

Fresh & Healthy

Idaho WIC food list



Updated 2021

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

1

2

3

4

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

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

PURCHASE SUBTOTAL	7.49
DISCOUNT APPLIED	0.00
APPROVED PURCHASE TOTAL	7.49

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

dz = dozen

oz = ounces

btl = bottle

gal = gallon

ctr = container

qt = quart

Need help?

Go to 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**
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 bene it, 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*



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.

$$\begin{array}{|c|} \hline \text{(hot)} \\ 11.8 \\ \hline \text{OZ} \end{array} + \begin{array}{|c|} \hline \text{(hot)} \\ 11.8 \\ \hline \text{OZ} \end{array} + \begin{array}{|c|} \hline 12 \\ \hline \text{OZ} \end{array} = 35.6$$

$$\begin{array}{|c|} \hline 15 \\ \hline \text{OZ} \end{array} + \begin{array}{|c|} \hline 21 \\ \hline \text{OZ} \end{array} = 36$$

$$\begin{array}{|c|} \hline 18 \\ \hline \text{OZ} \end{array} + \begin{array}{|c|} \hline 18 \\ \hline \text{OZ} \end{array} = 36$$

Do Not Buy

Hot cereal: packages smaller than 11.8 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 grains

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



La Burrita
Soft Corn



Mission
Whole Wheat or Yellow Corn



Ortega
Whole Wheat



Enjoy a variety of whole grains

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



DaVinci



Food Club



Gia Russa



Golden Grain



Great Value



Heartland



Hodgson Mill



Italian Chef



Kroger



Racconto



Ronzoni
Healthy Harvest



Signature Select



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



Soy milk beverage

Buy

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



Silk 1/2 gallon
Plain



8th Continent 1/2 gallon
Plain or Vanilla



Pacific Ultra 32 oz
Plain

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 chicken eggs.



Do Not Buy

Organic, free range, cage free, omega-3 added, brown, or specialty such as Eggland's Best.

Dairy

Yogurt: Reduced, low-fat, fat-free

Buy

32 oz containers, only the brands and flavors listed.



Brown Cow
Plain



Dannon All Natural
Plain or Vanilla



Essential Everyday
Plain



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

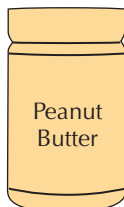
Extra sharp, unpasteurized, shredded, cubed, deli, organic, cream, flavored, cheese foods or spreads, added ingredients, 8 oz, 32 oz.

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)

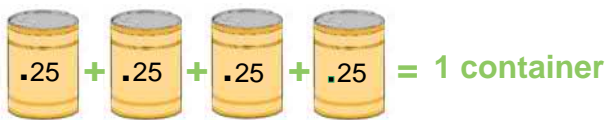


Do Not Buy

Added ingredients, soup mix, frozen, or organic.

Quick Tip

One can of beans counts as .25 containers.



Juice

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



Any brand

Juice for children

100% juice listed below in 64 oz plastic bottles.



Juicy 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.

Enjoy juice in small amounts

Infant foods

Buy

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



$$8 \text{ OZ} + 16 \text{ OZ} = 24$$

$$8 \text{ OZ} + 8 \text{ OZ} + 8 \text{ OZ} = 24$$

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.



$$2\text{-PACK} = 4 \text{ oz} + 4 \text{ oz} = 2 \text{ Containers}$$

Do Not Buy

Added ingredients, organic, DHA/ARA, pouches, Gerber Naturals or Beech-Nut Naturals.

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.
- You will be notified if your WIC benefits change.
- Be sure to provide accurate information and notify the program of any changes.
- Foods purchased with WIC benefits cannot be offered for sale or trade or exchanged for cash, credit, or other items.
- Breaking program rules may result in disqualification or repayment fees.
- Participants and staff will be treated with courtesy and respect.
- Keep your WIC card and PIN safe.
- Report lost or stolen WIC cards.

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, 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.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD3027) found online at: <http://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

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Load the food list to your phone!



Learn more about WIC at wic.dhw.idaho.gov