

# FRESH & HEALTHY

Idaho WIC food list



Updated 2023

## Before the store:

- \* Check your WIC account - know what you can get.
- \* Use this food list - know what's WIC approved.
- \* Get the free **WICShopper** app on your phone - it makes shopping easier.

## While you shop:

- \* Choose the foods that match what's on your card.
- \* Use this food list or the **WICShopper** app to help choose foods that are WIC approved.
- \* Look for WIC shelf tags. Some stores use them to help you find WIC approved foods.



## At the register:

- \* Always pay with your WIC card first.
- \* WIC cards work like debit cards - swipe and enter your PIN.
- \* It helps to keep your WIC foods separate from other items.



# Using your WIC card

- 1 Always use your WIC card first, before SNAP or other types of payment.



- 2 Swipe your card and enter your 4-digit PIN when asked.



- 3 Check the mid-purchase receipt. It shows what WIC will pay for.

- 4 You can put back any items WIC didn't pay for or you can pay for those items separately.

- 5 Keep your receipt!  
It shows  
- what WIC paid for  
- what WIC foods you have left for the month.



If you have a problem at the store, talk to the manager.

If the problem can't be fixed at the store, keep your receipt and call your WIC clinic.

# Reading your receipt

IDAHO GROCERY STORE  
100 IDAHO STREET  
SMALLTOWN, ID 83702

STORE ID: WICW006  
TERM ID: WIC006001  
CLERK ID: 999  
DATE & TIME: 10/05/2019 10:10AM  
SEQ NUMBER: 034  
CARD: \*\*\*\*\*00007  
AUTH CODE: 123499

**WIC PURCHASE**

QTY	UNITS	DESCRIPTION	PRICE
18.00	oz	Breakfast cereal	\$4.99
2.50	\$\$	Fruits & Veg	\$2.50

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TOTAL ITEMS SOLD = 2  
\$ 2.50 - Fruits & Veggies

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PURCHASE SUBTOTAL	7.49
DISCOUNT APPLIED	0.00
<b>APPROVED PURCHASE TOTAL</b>	<b>7.49</b>

**BALANCE DUE - 0.00**  
**BENEFITS EXPIRE ON 10-31-19**

QTY	UNITS	DESCRIPTION
1.00	lb	Cheese
1.00	dz	Eggs
18.00	oz	Breakfast Cereal
1.00	ctr	Peanut Butter/Beans
32	oz	WW Bread or Whole Grains
3.00	gal	1%/skim Milk
2.00	btl	64-oz Juice
3.50	\$\$\$	Fruit and Vegetables
1.00	qt	Yogurt

....CARD HOLDER COPY....  
....PLEASE SAVE THIS RECEIPT....

- 1 List of foods you bought
- 2 Total number of items sold
- 3 Purchase total and any discounts or coupons
- 4 The WIC foods you have left to buy for the month and the last day to buy them

lb = pound	gal = gallon
dz = dozen	ctr = container
oz = ounces	qt = quart
btl = bottle	



# Need help?

Go to [healthandwelfare.idaho.gov/WICcard](http://healthandwelfare.idaho.gov/WICcard)  
Or call 1-844-892-3084

- set or change your PIN
- report a lost, stolen, or damaged card
- check your WIC balance or purchase history

## Call your WIC clinic

- questions about WIC foods or amounts
- not able to buy an item you think is okay for WIC
- your receipt doesn't match what you bought

# Remember

If a food item doesn't scan as WIC approved, you can't get it with your WIC card.

- it may not be in your WIC account
- it might not be WIC approved
- the UPC barcode isn't in the WIC system yet

The cashier cannot change or override this.

