



Shopping Guide

West Virginia Department of Health and Human Resources

WIC Approved Food List



Effective October 2010

WIC Participant Responsibilities

USING WIC VOUCHERS

1. Only you or your proxy can spend your WIC vouchers at the store.
2. Buy only WIC food in the amount listed on the voucher.
3. If you are buying other food, keep WIC food separate from other food you are buying. Tell the cashier you are paying for the food with a WIC voucher. If you are spending more than one voucher, group all foods on one voucher together. Each voucher is a separate transaction. You do not have to spend all of your vouchers at one time.
4. Give only the voucher(s) to the cashier for the food you are buying. The cashier will write the price of the WIC food on the voucher. Make sure the amount the cashier enters on the voucher is the same as the amount displayed on the register. After the cashier puts the price on the voucher, you or your proxy must sign the voucher. **DO NOT** sign the voucher until the price is put on it.
5. You can use “cents off” coupons. You are entitled to store specials: for example, buy one get one free.
6. Your *Shopping Guide* tells you what you can and cannot buy. Don't forget to take your *Shopping Guide* with you during all shopping trips!
7. If you are not using all the food listed on your vouchers, please tell the WIC Nutritionist.

A STORE CANNOT:

1. Give you money or credit for anything you do not buy.
2. Take back WIC food or formula for money, credit or exchange.
3. Let you get food or formula that isn't WIC approved.
4. Give you a rain check for WIC food or formula.

Shopping Tips

Here are some tips for stretching your WIC vouchers and your own food dollars:

- Lower-priced brands are as good as higher-priced brands.
- Use grocery store club cards.
- Use store vouchers.
- Buy store or private brands.
- Take advantage of “buy one, get one free” specials.

Weights: What’s helpful to know

Ounces = oz.

Pound = lb.

16 ounces = 1 pound

While we try to keep the Shopping Guide up-to-date, sometimes changes occur. What is printed on your WIC voucher is what you can buy.



Manufacturers’ vouchers and any store promotions can be used with WIC vouchers, including free food.

Canned Fish



- Participants to choose chunk light tuna and/or pink salmon only
- 30 oz. total
- Combination to add up to 30 oz. in 5 oz. cans ONLY

DOES NOT INCLUDE: Organic; fish with added flavorings, spices or ingredients other than salt, oil or water.

5 oz. cans



EGGS



- Any grade of large white chicken eggs packaged by the dozen **ONLY**.

DOES NOT INCLUDE: Organic, reduced cholesterol or reduced saturated fat eggs; eggs fortified/enriched with Vitamin E, DHA or Omega 3; brown eggs.

PEANUT BUTTER

(only for children over 2-years-old)
18 oz. Jars **ONLY**.



Any brands including:

- low-sugar or low-sodium
- any style including plain, smooth, crunchy or extra crunchy, and chunky styles

DOES NOT INCLUDE: Combinations including those with jelly, honey, chocolate, marshmallow or flavors added; reduced fat or peanut spreads; organic peanut butters.

BEANS

Dried Beans

- Any type plain dried bean, lentil or pea in a 16 oz. bag **ONLY**.



Canned Beans

- 15 to 16 oz. cans **ONLY** of any brand of the following beans: black beans, great northern beans, kidney beans, navy beans and/or pinto beans.



DOES NOT INCLUDE: organics; added sugars, fats, oils or meats, or seasoned beans.



MILK

- Least expensive brand only.
- Size of container as listed on voucher.
- Purchase fat content and type listed on voucher.
- Participants may NOT purchase two half-gallons of milk to equal one gallon.

Includes:

- Whole, reduced fat (2%), Low fat (1%), Fat free/Skim, Super Skim/Ultra Skim, Lactose free & Chocolate.
- Nonfat dry milk as specified.
- 8th Continent Regular Soy Milk Original ONLY.

DOES NOT INCLUDE: Cultured milk (i.e. buttermilk, kefir, acidophilus); evaporated or sweetened condensed milk; organic milk. (Participants may NOT purchase two half gallons of milk to equal one gallon.)



CHEESE

- 16 oz. packages ONLY.
- 100% cheese ONLY.
- Sliced, shredded or block form.
- Monterey Jack, Colby, natural Cheddar, part-skim or whole Mozzarella, pasteurized processed American, or blends of any of these cheeses.
- Low-fat; reduced-fat; fat-free; low cholesterol; low sodium; calcium fortified; vitamin D fortified; and lactose-reduced cheese.

