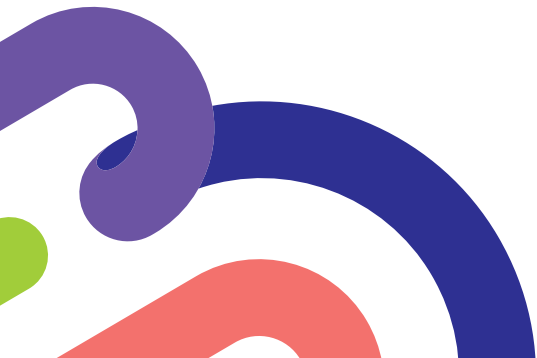




WASHINGTON SHOPPING GUIDE

EFFECTIVE OCTOBER 2017



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INFORMATION FOR WIC SHOPPERS



INFORMATION FOR WIC SHOPPERS

USING WIC CHECKS

- Use your checks on or between the first and last day to use.
- Use a check only if your name is printed below the signature box.
- Shop at stores that have the “WIC Accepted Here” sign.
- Buy the amounts, sizes, and types of foods listed on your checks.
- Separate your WIC foods by check, and from other items you are buying.
- Show the checker your ID when you let them know you are using WIC checks.
- Sign each check only after the checker writes in the “Actual Purchase Price.”



USING WIC FRUIT AND VEGETABLE CHECKS

- Ask the checker if you can combine more than one WIC fruit and vegetable check. Most stores can do this.

Example: You can combine \$8 and \$11 checks to buy \$19 worth of fruits and vegetables.

- If your purchase is more than the amount on the check, you can pay the extra or choose not to buy it.

Example: If the purchase costs \$9 and you have an \$8 check, you can pay the extra \$1, or choose to buy less.

- If your purchase costs less than the amount of the check, you can't get money back.

WEIGHTS AND MEASURES

Abbreviations:

Ounces = oz

Pound = lb

Weight = wt

Equivalents:

1 quart = 32 ounces

½ gallon = 2 quarts

1 gallon = 2 half-gallons

1 gallon = 3.8 liters

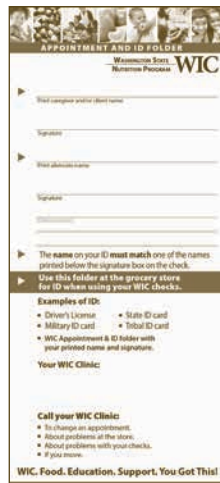
½ pound = 8 ounces

1 pound = 16 ounces

1 pound = 0.45 kilograms

SHOPPING TIPS

- **Bring signed ID. If you use your WIC folder as ID, make sure it's signed before shopping.** The names on the folder and checks must match. See page 36 "WIC Customer Identification."
- **Stores aren't required to carry all WIC approved foods.** You can ask the store staff if they can order the foods you need. You can't accept rainchecks.
- **You don't have to buy all the foods printed on your WIC checks.** You can't return to the store later for the foods you didn't purchase. You can't substitute other foods or formula for those printed on the WIC check.
- **You can receive in-store or manufacturer specials when you use WIC checks, such as:** buy one, get one free, store loyalty cards, gift cards, manufacturer promotions, or store specials. You can use these specials for non-WIC foods.
- **You can help WIC serve more families.** Use coupons, store loyalty cards, and choose lower priced foods.
- **It is best to avoid express lanes when using more than one WIC check.**



SHOPPING TIP

Look for Shopping Tips throughout the guide.

WHAT YOU SHOULD KNOW

- You can't sell WIC foods or formula.
- You can't give WIC foods or formula away to family or friends.
- You can't post any WIC foods or formula for sale or trade on websites, social media pages, or other form of public communication.
- Bring any unused, unopened, non-perishable foods to your WIC clinic.

EXTRA FOODS FOR FULLY BREASTFEEDING MOMS



Look for this symbol if you are a fully breastfeeding mom. You get these extra foods.

BABY CEREAL

BUY

Must Be

8 oz or 16 oz

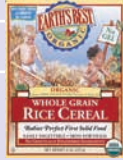
Dry

These brands:

Beech-Nut

Earth's Best Organic

Gerber



You Can Choose

Barley, multigrain, oatmeal, rice, and whole wheat

DON'T BUY

With added:

Flavors, fruit, or formula

Prebiotics, probiotics, or DHA

Cans, jars, or pouches

Single-serve or individual packets

BABY FOOD – FRUITS AND VEGETABLES

BUY

Must Be

4 oz glass jars

4 oz plastic containers

These brands – Stage 2:

Beech-Nut Classics

Beech-Nut Naturals

Earth's Best Organic

Gerber 2nd Foods

O Organics

Tippy Toes

Tippy Toes Organic

Wild Harvest Organic

Yummy Naturals

Yummy Organics

You Can Choose

Any combinations of fruits and vegetables

DON'T BUY

With added:

Flavors, spices, or sugars

Cereal, grains, or noodles

Meats

Desserts

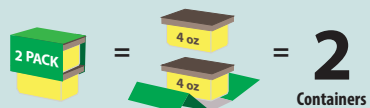
Dinners

Pouches

Stage 1 or Stage 3

SHOPPING TIP

When buying baby food fruits and vegetables, a 2-pack is counted as 2 containers.



