WISCONSIN WOMEN, INFANTS & CHILDREN NUTRITION PROGRAM

SHOPPING GUIDE

EFFECTIVE NOVEMBER 1, 2019 TO OCTOBER 31, 2022
WELCOME TO THE WIC PROGRAM!

This is your WIC shopping guide. It shows what foods WIC approves. WIC provides healthy food benefits every month that you are enrolled and eligible for the program. These nutritious foods are specifically chosen to promote good health, growth, and development. With your eWIC card, you can only buy foods that are approved by WIC and in your current benefits. Your nutritionist can give you additional tips and ways to cook and prepare your WIC foods.

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THINGS TO KNOW ABOUT YOUR WIC FOOD BENEFITS

• WIC food benefits expire every 30 days. Shop early during your benefit period to prevent unused benefits from expiring. Food benefits can’t be replaced after the expiration date.

• Up to three months of food benefits may be issued at a time. The next benefits are not automatically added. Contact your WIC office as directed to receive more benefits.

• Keep your card to receive your next food benefits.

• Make sure to keep your card safe and report damaged, lost, or stolen cards to your WIC office.

• WIC food benefits can be spent at any Wisconsin WIC authorized grocery store. Ask your WIC office for a list of local stores.

RESPONSIBILITIES

• No substitutions, rain checks, or IOUs are allowed.

• Only purchase the foods and formula you need.

• Return unused food and formula to your WIC office.

• WIC foods and formulas cannot be returned or exchanged for cash, credit, or other items.

• WIC foods and formula cannot be offered for sale, sold, traded, or given away.
BEFORE YOU SHOP

• Find your current balance by using the Wisconsin MyWIC app, website, or phone number on the back of the card, WIC Shopping List, or your most recent store receipt.
• Plan which foods to buy and review the information in this guide.
• When possible, avoid shopping around midnight. Cash register systems often update during this time, preventing you from making an eWIC purchase.

AS YOU SHOP

• To prevent problems at checkout, use this guide, the MyWIC app, or your WIC shopping list to help you choose the right brands, varieties, and sizes of foods.
• Only the foods in your benefit balance and listed in this guide may be purchased with your eWIC card.

AT THE CHECKOUT

• Tell the cashier you are using your eWIC card and ask if you need to separate your groceries.
• Use your eWIC card first, then FoodShare or any other forms of payment.
• Some cash register systems print a mid-purchase receipt, listing which foods will be deducted from your WIC benefits. Carefully review this receipt.
• If there are food items you thought would be covered by WIC benefits but are not, ask to have them removed if you do not want to buy them with another form of payment. Swipe your eWIC card again and approve the purchase.
You may use coupons for WIC purchases. If the coupon is for a non-WIC item, it is recommended that you use it in a separate purchase.

Keep your receipt to review benefit information, if needed.

**IF YOU HAVE A PROBLEM OR A FOOD IS NOT ALLOWED**

- Ask for assistance. If the cashier is unable to help, ask for the store manager.
- The store can’t force the cash register system to allow eWIC payment for foods that come up as not WIC approved.
- Select another WIC approved brand or variety.
- WIC is not able to repay you for any food you choose to buy with another form of payment.
- Keep any receipts and take a picture of the food or write down the UPC barcode.
- Contact your local WIC office as soon as possible to let them know.
CONTACT YOUR WIC OFFICE IF YOU

• Have questions about shopping for WIC foods.
• Were not able to buy a food that you think is WIC approved.
• Have a damaged, lost, or stolen card.
• Had foods incorrectly removed from your benefits or your receipt doesn’t match what you bought.
• Have a complaint about how you were treated by store staff.

PIN TIPS

• If you have not already set your PIN, set it before shopping. Choose a number that is easy to remember and hard for others to guess.
• If you enter your PIN incorrectly four times, your PIN will lock.
• If you know the PIN, call the number on the back of the card or go to the website to enter the correct PIN. Your account will unlock at midnight.
• If you don’t know the correct PIN, call your local WIC office to unlock your PIN. You may shop immediately after your PIN is unlocked and a new PIN is selected.

• Keep your PIN secure. Call the number on the back of the card or go to the website to change your PIN if you feel it is no longer safe.

