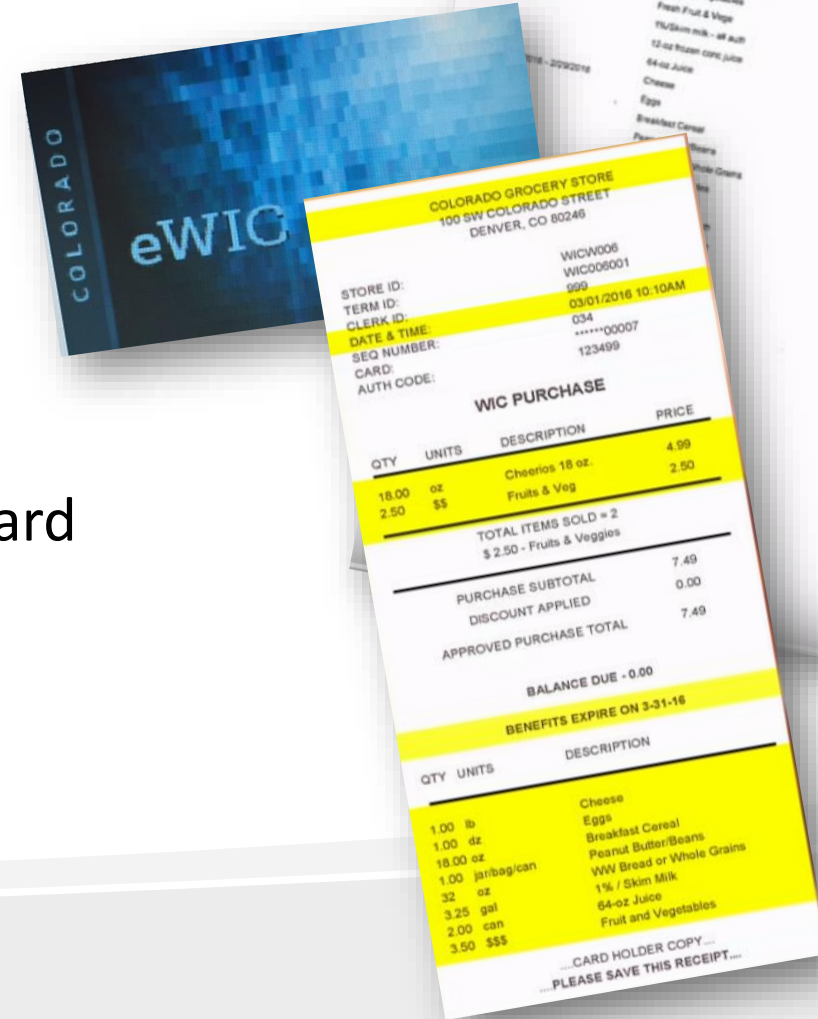


Item is not on WIC



Know Your WIC Food Balance

- Your balance can be found:
 - Family Food Benefits List
 - WICShopper App
 - www.ebtEDGE.com
 - Call 1-844-234-4950 on back of card
 - Grocery Store Receipt

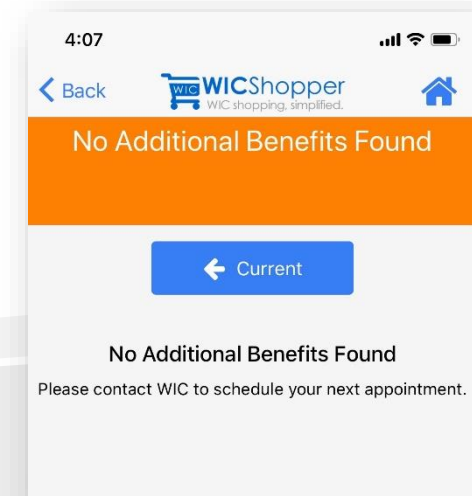




Reloading Your eWIC Card



- Be sure to keep your appointments so your card can be reloaded.
 - Cards need to be reloaded by staff
 - Food balances zero out at midnight on the last day of the month
 - Call for an appointment if you don't have a food balance for the current month or next month.