DOES NOT INCLUDE: Cheese food, cheese product, imitation cheese, cream cheese or cheese spread; cheese with added herbs, spices, seasonings or flavorings (wine or smoked); deli or imported cheese; individually packaged slices, cubes, crumbles or string cheese; organic.



INFANT FORMULA

- Formula must be the brand, form and size written on the voucher only.

DOES NOT INCLUDE: Any other standard milk-based or standard soy-based infant formulas; low-iron infant formula.

At 6 months of age, your infant will begin receiving baby foods, so formula amounts will be adjusted.



INFANT CEREAL

- Must be in 8 oz. boxes only. Must be the brand written on the voucher only.

DOES NOT INCLUDE: Glass or plastic jars, organic, cereal with added fruit or formula.



INFANT FRUITS

- Single ingredient or combinations of single ingredient (e.g. apples; pears; apples-mango-kiwi) fruit without added sugars, starches, or salt (i.e. sodium).
- Purchase the size specified on the voucher.

DOES NOT INCLUDE: Mixtures with cereal or infant food dinners, puddings, desserts (e.g. peach cobbler) or “delights”; organic infant fruits; commercial varieties containing DHA or ARA; infant fruits with added sugars, starches or sodium; infant fruits with yogurt; fresh fruits as substitute for commercial infant food; Gerber Graduates fruit dices, fruit puffs, yogurt melts, wagon wheels, fruit and cereal bars, mini fruits, fruit strips or fruit twists; Beech Nut Let’s Grow yogurt nibbles; Heinz toddler foods.

INFANT VEGETABLES

- Single ingredient or combinations of single ingredient (e.g. peas and carrots) vegetables without added sugars, starches, or salt (i.e. sodium).
- Purchase the size specified on the voucher.

DOES NOT INCLUDE: Organic infant vegetables; infant food dinners; infant vegetables with added sugars, starches or sodium; commercial varieties containing DHA or ARA; fresh vegetables as substitute for commercial infant food; Gerber Graduates vegetable dices, veggie puffs or wagon wheels; Heinz toddler foods.

For Fully Breastfeeding Infants

INFANT MEATS

- Infant food meat or poultry, as a single major ingredient, with added broth or gravy without added sugars or salt (i.e., sodium).
- Purchase the brand and size specified on the voucher.

DOES NOT INCLUDE: Infant food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs); organic meats; commercial varieties containing DHA or ARA; chicken sticks, turkey sticks or meat sticks; Gerber Graduates Lil’ Meals, Lil’ Sides, Lil’ Entrees or Pasta Pick-ups; Beech Nut Tummy Trays or Mini-meals; Heinz toddler foods; Nature’s Goodness Toddler Cuisine.

VEGETABLES

- Any variety of fresh whole or cut vegetables (including vegetable trays without dips), sweet potatoes or yams without added sugars, sodium, flavoring, dressing, fat or oil.
- Participant may pay additional cost over the maximum amount of the cash value voucher including any tax, with cash, check, SNAP (food stamp card), credit or debit card.
- If participant spends less than the voucher's maximum amount, no cash or credit will be given.
- Two or more cash value vouchers may not be combined. Each voucher is a separate transaction.

DOES NOT INCLUDE: White, yellow, purple or red potatoes; any variety of canned, frozen or dried vegetables; herbs or spices; soups; ornamental vegetables such as chilies on a string, gourds or edible blossoms.





FRUITS

- Any variety of fresh whole or cut fruit (including fruit trays without dips) without added sugars, flavoring, dressing, fat or oil.
- Participant may pay additional cost over the maximum amount of the cash value voucher including any tax, with cash, check, SNAP (food stamp card), credit or debit card.
- If participant spends less than the voucher's maximum amount, no cash or credit will be given.
- Two or more cash value vouchers may not be combined. Each voucher is a separate transaction.

DOES NOT INCLUDE: Any variety of canned, frozen or dried fruit; ornamental fruits such as painted pumpkins or edible blossoms.



BRIGHT IDEA!

Choose whole fruits and vegetables over pre-cut and pre-chopped. You will get more fruits and vegetables by choosing whole since pre-cut and pre-chopped are more expensive. Slice fruits and vegetables ahead of time and store them in the refrigerator in an airtight container.

JUICES

- Pasteurized 100% unsweetened fruit juice or vegetable juice.
- 12 oz. frozen, 64 oz. shelf stable cans or plastic bottles, or 64 oz. refrigerated cartons.
- If juice is not listed, it is not allowed.