DOWNLOAD* THE WISCONSIN MYWIC APP TO

• Check your benefit balance.
• Receive reminders before your benefits expire.
• Scan barcodes to check for approved foods.
• Search WIC foods.
• Find WIC approved store locations.
• Receive appointment reminders.

*Available from the Apple App Store or Google Play
Sometimes buying fresh fruits and vegetables can be tricky because UPC barcodes change often. The new UPC barcode may not be in the WIC system and therefore the fruit or vegetable is not yet an approved item.
FRUITS & VEGETABLES

CANNED

BUY:
Any container type or size

Fruits:
• Any variety of fruit
• Unsweetened applesauce (with cinnamon allowed)

Vegetables:
• Any variety of vegetables (without lima beans), including green (sweet) peas, green/snap/wax/yellow beans, and sprouts
• Whole, diced, crushed, or stewed tomatoes; tomato sauce, paste, or puree (with herbs or seasoning allowed)
• Chopped garlic in water

DO NOT BUY:
Fruits: With syrup, added sugar, artificial sweetener, or stevia

Vegetables: With any oil or brine; vinegar; pickles and pickled vegetables (for example, sauerkraut); creamed vegetables (for example, cream-style corn); beans, peas, lentils (for example, black-eyed peas, lima, pinto, kidney, and butter beans); baked beans, pork and beans, refried beans; ketchup, relishes, olives; pizza, lasagna, spaghetti sauce, or salsa

FROZEN

BUY:
Any container type or size

Fruits:
• Any variety of fruit

Vegetables:
• Any variety of vegetables
• Any bean or mixture with beans or peas (for example, mixed vegetables with lima beans)

DO NOT BUY:
Fruits: With syrup, added sugar, artificial sweetener, or stevia; fruit bars; smoothies containing other ingredients, for example, yogurt

Vegetables: With added sugar (dextrose), butter, oil, sauces, or glaze; with pasta, noodles, nuts, rice, cheese, or meat; sweet potato fries, french fries, or shaped potatoes
JUICE

BUY 100% JUICE:
- Only the size specified on your WIC Shopping List
- Any brand of 100% Orange, Grapefruit (white, pink, or red), or Pineapple Juice
- Only the brands and flavors of other 100% juices listed

DO NOT BUY: Cocktails, beverages, drinks, sweetened juices, cider; organic; unpasteurized; low-acid; infant juice; glass bottles; light or reduced calorie

48 oz & FROZEN JUICE for women only

48 oz plastic bottle, not refrigerated; or 12 oz frozen containers

Juicy Juice: all flavors (except organic)
Store Brand Apple Juice Only: Essential Everyday, Shurfine, Freedom’s Choice
Northland: 100% Cranberry
Shurfine: grape
Frozen 12 oz Store Brand - Apple and Grape Juice
Only: Always Save, Best Choice, Essential Everyday, Food Club, Great Value, Hy-Top, Hy-Vee, IGA, Kroger, Market Pantry, Meijer, Our Family, Shurfine, Tipton Grove

Seneca: apple
Old Orchard: all flavors with green caps
Dole: all flavors
64 oz JUICE - for children only

64 oz plastic bottle, not refrigerated

- **Juicy Juice:** all flavors
- **Langers:** all flavors (except pomegranate blends)
- **Northland:** all flavors (except Raspberry Pomegranate Goji)
- **Welch’s grape:** white, red & purple (except unfiltered, added fiber, or light)
- **Tree Top:** all flavors (except pure pressed)
- **Old Orchard:** all flavors (except Tart Cherry, Plain Pomegranate and Kids)
- **Indian Summer:** apple
- **Motts:** Original apple (except Tots)
- **Musselman’s apple:** (except with calcium)
- **Campbell’s:** tomato juice any variety (except organic)
- **V8:** 100% Vegetable Juice - all flavors

Any 64 oz (half gallon) refrigerated orange juice
With or without added Calcium

Example brands include but are not limited to:
Dean, Essential Everyday, Food Club, Great Value, Hy-Vee, IGA, Kemps, Kroger, Land O Lakes, Market Pantry, Orchard Pure, Prairie Farms, Shurfine

Store Brand
Apple, Grape, Tomato/Vegetable
Only: Always Save, Best Choice, Essential Everyday, Food Club, Great Value, Hy-Top, Hy-Vee, IGA, Kroger, Market Pantry, Meijer, Our Family, Parade, Sam’s Choice, Shurfine, Tipton Grove
BEANS, PEAS, LENTILS

The following are types of beans, peas, and lentils that may be purchased with the benefit that specifies canned or dried beans. The fruit and vegetable dollar benefit cannot be used to buy these items.