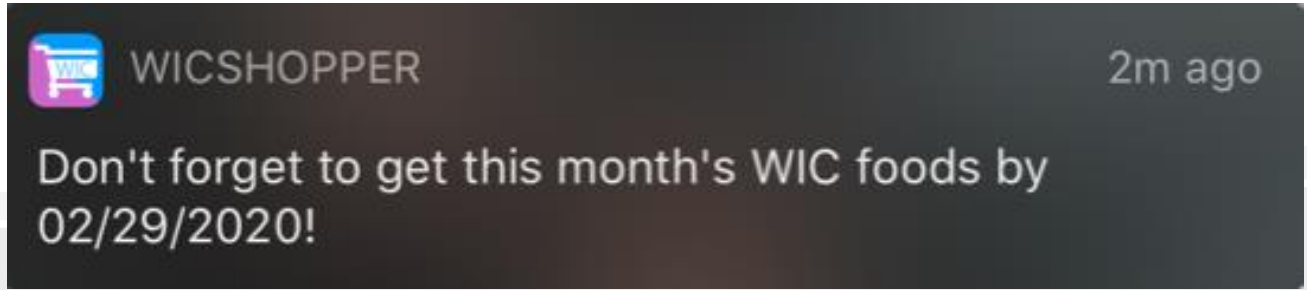


WIC Food Reminders

- You can sign up for appointment text reminders so you will not miss out getting WIC foods loaded onto your card.

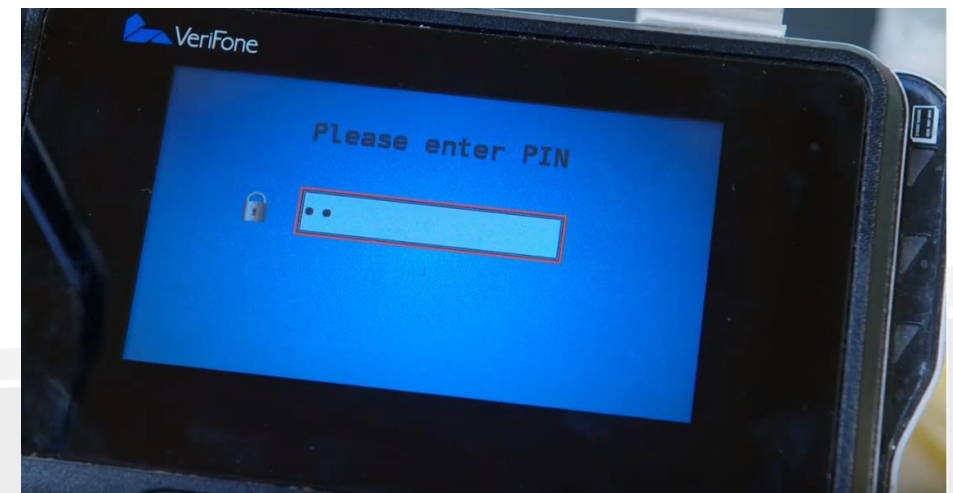
Missed Appointment	"WIC: You do not have any WIC foods left on your card. Call to schedule an appointment to get WIC foods added to your card."
It's your last month of food and your next appointment isn't scheduled	"WIC: You do not have WIC foods on your card next month. Call us to schedule an appointment to get WIC foods added to your card."