BABY FOOD – MEATS

BUY

Must Be

2.5 oz glass jars

These brands – Stage 1 or Stage 2:

Beech-Nut Classics

Gerber 2nd Foods

O Organics

Tippy Toes

Tippy Toes Organic

Wild Harvest Organic

Yummy Naturals

Yummy Organics

You Can Choose

Any variety

Single meat

With broth or gravy

DON'T BUY

With added:

Flavors, sugars, or spices

Cereals, grains, or noodles

Fruits or vegetables

Meat sticks

Dinners

Stage 3

Breastfeeding provides moms and babies with lifelong health benefits. WIC supports breastfeeding. The more you breastfeed, the more WIC foods you get.



FORMULA

Buy only the brand, size, type, and amount of formula printed on the WIC check. For information about WIC Approved Formulas, visit www.doh.wa.gov/WICFoods/InfantFormula, or call 1-800-841-1410.

BEANS – CANNED

BUY

Must Be

15 oz to 16 oz cans

Plain

Only canned beans when printed on WIC checks

You Can Choose

Any brand

Low or reduced sodium

4-pack of 15–16 oz cans

Non organic or organic



DON'T BUY

With added:

Flavors or meats

Honey, syrups, molasses, sugar, or other sweeteners

Baked beans

Bean salad

Bean sprouts

Chili beans

Green or wax beans

Mixed beans

Bean soups

Peas

Pouches

Refried

SHOPPING TIPS

You can choose dried beans, peas, lentils, or peanut butter when printed on the check.

You can buy canned beans only when printed on the check.

For more information, see Beans/Peas/Lentils – Dried page 7 and Peanut Butter page 26.

BEANS/PEAS/LENTILS – DRIED

BUY

You Can Choose

- 16 oz bags
- Any brand
- Any variety
- Non organic or organic



DON'T BUY

- With added flavors or spices
- Boxes
- Barley
- Bean and rice mix
- Bulk (sold by weight)
- Chia seeds
- Coffee beans
- Dried refried beans
- Farro
- Frozen
- Green beans
- Heirloom
- Quinoa
- Sprouted or germinated
- Soup or soup mix

SHOPPING TIPS

You can choose dried beans, peas, lentils, or peanut butter when printed on the check.

You can buy canned beans only when printed on the check.

For more information, see Beans – Canned page 6 and Peanut Butter page 26.

BREAKFAST CEREAL

COLD BREAKFAST CEREAL



HOT BREAKFAST CEREAL



BREAKFAST CEREAL

BUY

Must Be

- 12 oz to 36 oz boxes
- Only these brands and types

Cold Breakfast Cereal

- Alpha-Bits **W**
- Cheerios (Plain) **W**
- Cheerios Multi Grain (Plain) **W**
- Corn Chex (Plain)
- Dora the Explorer (Cinnamon)
- Great Grains Banana Nut Crunch **W**
- Kellogg's Corn Flakes
- Kellogg's Frosted Little Bites or Mini Wheats Original **W**
- Kellogg's Rice Krispies (Plain)
- Kix (Plain) **W**
- Post Grape Nuts **W**
- Post Grape Nuts Flakes **W**
- Rice Chex (Plain)
- Sunbelt Bakery Simple Granola **W**
- Wheat Chex (Plain) **W**
- Bran Flakes: **W**
 - Essential Everyday
 - Food Club
 - Great Value
 - IGA
 - Kroger
 - Signature Kitchens
 - Western Family

Hot Breakfast Cereal

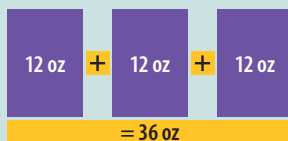
- Cream of Rice
- Cream of Rice Instant
- Cream of Wheat (Instant, 1 minute, 2½ minute, 10 minutes)
- Cream of Wheat Whole Grain (Instant and 2½ minute) **W**
- Essential Everyday Grits Original
- Malt-O-Meal Original

DON'T BUY

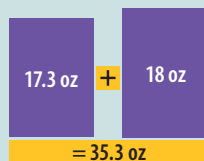
- Bags
- Cylinders
- Oatmeal

SHOPPING TIP

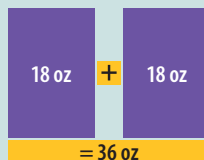
You can choose a combination of breakfast cereals up to the amount of ounces (oz) printed on the WIC check. Examples:



OR



OR



W These are whole grain cereals.

CHEESE

BUY

Must Be

Only the amount printed on the WIC check

1 lb = 16 oz, or 2 lb = 32 oz

8 oz if Kosher

Made from pasteurized cow milk

Made in USA

These types:

Cheddar (mild, medium, or sharp, yellow or white)

Colby

Colby Jack

Colby Monterey Jack

Monterey Jack

Mozzarella



You Can Choose

Any brand

Calcium and/or Vitamin D fortified

Fat free, low fat, and reduced fat

Part skim or whole

Reduced sodium

DON'T BUY

With added flavors, herbs, nuts, seeds, spices, or vegetables

Single serving sticks or packets

Cheese made from raw milk

Cotija

Cracker cut

Cream cheese

Deli cheese

Diced, crumbled, cubed, cut, grated, shredded, or sliced

Extra sharp cheddar

Fresh mozzarella

Goat or sheep cheese

Imported

Lactose free

Muenster

Organic

Parmesan

Pepper Jack

Processed pasteurized American

Provolone

Queso fresco

Ricotta

String cheese

Swiss

Unpasteurized

Vintage cheese

BUY

Must Be

- 12-count carton (1 dozen)
- White eggs only from chickens

**You Can Choose**

- Any brand
- Small, medium, or large size

DON'T BUY

- Bulk
- Brown eggs
- Cage-free
- Dried or powdered
- Duck eggs
- Egg substitute products
- Extra-large or jumbo
- Fertile
- Free-range
- Hard-boiled eggs
- Liquid eggs
- Low or reduced cholesterol
- Naturally-nested
- Omega 3
- Organic
- Pasteurized
- Reduced saturated fat
- Specialty eggs
- Vegetarian fed

BUY

Must Be

Chunk light tuna in water, net wt. 5 oz to 6 oz (not drained wt.)