- you can put the item back
- pay for the item on your own
- submit the UPC code on the app or at your clinic

# Get the free WIC app



With the **WICShopper** app, you can

- check your WIC account balance
- use a digital food list
- scan UPCs to see if items are WIC approved
- access recipes, tips, and more

Learn more at [EBTShopper.com](http://EBTShopper.com)  
or install it now from your app store



# Fruits and vegetables



## Buy

*Any variety whole or cut fresh fruit and vegetables, including organic.*

## Do Not Buy

*Items from the salad bar, party trays, fruit gift baskets, decorative vegetables and fruits, packaged herbs, spices, nuts. Jarred, frozen, canned, dried. Added ingredients, non fruit/vegetable items.*

## Quick tips

When buying fresh fruits and vegetables, follow these steps:

- Place the item on the grocery scale.
- Round the weight to the nearest pound or half pound.
- Estimate the cost using the Chart for Purchasing Fresh Produce on the next page or the Produce Calculator on the [WICShopper](#) app.
- You may also buy items with a set price.
- If you go over the amount of your fruit and vegetable benefit, you may put something back or pay the difference plus tax. If you do not use the full amount, you will not receive cash back.

# Fruits and vegetables

## Chart For Purchasing Fresh Produce

Price per lb	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.28	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16



# Cold cereal

## Buy

Only the cereals pictured here up to the amount listed on your benefit balance. 12 to 36 oz box or bag.



Plain flavor only\*



Plain flavor only\*



Plain flavor only\*



Plain flavor only\*



Plain flavor only\*



Plain flavor only\*



Plain flavor only



Plain flavor only



Honey Clusters\*



Plain flavor only\*



Honey Roasted only



Banana Nut Crunch\*



Crunchy Pecan\*



Plain flavor only\*



Cinnamon only\*



Plain flavor only\*

\* Whole grains

## Do Not Buy

Cold cereal: packages smaller than 12 oz



# Hot cereal

## Buy

Only the cereals pictured here up to the amount listed on your benefit balance.



\*



Plain flavor only, box or instant packets



\*



Plain flavor only,  
box or instant packets



Original only\*

\* Whole grains

Choose any combination of WIC approved cereals up to the total listed on your benefit balance. See examples.

$$\begin{matrix} \text{(hot)} \\ 11.8 \\ \text{oz} \end{matrix} + \begin{matrix} \text{(hot)} \\ 11.8 \\ \text{oz} \end{matrix} + \begin{matrix} 12 \\ \text{oz} \end{matrix} = 35.6$$

$$\begin{matrix} 15 \\ \text{oz} \end{matrix} + \begin{matrix} 21 \\ \text{oz} \end{matrix} = 36$$

$$\begin{matrix} 18 \\ \text{oz} \end{matrix} + \begin{matrix} 18 \\ \text{oz} \end{matrix} = 36$$

## Do Not Buy

Hot cereal: packages smaller than 9.8 oz



Enjoy a variety of whole grains

# Whole grains

## Whole wheat bread

### Buy

Any brand 16 oz loaf, label must say "100% whole wheat".

### Do Not Buy

Specialty, organic, light or "lite."



## Brown rice

### Buy

Any brand 16 oz brown rice.  
Plain, short, medium, long grain.



### Do Not Buy

Added seasonings, ingredients, flavors, boxed, bulk, organic.



## Whole wheat and soft corn tortillas

Buy

*Only the brands of tortillas pictured below. 12 to 16 oz.*



Don Pancho  
White Corn or Whole Wheat



Guerrero  
White Corn or Whole Wheat



La Burrita  
Soft Corn



Mission  
Corn or Whole Wheat





# Whole grains

## Whole wheat pasta

### Buy

Only the brands listed in 12 to 16 oz box or bag, dry, 100% whole wheat or whole durum wheat flour only.

Any shape - spaghetti, penne, fettuccine, rotini, etc.



Barilla



Essential Everyday



Food Club



Golden Grain



Great Value



Kroger



Ronzoni  
Healthy Harvest



Signature Select



WinCo



### Do Not Buy

Organic, added seasonings, ingredients or flavors, refrigerated, frozen, bulk.