BUY:
- Canned: 15 – 16 oz cans only
- Dried: 16 oz bag only
- Plain or low sodium
- Any brand

Examples Include:
Black
Black-eyed peas
Butter
Garbanzo (Chickpeas)
Great Northern
Kidney (red or white)
Lentils
Lima

Navy
Pink
Pinto
Red
Split peas
Fat-free refried beans only
Mixed types

DO NOT BUY: Immature varieties such as canned green beans, snap beans, yellow beans, wax beans, and sweet peas; fresh or frozen beans and peas (purchase allowed with the fruit and vegetable dollar benefit); added sugars (for example, baked beans); added fats, oils or meat (for example, pork and beans, refried beans with added fats); added sauces or flavors (for example, chilies, jalapeno, lime, garlic); in brine; organic; soups; dried varieties in bulk or store packaged

REMEMBER
Canned green beans and sweet peas cannot be bought with this benefit. Use your fruit and vegetable dollar benefit for those options.
BEANS • PEAS • LENTILS • PEANUT BUTTER

BUY:
• 16 – 18 oz container
• All brands of creamy, crunchy, extra crunchy, natural, or old-fashioned
• Low sodium/salt, reduced/no sugar, Omega-3

DO NOT BUY: Spread (for example Jif Natural, Skippy Natural, Peter Pan Natural); flavored; reduced fat; individual servings; specialty (for example, whipped, organic, with flaxseed or added vitamins); from refrigerated section or health food, diet (for example, Fifty 50)

BUYING TIPS
If your WIC Shopping List shows: 1.00 CTR Beans or Peanut Butter, you can buy:

— OR —
16 oz package
dry beans, lentils, peas

— OR —
16-18 oz jar
peanut butter

4 cans, 15-16 oz
beans or peas

4 cans of beans = 1 container (CTR)
So, 1 can of beans = 0.25 containers (CTR)

Beans & peas are a good source of protein and iron!
COLD CEREALS

BUY:
• Combination of cold and hot
• Only the brands and flavors listed
• 12 ounce package or larger
• Boxes or bags

DO NOT BUY: Organic

KEY:
• 51% or more whole grain
• Provide 100% of daily value folic acid.
• Gluten-Free
COLD CEREALS continued...

store brands

Only the following:
Always Save, Best Choice, Centrella, Clear Value, Essential Everyday, Food Club, Great Value, Hy-Top, Hy-Vee, IGA, Kiggins, Kroger, Market Pantry, Meijer, Our Family, Parade, Red & White, Shoppers Value, Shurfine, That’s Smart

CEREAL COMBINATION EXAMPLES
hot and cold cereals

Your benefits state the number of ounces of cereal. For benefits stating 36 ounces of cereal, the following are examples of possible cereal size combinations:

- 12 oz 12 oz 12 oz = 36 oz
- 18 oz 18 oz = 36 oz
- 24 oz 11.8 oz = 35.8 oz
- 15.8 oz 16 oz = 31.8 oz

(hot only)
HOT CEREALS

BUY:

- Combination of cold and hot
- Only the brands and flavors listed
- Any size, except individual cups

DO NOT BUY: Canisters, organic

store brands

*Only the following:*
Best Choice, Essential Everyday, Food Club, Great Value, Hy-Top, Hy-Vee, IGA, Kroger, Meijer, Our Family, Shurfine
BUY:
• Any brand labeled “100% whole wheat” and lists whole wheat flour as the first ingredient
• 100% whole wheat bread, buns, and rolls

The brands and sizes listed below may change.