Pink salmon, 5 oz to 14.75 oz

Sardines in water, 3.75 oz to 4.4 oz



You Can Choose

Any brand

Boneless

Low sodium

No added salt

Skinless

Wild caught

DON'T BUY

With added flavors, foods, or spices

Albacore tuna

Brisling sardines

Dried

Fancy

Fillet

Foil bags or pouches

Fresh

Frozen

Glass

Gourmet

Jack Mackerel

Line or pole caught

Organic

Plastic

Red salmon

Smoked

Snack packs

Solid or chunk white tuna

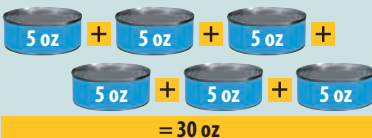
Specialty salmon or tuna steak

Tongol tuna

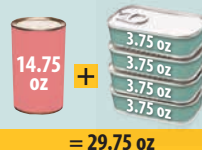
Yellowfin tuna

SHOPPING TIP

You can choose a combination of chunk light tuna, pink salmon, or sardines up to the amount of ounces (oz) printed on the WIC check. Examples:



OR



BUY

You Can Choose

- Any brand or type
- Cut or whole
- Fresh fruits and vegetables in bags, clam shells, cups, plastic bowls, or tubs
- Fresh fruits and vegetables in foam trays wrapped in plastic
- Non organic or organic

SHOPPING TIP

You can buy a combination of fresh and frozen fruits and vegetables. Remember, if you buy foods that are more than the combined amount of your checks, you can pay the extra, or choose not to buy it.

DON'T BUY

With added:

- Dips, dressings, fats, oils, or sauces
- Flavors, foods, herbs, nuts, or spices
- Breaded, cooked, creamed, or soups
- Edible blossoms of flowers, or dried fruits or vegetables
- Fruit baskets
- Herbs, or spices such as aloe vera, anise, banana leaves, basil, bay leaves, caraway, chervil, chives, cilantro, corn husk, dill, fenugreek, lemongrass, lime leaves, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, vanilla beans, or wheatgrass
- Ornamental or decorative items such as dried chili peppers, garlic on a string, gourds, carved or painted pumpkins
- Party trays or platters with or without dips
- Salad bar items
- Sugar cane



FRUITS / VEGETABLES – FROZEN

BUY

You Can Choose

Any size bag, box, or steamer pouch

Any brand

Non organic or organic

Frozen beans are OK (such as: black-eyed peas, edamame, garbanzo, and lima beans)

DON'T BUY

With added:

Fats, oils, salts, seasonings, spices, sugars or sauces

Meats, noodles, nuts, pasta, rice, or grains

Battered or breaded

Creamed

Deli items

Dried fruits, vegetables, or fruit leather

French fries

Hash browns

Mashed potatoes, Potatoes O'Brien, Tater Tots®

SHOPPING TIP

You can buy a combination of fresh and frozen fruits and vegetables. Remember, if you buy foods that are more than the combined amount of your checks, you can pay the extra, or choose not to buy it.



JUICE – TOMATO / VEGETABLE (46 OZ)

BUY

Must Be

46 oz cans or plastic bottles
Only these brands and types

Tomato

Campbell's
Haggen
Kroger
Shur Saving
Western Family

Vegetable

Campbell's V8 Essential Antioxidants
Campbell's V8 Hint of Black Pepper
Campbell's V8 Hint of Lime
Campbell's V8 Low Sodium
Campbell's V8 Original
Campbell's V8 Spicy Hot
Campbell's V8 Spicy Hot Low Sodium
Haggen
Kroger
Western Family

DON'T BUY

Apple, grape, grapefruit, orange, pineapple
Cartons or glass bottles
Cider
Cocktail
Juice drink
Lemon
Lemonade
Lime
Limeade
Organic
Punch
Refrigerated
Unfiltered

JUICE – TOMATO / VEGETABLE (46 OZ)

TOMATO ONLY THESE BRANDS



VEGETABLE ONLY THESE BRANDS



JUICE - FROZEN (11.5-12 OZ)

APPLE ONLY THESE BRANDS



GRAPE OR WHITE GRAPE ONLY THESE BRANDS



GRAPEFRUIT / ORANGE ANY BRAND



PINEAPPLE ONLY THESE BRANDS



MIXED FRUIT ONLY THESE BRANDS



JUICE - FROZEN (11.5-12 OZ)

JUICE – FROZEN (11.5–12 OZ)

BUY

Must Be

11.5 oz or 12 oz frozen

Only these brands and types

Apple

Essential Everyday

Great Value

IGA

Kroger

Langers

Old Orchard

Signature Kitchens

Tree Top

Western Family

Grape or White Grape

Essential Everyday

Great Value

Old Orchard

Welch's

Western Family

Grapefruit

Any brand 100% grapefruit

Orange

Any brand 100% orange

Mixed Fruit

Dole

Orange Peach Mango

Pineapple Orange

Pineapple Orange Banana

Old Orchard

Apple Cherry

Apple Cranberry

Apple Kiwi Strawberry

Apple Passion Mango

Apple Raspberry

Apple Strawberry Banana

Berry Blend

BUY

Blueberry Pomegranate

Cherry Pomegranate

Cranberry Blend

Cranberry Pomegranate

Cranberry Raspberry

Pineapple Orange

Pineapple Orange Banana

Welch's

White Grape Peach

White Grape Raspberry

Pineapple

Dole

Old Orchard

DON'T BUY

Cider

Cocktail

Juice drink

Lemon

Lemonade

Lime

Limeade

Organic

Punch not 100% Juice

Refrigerated

Unfiltered

JUICE – FRUIT – SINGLE (64 OZ)