## Milk

### Buy

Any brand pasteurized, unflavored milk in type listed on your benefit balance.

1.0 gal = 1 gallon .50 gal = 1/2 gallon .25 gal = 1 quart



## Soymilk beverage

### Buy

Only these brands, in the container size listed on your benefit balance.



Silk 1/2 gallon  
Plain flavor



Pacific Ultra 32 oz  
Plain flavor

### Do Not Buy

Organic, unpasteurized, omega-3 or DHA added, other brands, types, flavors.

## Eggs

### Buy

Any brand, any size, one dozen, FDA-approved white or brown chicken eggs.



### Do Not Buy

Organic.

# Dairy

## Yogurt: Reduced, low-fat, fat-free

Buy

32 oz containers, only the brands and flavors listed.



Dannon All Natural Plain or Vanilla



Food Club Plain



Great Value Plain



Kroger Plain



Lucerne Plain



Mountain High Plain or Vanilla



Nancy's (non-organic) Plain or Vanilla



Tillamook Plain



Yoplait Original Plain, Blueberry, Peach, Strawberry, Strawberry Banana, or Vanilla

Do Not Buy

Organic, Greek, single serving containers.

## Yogurt: Whole milk

**Buy**

32 oz containers, only the brands and flavors listed.



Dannon All Natural  
Plain or Vanilla



Mountain High  
Plain, Vanilla,  
or Strawberry



Nancy's  
(non-organic)  
Plain Honey

**Do Not Buy**

Organic, Greek, single serving containers.

## Cheese

**Buy**

Any brand of 16 oz (1 lb) pasteurized domestic natural, regular or low-fat, unsliced vacuum-packed cheese.

**Blends of single cheeses are okay.**



Cheddar  
(mild, medium or sharp)



Colby-Jack



Swiss



Monterey Jack



Mozzarella String Cheese  
(16 oz multi-stick bag  
of Mozzarella only)



Mozzarella

**Do Not Buy**

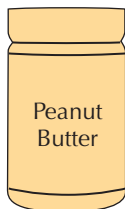
Extra sharp, unpasteurized, shredded, cubed, deli, organic, cream, flavored, cheese foods or spreads, added ingredients, 8 oz, 32 oz.

# Peanut butter, beans, peas, or lentils

## Peanut butter

**Buy**

Any brand 16 to 18 oz jar (container) smooth to super crunchy.



**Do Not Buy**

Spreads, honey roasted nut, bulk, organic, powdered, reduced fat, or omega-3 added.

## Beans, peas, or lentils

**Buy**

Any brand, dry or canned, plain beans, peas, or lentils. Regular or low sodium. 16 oz bag or 15-16 oz cans.

Choose either

1 bag (16 oz)

or

4 cans (15-16 oz)

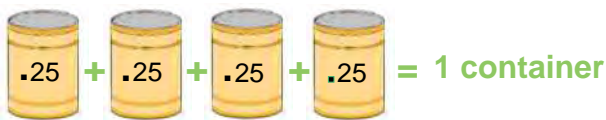


**Do Not Buy**

Added ingredients, soup mix, frozen, or organic.

### Quick Tip

One can of beans counts as .25 containers.



## Buy

### Juice for women

**100% juice** listed below in 11.5 oz or 12 oz frozen concentrate.



Dole, all flavors



Old Orchard  
all flavors with  
dark green lids



Food Club, all flavors



Tree Top, apple



Orange Juice

Any brand

### Juice for children

**100% juice** listed below in 64 oz plastic bottles.



Jun Juice



Langer's  
must say 100% juice



Food Club



Tree Top, all flavors  
with green lids



V8, original  
or low sodium



Welch's purple  
or white grape



Any  
brand

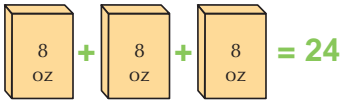
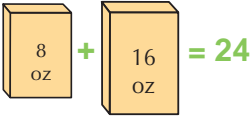
## Do Not Buy

*Cider, organic, refrigerated, added fiber, reduced sugar, or Langer's Plus.*

# Infant foods

## Buy

8 or 16 oz Gerber or Beech-Nut cereal, any grain.