<table>
<thead>
<tr>
<th>Brand</th>
<th>12 oz</th>
<th>16 oz</th>
<th>20 oz</th>
<th>24 oz</th>
<th>Buns/Thin Buns</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aunt Millie’s</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beigel’s Windmill Farms</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Best Choice</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bimbo</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brownberry</td>
<td></td>
<td>x</td>
<td></td>
<td>12 &amp; 16 oz</td>
<td></td>
</tr>
<tr>
<td>Butternut</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Country Hearth</td>
<td></td>
<td></td>
<td></td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>Great Value</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td>14 oz</td>
</tr>
<tr>
<td>Hy-Vee</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kroger</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td>13-14 oz</td>
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<tr>
<td>Lewis Bake Shop</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Our Family</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pepperidge Farm</td>
<td>x</td>
<td></td>
<td>x</td>
<td></td>
<td>14.5 oz</td>
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<td>Private Selection</td>
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<td>x</td>
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</tr>
<tr>
<td>S. Rosen</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
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<tr>
<td>Sara Lee</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
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<td>Schnuck’s</td>
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<tr>
<td>SunnyBrook</td>
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<td></td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Village Hearth</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>12 oz</td>
</tr>
</tbody>
</table>
Things to look for when buying whole wheat bread:

**Step 1:** Check the Label
“100% Whole Wheat”

**Step 2:** Check Ounces in Product

**Step 3:** Check the Ingredient List
Whole wheat flour is the first ingredient listed
BROWN RICE

BUY:
14-16 oz (1lb) box or bag only
- Any brand, dry
- Plain brown rice without added herbs, seasonings or beans
- Regular, instant, and boil-in-bag type

DO NOT BUY: White rice, flavored rice, wild rice, rice mixes; frozen brown rice; tubs, microwavable pouches; organic, store packaged

WHOLE WHEAT PASTA

BUY:
16 oz (1lb) package only
- 100% whole wheat
- Any shape

Only the following brands are allowed:
- Barilla
- Essential Everyday
- Food Club
- Gia Russa
- Great Value
- Heartland
- Hodgson Mill
- Hy-Vee
- Kroger
- Our Family
- Racconto
- Ronzoni 100% Whole Grain
- Shurfine

DO NOT BUY: Pasta made from rice, quinoa, flax, corn, or vegetables; organic; with added sugar, fats, oils, or salt
WHOLE WHEAT • WHOLE GRAIN FOODS

BUY:
16 oz (1lb) package only
• White or yellow soft corn
• 100% whole wheat

Only the following brands are allowed:

100% Whole wheat:
Best Choice
Bucky Badger
Chi-Chi’s
Don Pancho
Essential Everyday
Food Club
Frescados
Great Value
Herdez
Hy-Vee
IGA
Kroger
La Banderita
Market Pantry
Meijer
Mission
Ortega
Our Family
Roundy’s,
Shurfine
Tio Santi

Corn:
Best Choice
Bucky Badger
Chi-Chi’s
El Rey
Essential Everyday
Food Club
Hy-Vee
IGA
La Banderita
La Burrita
Mission
Our Family
Shurfine

DO NOT BUY: Hard corn tortillas/taco shells; low-carb/carbohydrate; organic
BUY:

- White milk in gallon container
- Plastic, cartons, gallon bags, half gallons or gallon clipped together by manufacturer
- rBGH & rBGH-free, rBST & rBST-free

Must be specified on your WIC Shopping List:

- Whole milk or reduced fat 2% milk
- Half-gallon container
- Lactose-free, including calcium fortified:
  - Half-gallon, 3 quart (96 oz), gallon, and quart container
- Non-fat dry: 25.6 oz (8 qt) boxes or pouches only
- Evaporated: 12 oz can
- Kosher

DO NOT BUY:

- Flavored; goat’s milk; acidophilus; buttermilk; specialty (for example, organic or certified humane);
- Nut or grain beverage (for example, almond, rice, oat);
- Low cholesterol; UHT; milk with added ingredients (for example, Omega-3, EPA/DHA); protein-fortified;
- Filled evaporated milk; ultra-filtered (for example, Fairlife);
- A2 milk
SOY BEVERAGE

BUY:

• Half-gallon (64 oz), refrigerated carton
• Only the brands and flavors listed
• Only if specified on your WIC Shopping List

Did you know?