APPLE ONLY THESE BRANDS



GRAPE, RED GRAPE, OR WHITE GRAPE ONLY THESE BRANDS



ORANGE ANY BRAND



PINEAPPLE ONLY THESE BRANDS



JUICE – FRUIT – SINGLE (64 OZ)

JUICE – FRUIT – SINGLE (64 OZ)

BUY

Must Be

64 oz plastic bottles
Only these brands and types

Apple

Essential Everyday
Great Value
Haggen
IGA
Juicy Juice
Kroger
Langers
Old Orchard
Signature Kitchens
Tree Top
Western Family

Grape, Red Grape, or White Grape

Essential Everyday
Great Value
Haggen
IGA
Juicy Juice
Kroger
Langers
Old Orchard
Signature Kitchens
Welch's
Western Family

Pineapple

Essential Everyday
Kroger
Langers
Old Orchard
Signature Kitchens
Western Family

BUY

Any brand 100% orange juice.

Some examples:

Essential Everyday
Golden Crown
Juicy Juice
Langers
Old Orchard
Signature Kitchens
Tropicana
Western Family

DON'T BUY

Cartons or glass bottles
Cider
Cocktail
Frozen
Lemon
Lemonade
Lime
Limeade
Organic
Punch not 100% Juice
Refrigerated
Unfiltered

JUICE - FRUIT - MIXED OR BLENDS (64 OZ)

MIXED FRUIT ONLY THESE BRANDS



JUICE - FRUIT - MIXED OR BLENDS (64 OZ)

JUICE – FRUIT – MIXED OR BLENDS (64 OZ)

BUY

Must Be

64 oz plastic bottles
Only these brands and types

Essential Everyday

Berry
Cherry
Cranberry
Cranberry Raspberry
Grape Blend
100% Juice Punch

Great Value

Cranberry Blend
Cranberry Grape
Cranberry Pomegranate
White Grape and Peach

Haggen

Cranberry
Cranberry Raspberry

Juicy Juice

Apple Raspberry
Berry
Cherry
Cranberry Apple
Fruit Punch
Kiwi Strawberry
Mango
Orange Tangerine
Passion Dragonfruit
Peach Apple
Strawberry Banana
Strawberry Watermelon
Tropical

Kroger

Cranberry
White Grape Peach

Langers

Apple Berry Cherry
Apple Cranberry

BUY

Apple Grape
Apple Kiwi Strawberry
Apple Orange Pineapple
Apple Peach Mango
Cranberry Grape Plus
Cranberry Plus
Cranberry Raspberry Plus

Old Orchard

Acai Pomegranate
Apple Cranberry
Berry Blend
Black Cherry Cranberry
Blueberry Pomegranate
Cherry Pomegranate
Cranberry Pomegranate
Kiwi Strawberry
Mango Tangerine
Peach Mango
Red Raspberry
Wild Cherry

Signature Kitchens

Cranberry
Cranberry Grape
Cranberry Raspberry

Tree Top

Apple Berry
Apple Cranberry
Apple Grape
Orange Passionfruit
Pineapple Orange

Western Family

Cranberry Blend
Cranberry Grape
Cranberry Raspberry

DON'T BUY

See page 19.

MILK – COW MILK

NONFAT, 1%, 2%, WHOLE, OR LACTOSE FREE

BUY

Must Be

- Only the type of milk printed on the WIC check (Nonfat, 1%, 2%, Whole, or Lactose Free)
- Plastic or paper containers
- Cow milk
- Homogenized
- Pasteurized
- Refrigerated
- Unflavored



BUY

You Can Choose

- Combinations of half-gallons and gallons
- Quarts only allowed when printed on the check
- Acidophilus
- Any brand
- Calcium-fortified
- Fat free
- Kosher
- Lactobacillus
- Low fat
- Probiotics
- Reduced fat
- Skim milk with added thickeners, such as Creamy Fat Free, Skim Supreme

SHOPPING TIP

You can combine two half-gallons for a gallon. Skim and nonfat milk are the same.

EVAPORATED

BUY

Must Be

- Only when printed on the WIC check
- 12 oz can
- Cow milk
- Homogenized
- Pasteurized
- Unflavored

BUY

You Can Choose

- Nonfat, 1%, 2%, low fat, or whole
- Any brand
- Calcium-fortified
- Kosher



DRY

BUY

Must Be

- Only when printed on the WIC check
- Mixes to 1 quart of milk or more
- Cow milk
- Homogenized
- Pasteurized
- Unflavored

You Can Choose

- Boxes, cylinders, plastic bags, or pouches
- Nonfat, 1%, 2%, low fat, or whole
- Any brand
- Calcium-fortified
- Kosher



SHOPPING TIP

The amount printed on the check equals the amount of quarts after mixing with water.