DOES NOT INCLUDE: Fruit Juice Blends.

64 oz. shelf stable or refrigerated bottles or cartons

Apple



Grape - White, purple, or red



Grapefruit, Orange - Any brand



Tomato



Vegetable Juice



★ =
V8 Low Sodium is
also WIC approved

12 oz. frozen

Apple



Grape - White, purple, or red



Grapefruit, Orange, Pineapple - Any brand



WHOLE GRAIN BREADS

- Whole wheat and whole grain breads.
- One pound (16 oz.) packages only.

DOES NOT INCLUDE: Breads that do not have whole grain as the primary ingredient; white-wheat breads; breads with additives such as herbs, spices, peppers, cheese, or tomatoes; organic breads; whole grain or multi grain breads from the bakery/deli counter; brown, basmati, wild, wehani or jasmín rice; bulgar (cracked wheat); oatmeal, whole grain barley, soft corn or whole wheat tortillas; granola or other whole unprocessed grains with added nuts, fruits, etc.; other whole grain products such as whole wheat flour, whole corn flour, pasta, rye or couscous.





Whole Grain Breads


CEREALS

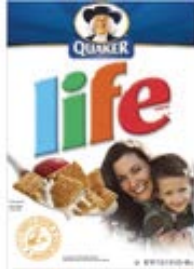
- Minimum package size is 12 oz. for cold cereal.
- Minimum package size is 11 oz. for hot cereal.

DOES NOT INCLUDE: Single-serving boxes or packets except Quaker Instant Oatmeal; organic cereals.

WHOLE GRAIN CEREALS

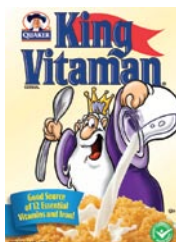


 = Cereals rich in folic acid



Cereals continued on next page →

OTHER CEREALS



Examples of Cereal Combinations

$$\begin{array}{|c|} \hline \text{Cereal} \\ 12 \text{ oz.} \\ \hline \end{array} + \begin{array}{|c|} \hline \text{Cereal} \\ 12 \text{ oz.} \\ \hline \end{array} + \begin{array}{|c|} \hline \text{Cereal} \\ 12 \text{ oz.} \\ \hline \end{array} = 36 \text{ oz.}$$

$$\begin{array}{|c|} \hline \text{Cereal} \\ 17.3 \text{ oz.} \\ \hline \end{array} + \begin{array}{|c|} \hline \text{Cereal} \\ 14.8 \text{ oz.} \\ \hline \end{array} = 32.1 \text{ oz.}$$

$$\begin{array}{|c|} \hline \text{Cereal} \\ 24 \text{ oz.} \\ \hline \end{array} + \begin{array}{|c|} \hline \text{Cereal} \\ 12 \text{ oz.} \\ \hline \end{array} = 36 \text{ oz.}$$

$$\begin{array}{|c|} \hline \text{Cereal} \\ 20 \text{ oz.} \\ \hline \end{array} + \begin{array}{|c|} \hline \text{Cereal} \\ 16 \text{ oz.} \\ \hline \end{array} = 36 \text{ oz.}$$

CALL YOUR LOCAL WIC CLINIC FOR ANY OF THE FOLLOWING REASONS:

1. You cannot keep your appointment.
2. Your vouchers are destroyed, stolen or lost.
3. You had any problems at the store.
4. You are moving to a different address.
5. You have any questions about WIC.
6. Your baby's formula has changed.

WIC APPOINTMENTS

1. If you are late for a WIC appointment, you may have to be rescheduled.
2. You and/or your proxy are expected to attend nutrition education and counseling sessions.
3. When your certification ends, you must complete your new appointment before vouchers can be issued.
4. **TO SAVE TIME DURING YOUR APPOINTMENTS:** Bring all items requested on your appointment letter.

YOU MAY BE REMOVED FROM THE WIC PROGRAM FOR THE FOLLOWING REASONS:

1. Spending your voucher **BEFORE** the "first date to spend" printed on the voucher.
2. Spending your voucher **AFTER** the "last date to spend" printed on the voucher.
3. Changing or altering the voucher in any way.
4. Selling or trading WIC food or formula.
5. Abusing (verbally or physically) WIC or grocery store staff, by you and/or your proxy.

SHOPPING LIST



350 Capitol Street, Room 519
Charleston, WV 25301-3715
Phone: 304-558-1115
<http://ons.wvdhhr.org>

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