Fat free, skim, 1%, and 2% milk have the same amount of vitamin D, calcium, and protein as whole milk!
BUY:

- 32 oz (2 lb) container
- Regular or Greek
- Plain or flavored
- Only the type listed on your WIC shopping list
- Only the brands listed

DO NOT BUY:

Organic; with artificial sweetener or stevia; with added cream; with mix-in ingredients like granola, candy, or nuts; single serve containers; drinkable yogurts
## Whole Milk Yogurt

**Only for 1-year-old children**

*Only the following brands are allowed:*

- Brown Cow
- Chobani*
- Dannon
- Dannon Oikos*
- Essential Everyday*
- Good & Gather*
- Great Value*

*Greek yogurt available

## Low Fat and Nonfat Yogurt

**Only for children over the age of 2 and women**

*Only the following brands are allowed:*

- Best Choice*
- Cabot*
- Chobani*
- Coburn Farms*
- Dannon, except Light + Fit
- Dannon Light + Fit Greek, only plain*
- Dannon Oikos, except Triple Zero*
- Essential Everyday*
- Food Club, except light *
- Good & Gather*
- Great Value, except light *
- Greek Gods, only 32 oz, no 24 oz *
- Hy-Vee, except light *
- Kroger*
- La Yogurt, except mango
- Lala Yogurt, only plain and vanilla
- Meijer*
- Mountain High
- Nuestra Cocina, only plain
- Our Family, except light *
- Prairie Farms, only 32 oz, no 24 oz
- Yoplait

*Must be specified kosher yogurt on participant’s WIC shopping list:*
- J&J
- Mehadrin*

*Greek yogurt available*
CHEESE

BUY:
- 16 oz package only
- Block, shredded, cheese curds, string cheese (not individually wrapped)
- Kosher (must be specified on shopping list)

Allowed types:
American (block or sliced but not individually wrapped)
Brick
Cheddar (mild or medium)
Colby
Monterey Jack
Mozzarella (except fresh)
Muenster
Provolone
Mixtures of cheese listed (such as cojack)

DO NOT BUY: Packages not 16 oz; sliced (except American), crumbled, cubes, sticks, and other shapes; sharp or extra sharp cheddar, swiss, fresh mozzarella; cheese foods, spreads, products; specialty; cheese from deli; goat cheese, smoked, herbed, flavored, imported, or organic; reduced sodium, reduced cholesterol, lactose-free; Kosher (unless specified on WIC Shopping List)

TOFU

BUY:
Choose from these refrigerated brands:
- Azumaya
- Franklin Farms
- Frieda’s
- House Foods
- Mori-Nu
- Nasoya
- Westsoy
- Wildwood

DO NOT BUY: Added fats, sugars, oils; organic
Breastmilk is the perfect food for your baby:
• Ideal nutrition for growth and health
• Easy for baby to digest
• Changes over time to meet baby’s growing needs
• Protects baby from illness
• Is always the perfect temperature
INFANT CEREALS

BUY:
• 8 or 16 oz containers
• Any grain, mixed grains (except quinoa)
• With added vitamins or minerals

Only the following brands are allowed:

Gerber  
Beech-Nut  
Tippy Toes

DO NOT BUY: Organic; quinoa; added DHA, prebiotics, probiotics; added fruit, yogurt or formula; jars, single serving packets; lil’ bits, hearty bits

BUYING BABY FOODS

Your WIC Shopping List and store receipt will list the total number of ounces of baby food for the month. Divide your total amount of ounces listed by container size (4 oz for fruits and vegetables, or 2.5 oz for meats) to find how many containers you have left.

EXAMPLE: 64 total ounces ÷ 4 oz container = 16 containers

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount Listed</th>
<th>Is Equal To</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant Fruits &amp; Vegetables</td>
<td>128 oz</td>
<td>32 4-oz containers</td>
</tr>
<tr>
<td></td>
<td>256 oz</td>
<td>64 4-oz containers</td>
</tr>
<tr>
<td>Infant Meats</td>
<td>77.5 oz</td>
<td>31 2.5-oz containers</td>
</tr>
</tbody>
</table>
INFANT FRUITS & VEGETABLES

BUY:
- 4 oz containers (except squeeze pouches)
- 2-pack, 4 oz each (equals 8 oz)
- Any plain variety of fruits or vegetables
- Any mixture of fruits and/or vegetables

Only the following brands are allowed:

- Gerber
  (only 2-pack, 4 oz each)
- Tippy Toes
  (4 oz jar or 2-pack, 4 oz each)
- Parent’s Choice
- Meijer
- Beech-Nut

DO NOT BUY: Natural; organic; squeeze pouch; any with added cereal, granola, yogurt; fruit and juice blend; puddings; cobbler; meat or poultry, rice or pasta (for example, dinner, soup or stew); casseroles; creamed vegetables; 2-pack, 2 oz each

INFANT MEATS

Only for breastfed infant not receiving formula.