Dry Cow Milk Reconstitution

Milk Fat	Size Printed on Container	Water Added Makes
Nonfat	9.6 oz	3 Quarts
Nonfat	9.64 oz	3 Quarts
Nonfat	25.6 oz	8 Quarts
Nonfat	32 oz	10 Quarts
Nonfat	64 oz	20 Quarts
Whole	12.6 oz	3 Quarts
Whole	28.1 oz	7 Quarts
Whole	56.3 oz	13 Quarts

DON'T BUY FOR ALL TYPES OF COW MILK

- Added flavors, foods, or spices
- Almond, coconut, hemp, rice, or other grain or nut beverages
- Bulk powdered milk
- Buttermilk
- Chocolate milk
- Filled milk
- Glass bottles
- Half and half
- Kefir
- Low-carb dairy beverage
- Non homogenized
- Omega 3
- Organic
- Other animal milk, such as goat or sheep

- Pints, half-pints, or smaller size
- Raw milk
- Single-serve or individual packets
- Sweetened condensed milk
- UHT containers
- Unpasteurized milk
- Whipping cream

SHOPPING TIP

You can only buy soy beverage or goat milk when it's printed on your WIC check. See page 24 for goat milk information and 27 for soy beverage information.

MILK – GOAT MILK

BUY

Must Be

- Meyenberg brand only
- Only the type of milk printed on the WIC check (Low fat or Whole)
- Homogenized
- Pasteurized
- Refrigerated
- Unflavored



Only **Dry** goat milk when printed on the WIC check



Only **Evaporated** goat milk when printed on the WIC check



DON'T BUY

Other goat milk brands

SHOPPING TIP

You can combine half-gallons and quarts, or buy all quarts of goat milk, if half-gallons aren't available where you shop.

Dry Goat Milk Reconstitution

Container Size	Water added makes
12 oz can	3 Quarts
A box of 12–4 oz pouches	4 Quarts

BUY

Must Be

1 quart (32 ounces)

Plastic container

Cow milk

Homogenized

Pasteurized

You Can Choose

Any brand

These types:

Low fat – Plain or vanilla

Nonfat – Plain or vanilla



DON'T BUY

2% cow milk yogurt

Whole cow milk yogurt

With added:

Flavors, fruits, grains, granola, or nuts

Candy, honey, spices, or added protein

Artificial sweeteners: aspartame, saccharin, stevia, or sucralose (Splenda™)

Custards or whips

Drinkable or squeezable

Frozen yogurt

Greek

Kefir

Light

Organic

Raw milk

Single-serve or multi-packs

Yogurt kits

PEANUT BUTTER

BUY

You Can Choose

- 16 oz jar only
- Any brand
- Creamy or smooth
- Chunky or extra chunky
- Crunchy or extra crunchy
- Low sodium
- Natural peanut butter
- No stir or stir
- Salted or unsalted



DON'T BUY

- Bulk (sold by weight)
- With added:
 - Flavors, foods, or spices
 - Flax or safflower oil
- Chocolate
- Freshly ground or grind-it-yourself
- Gourmet
- Honey
- Jelly
- Low-carb peanut butter spread
- Low-glycemic
- Marshmallows
- Natural peanut butter spreads
- Nut or seed butters, such as almond, cashew, sesame, soy, sunflower, or tahini
- Omega 3
- Organic
- Powdered
- Roasted honey nut
- Single-serve
- Spread
- "Squeeze It" tubes
- Valencia

SHOPPING TIPS

You can choose dried beans, peas, lentils, or peanut butter when printed on the check.

You can choose canned beans only when printed on the check.

You can find more information about canned beans on page 6 and dried beans/peas/lentils on page 7.

BUY

Must Be

These brands and types:

8th Continent Original Soymilk
 8th Continent Vanilla Soymilk
 Half-gallon containers
 Refrigerated

Pacific Ultra Soy Original
 Pacific Ultra Soy Vanilla
 32 oz (quart) containers
 Non refrigerated

Silk Original Soymilk
 Half-gallon containers
 32 oz (quart) containers
 Twin pack of half-gallon
 containers
 Refrigerated



DON'T BUY

- Almond, coconut, hemp, or rice milk
- Blends or creamers
- 8th Continent Complete Vanilla
- 8th Continent Light Chocolate
- 8th Continent Light Original
- 8th Continent Light Vanilla
- Pacific organic Unsweetened
- Pacific Select Soy Original
- Pacific Select Soy Vanilla
- Non refrigerated Silk Soymilk
- Silk Chocolate
- Silk DHA Omega-3
- Silk Light Chocolate
- Silk Light Original
- Silk Light Vanilla
- Silk Organic Original
- Silk Organic Unsweetened
- Silk Organic Vanilla
- Silk Vanilla
- Silk Very Vanilla

SHOPPING TIP

You can choose to buy half-gallon containers of soy beverage for every 2 quarts printed on the WIC check.

BUY

Must Be

- 16 oz container only
- Calcium-set

You Can Choose

- Cubed or sliced
- Non organic or organic
- Refrigerated

These brands and types:

- Azumaya Extra Firm
- Azumaya Firm
- Azumaya Silken
- House Foods Extra Firm
- House Foods Firm
- House Foods Medium Firm
- Nasoya Organic Silken
- Nasoya Organic Sprouted Super Firm
- O Organic Silken
- O Organic Sprouted Extra Firm



DON'T BUY

- With added flavors, foods, or spices
- Baked
- Dessert tofu
- Fried
- Non refrigerated

WHOLE GRAIN CHOICES

Whole Grain Choices:

- **Brown Rice**
- **Bulgur**
- **Oatmeal**
- **Soft Tortillas**
- **Whole Wheat Pasta**
- **100% Whole Wheat Bread**
- **100% Whole Wheat Hamburger and Hot Dog Buns**

SHOPPING TIP

You can choose a combination of whole grain choices up to the amount of ounces (oz) printed on the WIC check. Breakfast cereals don't count as a whole grain choice for your WIC checks. See pages 8–9 for choices of breakfast cereals.