- WICShopper App reminder message:



At the Check-out

- You can separate groceries at first if you would like
- Use your eWIC card to pay first
- Swipe your card and enter your pin
- Your receipt shows purchases and remaining balance



Payment Steps at King Soopers

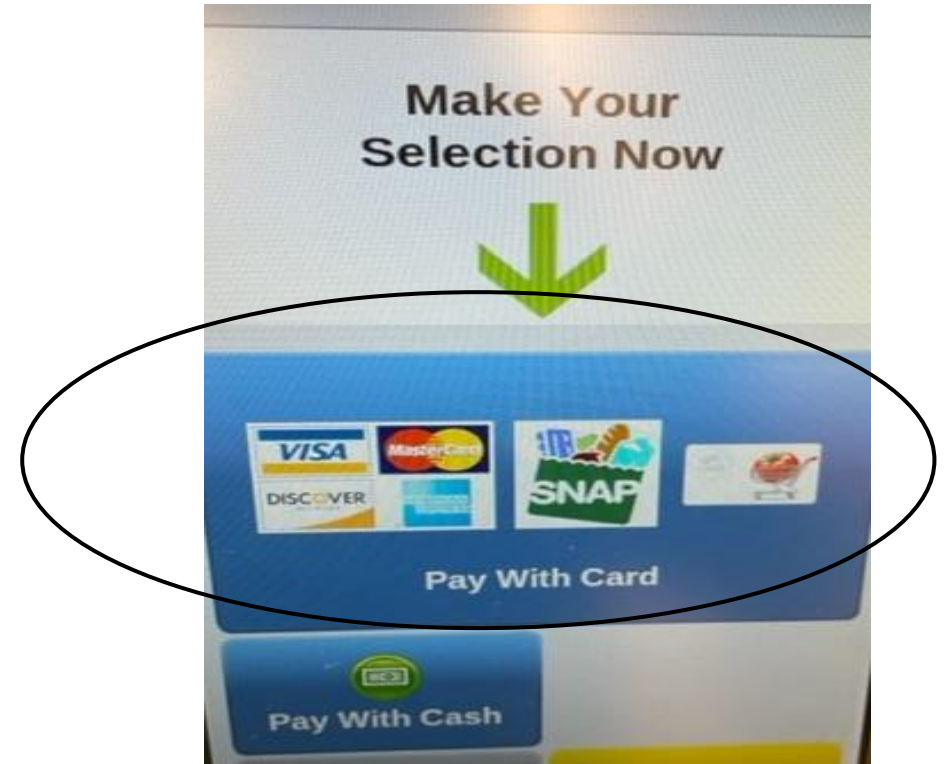
- Select **Card** as payment option
- **Slide** eWIC card and enter **PIN**
- Select **YES** or **No** to accept or decline charges