BUY:
- 2.5 oz containers
- Any plain infant meat or poultry with broth or gravy

Only the following brands are allowed:

- Gerber
- Beech-Nut
- Tippy Toes

DO NOT BUY: Organic; added fruit, vegetables, rice or pasta (for example dinner, casseroles, soups or stews); meat or poultry sticks
WIC RIGHTS AND RESPONSIBILITIES

We want to make sure that you understand the rights and responsibilities of a WIC participant. The WIC rights and responsibilities also apply if you receive WIC Farmers’ Market Nutrition Program (FMNP) checks. FMNP rights and responsibilities include but are not limited to, respectful and courteous treatment from FMNP sellers, and using the farmers’ market checks as instructed on the checks, and as instructed by WIC staff.

SHARED INFORMATION

Your information may be shared:

• With other WIC programs if you transfer.
• With other public programs that can assist you. You may ask to see a list of these programs.
• As required by law.

MY RESPONSIBILITIES

I agree to give true and complete information about:

• My identity, pregnancy status, breastfeeding status, address, and phone number.
• My household income.
• The number of people living in my household.
• Being on Medicaid, FoodShare (food stamps), TANF (Temporary Assistance to Needy Families), or FDPIR (Food Distribution Program on Indian Reservations).

I agree to follow the rules below. I will:

• Get benefits from only one WIC clinic each month.
• Report my lost or stolen eWIC card or WIC breast pump to WIC staff.
• Make sure any person I name to use my eWIC card knows the WIC rules. I will teach him or her how to use my eWIC card correctly.
• Keep my WIC appointments or call the clinic to reschedule.
• Use WIC foods and formula only for the person on WIC and make sure the foods go with the person on WIC in cases of joint custody, foster care, etc.
• Not sell, give away, or offer my eWIC card, WIC foods or formula, or breast pump. If I have WIC items I can’t use, I will return them to the clinic.
• Not trade/exchange or return my eWIC card, WIC foods or formula, or breast pump for money, credit, rain checks or other items.
• Not post WIC items on the internet.
• Follow the rules in the WIC Shopping Guide.
• Not swear, yell, harass, threaten or physically harm WIC or store staff.
• Not complete my own transaction, except in self-checkout lanes, if I am employed by a WIC authorized store.

Agreement: I must agree to these items to be on WIC:
• All of the information I have given WIC is true. I will tell WIC staff right away if there are any changes.
• WIC can verify my household size and all sources of my household income.
• If I break WIC rules, I, or my child, can be taken off WIC.
• If I lie or hide facts to get WIC foods or do not return a loaned breast pump, I may have to repay WIC the cash value of those items.
• WIC is a federal assistance program. If I break WIC rules, I may be subject to civil or criminal prosecution under state and federal law.

MY RIGHTS
• WIC foods: If I qualify for WIC, I will get an eWIC card to buy healthy foods. WIC provides some, but not all, of the food/formula each participant needs.
• Nutrition information: I will get information about healthy eating and active living.
• Breastfeeding support: WIC will help and support me with breastfeeding.
• Health care information: I will get information about immunizations, finding healthcare, and other services I may be interested in.
• Fair treatment: The rules for getting on WIC are the same for everyone. I can ask for a Fair Hearing if someone tells me I can’t be on WIC and I don’t agree.
• Common courtesy: WIC and store staff will treat me with courtesy and respect. I can tell WIC staff if I’m not treated with respect.
• Transfer information: I can transfer my WIC to another clinic. I can ask for a transfer paper.
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov

This institution is an equal opportunity provider.

- WIC Nutrition Program does not discriminate:

To report concerns of possible WIC Program fraud and abuse, call Wisconsin WIC Fraud Hotline 1-866-260-1727

Foods are approved even if the product package design changes.