BROWN RICE

BUY

You Can Choose

- 14 oz to 32 oz
- Bags or boxes
- Any brand
- Gluten free
- Extra long, long, medium, or short grain
- Instant or regular
- Non organic or organic



DON'T BUY

- With added flavors, foods, or spices
- Basmati
- Black
- Bulk (sold by weight)
- Boil-in-Bag
- Chia seeds
- Farro
- Gourmet
- Grits
- Jasmine
- Mahogany
- Mixed rice
- Pouches
- Quinoa
- Red
- Sprouted or germinated
- White
- Wild

WHOLE GRAIN CHOICES

BULGUR

BUY

You Can Choose

- 16 oz to 32 oz
- Bags or boxes
- Any brand
- Non organic or organic



DON'T BUY

- With added flavors, foods, or spices
- Bulk (sold by weight)
- Grits
- Quinoa
- Sprouted or germinated

OATMEAL

BUY

You Can Choose

- 16 oz to 32 oz
- Bags or boxes
- Cardboard cylinders
- Any brand
- Gluten free
- Instant or quick
- Non organic or organic
- Old-fashioned or regular
- Rolled or steel-cut



DON'T BUY

- With added flavors, foods, or spices
- Boxes with individual packets
- Bulk (sold by weight)
- Granola
- Grits
- Metal cylinders
- Pouches
- Quinoa

SOFT TORTILLAS

BUY

You Can Choose

- 8 oz to 32 oz
- Corn or corn masa soft tortillas
- Whole wheat soft tortillas
- Low sodium
- Non organic or organic

Only these brands:

- Celia's
- Essential Everyday
- Don Pancho
- Garden of Eatin' Organic
- Great Value
- Guerrero
- Kroger
- La Banderita
- La Burrita
- Market Pantry
- MiCasa
- Mission
- Ortega
- Signature Kitchens



DON'T BUY

- With added flavors, foods, or spices
- 96% whole wheat
- Chips, taco salad bowls, taco shells, tostada, or any other hard tortillas
- Low carb or carb balance
- Mixed-grain tortillas, such as corn and wheat together
- Red corn
- Reduced fat, or fat-free tortillas
- Sprouted or germinated
- Store-made
- Tortillas with "light" or "lite" on the label
- Wraps

WHOLE WHEAT PASTA

BUY

You Can Choose

- 16 oz or 32 oz
- Bags or boxes
- Any type
- Non organic or organic
- Whole wheat or whole durum wheat

Only these brands:

- Barilla
- Bella Terra
- Best Yet
- DaVinci
- DeLallo Organic
- Essential Everyday
- Full Circle Organic
- Garofalo
- Gia Russa
- Great Value
- Hodgson Mill
- Kroger
- Market Pantry
- Natural Directions Organic
- O Organics
- Racconto
- Ronzoni Healthy Harvest
- Shurfine
- Simple Truth Organic
- Simply Balanced Organic
- Western Family



BUY

Here are some examples of types:

- Angel hair
- Bows
- Egg noodles
- Elbow
- Fettuccine
- Fusilli
- Lasagna
- Linguine
- Macaroni
- Penne
- Rigate
- Rotini
- Shell
- Spaghetti
- Spirals
- Vermicelli
- Ziti

DON'T BUY

- With added flavors, foods, or seasonings
- 51% whole grain or whole wheat
- Buckwheat
- Bulk (sold by weight)
- Fresh
- Gluten free
- Mixed grain
- Multi-colored
- No boil, no drain
- Refrigerated
- Rice pasta
- Semolina
- Sprouted or germinated
- Vegetable

100% WHOLE WHEAT BREAD

BUY

You Can Choose

- 16 oz to 32 oz
- 100% whole wheat (printed on the label)
- Any brand
- Loaf and sliced
- Low sodium
- Non organic or organic
- Sugar free

Here are some examples:

- Country Oven
- Essential Everyday
- Franz
- Fred Meyer
- Great Value
- Haggen
- Market Pantry
- Merita
- Nature Harvest
- Nature's Own
- Oroweat
- QFC
- Roman Meal
- Sara Lee
- Signature Kitchens
- Simple Truth Organic
- Standish
- The Bread Garden
- Wonder



DON'T BUY

- With added flavors, foods, or spices
- Artisan or gourmet (bread baked in small batches)
- Breads not wrapped in plastic
- Breads with "light" or "lite" on the label
- Bagels
- Cracked wheat
- English muffins
- Extra fiber
- French
- Frozen or refrigerated dough
- Gluten free
- Multigrain
- Sourdough
- Sprouted or germinated
- Store-made
- Uncooked bread mixes
- Un sliced

WHOLE GRAIN CHOICES

100% WHOLE WHEAT HAMBURGER AND HOT DOG BUNS

BUY

You Can Choose

- 14 oz to 32 oz
- 100% whole wheat (printed on the label)
- Any brand
- Non organic or organic
- Topped with seeds

Here are some examples:

Hamburger Buns

- Country Oven
- Franz
- Fred Meyer
- Nature's Own
- Oroweat
- Pepperidge Farm
- QFC

Hot Dog Buns

- Franz
- Fred Meyer
- Great Value
- QFC

DON'T BUY

- With added flavors or spices
- Artisan or gourmet buns (baked in small batches)
- Buns not wrapped in plastic
- Buns with "light" or "lite" on the label
- Bagels
- English muffins
- Extra fiber
- Dinner, French, or hoagie buns or rolls
- Frozen or refrigerated dough
- Gluten free
- Multigrain
- Sourdough
- Sprouted or germinated
- Store-made





INFORMATION FOR WIC VENDORS



INFORMATION FOR WIC VENDORS

HELPFUL INFORMATION FOR CHECKERS

We value our relationship with you! Studies show WIC customers spend an additional \$3 to \$4 at the store for every WIC dollar spent. Each WIC transaction helps ensure WIC moms, and kids have nutritious foods they need. We, and your WIC customers appreciate your patience, understanding, and good customer service.