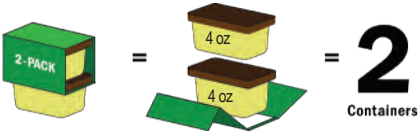


## Do Not Buy

Added fruit, formula, organic, cans, jars, DHA/ARA.

## Buy

Any plain or mixed fruits and vegetables in 4 oz containers. Gerber or Beech-Nut, stage 2 only.



## Do Not Buy

Organic, pouches, added ingredients such as cereals, noodles, or meats



# For 100% breastfeeding mothers and babies

## Tuna/Salmon

**Buy**

**Tuna:** any brand 5 oz chunk or light, canned in water or oil.

**Salmon:** any brand 5 oz pink canned.



**Do Not Buy**

**Tuna:** fresh, smoked, albacore, white, fancy white, snack packs, gourmet, organic, flavored, pouches.

**Salmon:** fresh, Atlantic salmon, red Atlantic sockeye salmon, snack packs, organic, flavored, pouches.

## Infant meats

**Buy**

2.5 oz Gerber or Beech-Nut. Any variety of meat. Added broth/gravy okay.



**Do Not Buy**

Dinners, added fruit, vegetables, or noodles. DHA/ARA, organic, sticks.

# Start healthy

## Breastfeeding gives babies the best start!

- Best possible nutrition
- Easy to digest
- Always clean and safe
- Reduces risk of illness and disease

## And it helps moms, too.

- Saves money
- Convenient – always ready, no bottles, no mixing
- Promotes weight loss after pregnancy
- Reduces risk of cancer and postpartum depression

## How big is your baby's tummy?



DAY 1



DAY 3



DAY 7



DAY 10

- All babies have tiny tummies.  
That's why newborns eat every 1-2 hours.
- You make just the right amount of milk for your baby.  
The more you nurse, the more milk you make.

## You might have questions.

WIC is here to help.

Contact your WIC clinic for breastfeeding support from experts and moms just like you.



## Help your child eat more fruits and vegetables!

- **Share the adventure.** Shop together and let your child choose a new fruit or vegetable.
- **Cook together.** Have your child tear lettuce leaves or toss salad ingredients together.
- **Eat together.** Have meals together and let your child see you enjoy fruits and vegetables.
- **Take it with you.** Bring sliced fruits and veggies with you for quick snacks on the go.

## Stick with WIC until age 5

- Kids who stick with WIC until age 5 grow healthy and strong.
- WIC helps support you from pregnancy through your child's 5th birthday.

# Things to remember

## Rights & Responsibilities

- Rules for eligibility and participation in the WIC Program are the same for everyone.
- You can appeal decisions regarding your eligibility.
- Participants and staff will be treated with courtesy and respect.
- Be sure to provide accurate information and notify the program of any changes.
- Items purchased with WIC benefits cannot be sold, traded, or exchanged for cash, credit, or other items.
- Breaking program rules may result in disqualification or repayment fees.
- You can add or remove a second cardholder at any time.
- If you move out of state, ask for transfer paperwork.
- You will be notified if your WIC benefits change.

\*A full list of rights & responsibilities is provided by your WIC clinic.

## Appointments

Date:      Time:      What to bring:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please call if you need to reschedule.



# Know your civil rights

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g. Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202)720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800)877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office by calling (866)632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

**1. mail:**

US Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**2. fax:**

(833)256-1665 or (202)690-7442; or

**3. email:**

[program.intake@usda.gov](mailto:program.intake@usda.gov)

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**Load the food list to your phone!**



**Learn more about WIC at [wic.dhw.idaho.gov](http://wic.dhw.idaho.gov)**