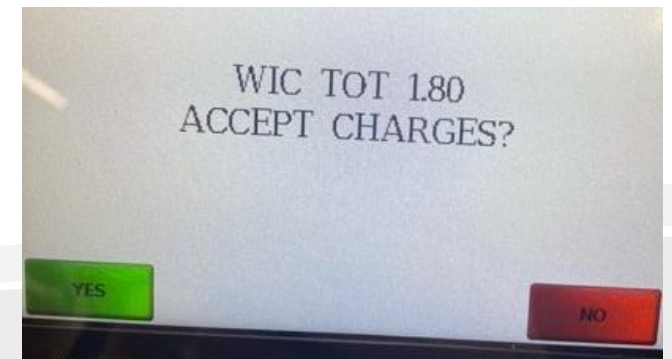
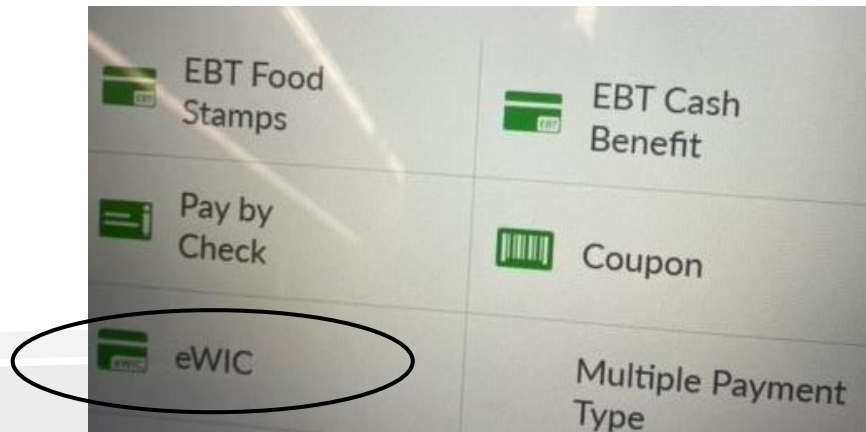
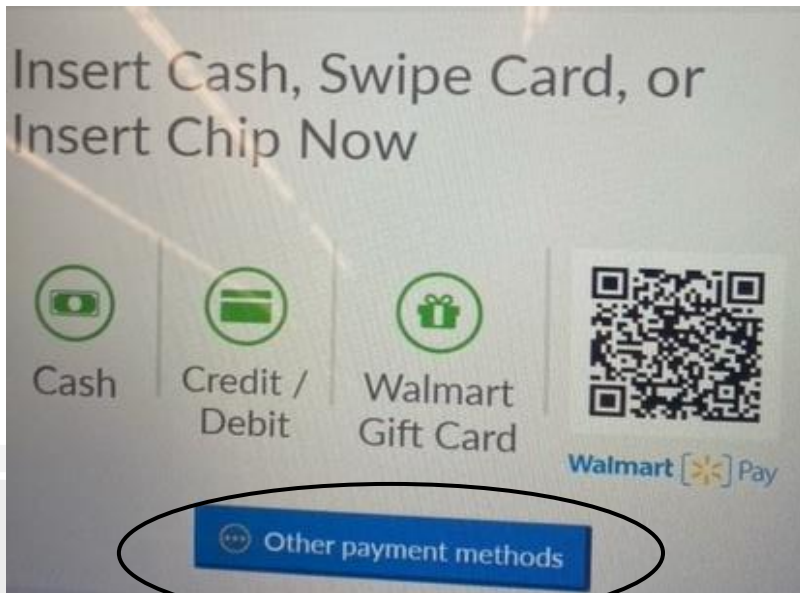
Payment Steps at Safeway

- Select **Pay With Card** as payment option
- **Slide** eWIC card and enter **PIN**
- Select **YES** or **No** to accept or decline charges



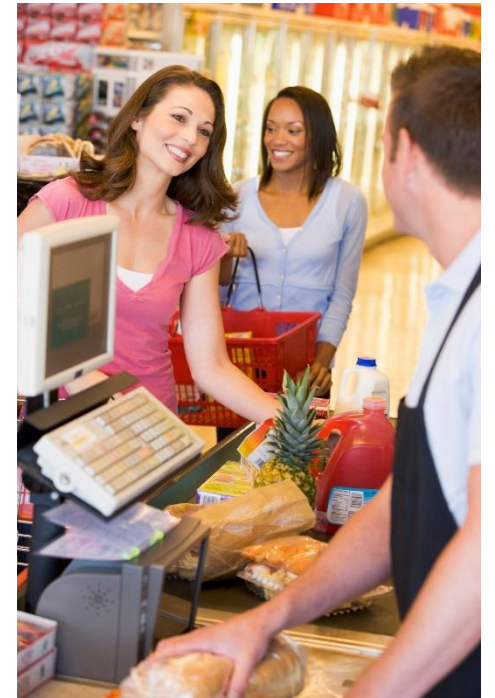
Payment Steps at Walmart

- Select **Other payment methods**
- Select **eWIC**
- **Slide** eWIC card and enter **PIN**
- Select **YES** or **No** to accept or decline charges



Shopping Tips

- If an item is not ringing up correctly:
 - Check the foods list to make sure it is OK to buy
 - Check your food balance
 - take a picture of the bar code and label, send to your clinic
- Not every item in the Foods List is at every store
- Make a WIC food grocery list before going
- You can ask the clerk to void an item if it is not ringing up as you thought it should.





Call Us With Any Questions!



- We want your WIC shopping trip to be easy.