WHAT YOU SHOULD KNOW

- We expect WIC customers to treat store employees with politeness.
- We expect store employees to treat WIC customers with the same respect and courtesy as they would treat any other customer.
- Your customer interaction influences their attitudes and customer loyalty.
- Please do not share customer information with others.
- Sell only the WIC approved foods listed on the check. Mistakes are costly to you and your employer. Errors may result in repayments, fines, or termination as an authorized WIC vendor.

WIC offers training resources, program technical assistance, and materials to help you build your understanding of the WIC Nutrition Program, and improve WIC customer interactions.

**Thank you for your continued commitment
to serving Washington WIC families.**

WIC CUSTOMER IDENTIFICATION

1. The name of the person using the WIC check must be printed below the customer signature box, and match the identification.
2. Identification must be shown when a WIC check is used. **The WIC Appointment/ID folder is authorized ID for WIC shoppers.**
3. The WIC Appointment/ID folder **MUST** include the customer's printed name and signature before the WIC transaction begins.
4. If the customer doesn't have their WIC Appointment/ID folder, or the printed name, or signature is missing, another type of ID is required such as:
 - Driver's License
 - Military ID
 - State ID card
 - Tribal ID card

The image shows a form titled "APPOINTMENT AND ID FOLDER" for the "WASHINGTON STATE NUTRITION PROGRAM". The form includes fields for "First (surnames) and/or first name", "Signature", and "Print identification". Below these fields, there are instructions: "The name on your ID must match one of the names printed below the signature box on the check." and "Use this folder at the grocery store for ID when using your WIC checks." A section titled "Examples of ID:" lists "Driver's License", "State ID card", "Military ID card", "Tribal ID card", and "WIC Appointment & ID folder with your printed name and signature." It also asks for the "Your WIC Clinic:" and includes a "Call your WIC Clinic:" section with bullet points: "To change an appointment", "About problems at the store", "About problems with your checks", and "If you need:". At the bottom, it says "WIC. Food. Education. Support. You Got This!"

WIC CUSTOMER SIGNATURE

1. WIC checks must be signed in the presence of the checker and after the actual purchase price is written on the check.
2. If the customer hands you a signed check before you start the transaction, have the customer resign the check after you enter the actual purchase price.

IMPORTANT POINTS TO REMEMBER AT THE CHECK STAND

WIC customers can:

- Decide if they want to buy all, or some of the foods up to the amounts printed on the check.
- Buy only the WIC approved foods printed on the check. **No substitutions are allowed.**
- Use store, or manufacturer promotions offered to all customers, such as: club reward discounts, coupons, loyalty gift cards, or buy one, get one free. The “buy one” food or formula must be WIC approved. The “get one free” doesn’t have to be WIC approved.
- Use cash, credit, debit, EBT, or other acceptable payments to pay the extra amount not covered on the WIC Fruit and Vegetable checks, or choose not to buy the extra amount.
- Exchange only outdated, spoiled, damaged, or defective foods for the same product.
- Ask you to order a WIC approved food you don’t normally carry (for example, soy beverage). Remember the customer must wait to use the WIC check until you have the requested item. Paying for the food with a WIC check, and coming back to the store to pick it up isn’t allowed.

WIC customers can’t:

- Accept rainchecks, or come back to the store to get the items not purchased if you already completed the transaction.
- Use WIC checks to pay a bill or an account they have at your store.
- Receive cash, coupons, tokens, or any item with a dollar value for returned foods.

INFORMATION FOR WIC VENDORS

HOW TO TAKE A WIC CHECK

WIC WASHINGTON STATE DEPARTMENT OF HEALTH
P.O. BOX 47880 OLYMPIA, WA 98504-7880
1-800-941-1410

ACME Looney Toons Town Bank 99-9999 1341350080
999

Client ID#: 13416179 Name: McCormick, Bernice
Pay To: Any Washington WIC Approved Store

2 First Day to Use Aug 01, 2017 Transaction Date Last Day to Use Sep 01, 2017

*** You may buy less, not more ***See WIC Shopping Guide***

3 2 gallon(s) 1% or nonfat milk, any brand
36 oz breakfast cereal, 12 to 36 oz boxes
1 dozen white eggs, small, medium, or large
1 juice, 64 oz plastic bottles
1 lb cheese, any brand, made in USA

Actual Purchase Price \$ 4

Replacement Check August 2017 1221 / 20170517 1 McCormick, Marie McCormick, Patrick

Customer Signature - Show ID to match name below 5

1341350080 2# 499999999999 99999999

1 Getting Started

- Process each WIC check as a separate transaction.
- Ask for the check and the customer's ID. A signed WIC folder is a valid ID.

Customer Signature - Show ID to match name below

X

McCormick, Marie

McCormick, Patrick

- The name on the ID must match one of the names printed below the signature box.
- Put a check mark in the box next to the customer's name.
- Refuse the check if the customer has no ID, the customer's name is not printed below the signature box, or if the check is altered (for example, if dates or quantities are changed) or severely damaged.
- Use a black or dark blue ink pen when writing on the WIC check. Write clearly. Don't use colored ink pens or gel pens.

2 Check the dates carefully

First Day to Use Aug 01, 2017

Transaction Date 8/19/2017

Last Day to Use Sep 01, 2017

- Don't take checks before the "First Day To Use" or after the "Last Day To Use."
- Write today's date in the "Transaction Date" box.

INFORMATION FOR WIC VENDORS

3 Sell only WIC approved foods, and the right amount of food

*** You may buy less, not more ***See WIC Shopping Guide***

2 gallon(s) 1% or nonfat milk, any brand
36 oz breakfast cereal, 12 to 36 oz boxes
1 dozen white eggs, small, medium, or large
1 juice, 64 oz plastic bottles
1 lb cheese, any brand, made in USA

- Ring up the food printed on the check.
- Make sure the customer selects only WIC approved foods that are listed on the check.
- Look at the number of items and quantities printed on the check and sell up to those amounts. It isn't a requirement for WIC customers to buy everything on their check.

4 Total the sale

- Deduct the value of coupons before writing the total amount of the sale in the “**Actual Purchase Price**” box.
- If you make a mistake when you write the total purchase amount, you can correct it. Follow these steps:
 - Draw one line through the incorrect amount.
 - Clearly write the correct amount in or close to the box, and write your initials close to the new amount.
 - Don't write or scribble over numbers, use white out, or try to erase the incorrect amount.

Actual Purchase Price
\$ 7.49

5 Finish the sale with their signature

Customer Signature - Show ID to match name below
x Marie McCormick

- Have the customer sign the check in the signature box, after you enter the amount of the “**Actual Purchase Price.**” If the check is signed before the actual purchase price is entered, the WIC customer can re-sign the check close to the signature block.
- The customer must sign every check in your presence.
- Review the check. Make sure it has valid dates, correct actual purchase price entered, and customer's signature.

**IF YOU HAVE QUESTIONS ABOUT WIC CHECKS,
CALL 1-800-841-1410.**

INFORMATION FOR WIC VENDORS

HOW TO TAKE WIC FRUIT AND VEGETABLE CHECKS

WIC WASHINGTON STATE DEPARTMENT OF HEALTH
P.O. BOX 47888 COLUMBIA WA 99504-7888
1-800-541-1510

ACME Looney Toons Town Bank 99-9999 1341350082
999

Client ID#: 13416179 Name: McCormick, Bernice
Pay To: Any Washington WIC Approved Store

2 First Day to Use Aug 01, 2017 Transaction Date Last Day to Use Sep 01, 2017

3 8 dollars fresh or frozen fruits and/or vegetables
ATTN Checkers: The price you enter on the check must not exceed the dollar amount printed on the check
The Client can pay any extra amount

4 Actual Purchase Price \$

5 Customer Signature - Show ID to match name below
X
McCormick, Marie
McCormick, Patrick

Replacement Check August 2017 1211 / 20170517

134135008299 9999999999 99999999

1 Getting Started

- WIC customers may combine more than one WIC Fruit and Vegetable check in a single transaction.
- Ask for the check and the customer's ID. A signed WIC folder is a valid ID.

Customer Signature - Show ID to match name below

X

McCormick, Marie

McCormick, Patrick

- The name on the ID must match one of the names printed below the signature box.
- Put a check mark in the box next to the customer's name.
- Refuse the check if the customer has no ID, the customer's name is not printed below the signature box, or if the check is altered (for example, if dates or quantities are changed) or severely damaged.
- Use a black or dark blue ink pen when writing on the WIC check. Write clearly. Don't use colored ink pens or gel pens.

2 Check the dates carefully

First Day to Use Aug 01, 2017

Transaction Date 8/19/2017

Last Day to Use Sep 01, 2017

- Don't take checks before the "First Day To Use" or after the "Last Day To Use."
- Write today's date in the "Transaction Date" box.

INFORMATION FOR WIC VENDORS

3 Sell only WIC approved fruits and vegetables

8 dollars fresh or frozen fruits and/or vegetables

ATTN Checkers: The price you enter on the check must not exceed the dollar amount printed on the check
The Client can pay any extra amount

- This guide has information on WIC approved fruits and vegetables (see page 13).
- We encourage WIC customers to buy the full value of the check, but it is not a requirement.

4 Total the sale

- If the purchase amount is less than the value of the check, write the purchase amount in the “Actual Purchase Price” box. For example, if the value of the check is \$8.00, and the total purchase amount is \$4.50, write in \$4.50.
- If the purchase is more than the value of the check, write the dollar value of the check in the “Actual Purchase Price” box. For example, if the value of the check is \$8.00, and their total purchase is \$9.00, the amount you write on the check is \$8.00. The customer pays the additional dollar themselves, using a Washington Electronic Benefit Transfer (EBT) Quest card, debit or credit card, check, or cash. If they pay with cash, they can receive change.
- If you make a mistake, you can correct it. Follow these steps:
 - Draw one line through the incorrect amount.
 - Clearly write the correct amount in or close to the box, and write your initials close to the new amount.
 - Don't write or scribble over numbers, use white out, or try to erase the incorrect amount.

Actual Purchase Price
\$ 4.50

5 Finish the sale with their signature

Customer Signature - Show ID to match name below
x Marie McCormick

- Have the customer sign the check in the signature box, after you enter the amount of the “Actual Purchase Price.” If the check is signed before the actual purchase price is entered, the WIC customer can re-sign the check close to the signature block.
- The customer must sign every check in your presence.
- Review the check. Make sure it has valid dates, correct actual purchase price entered, and customer's signature.

**IF YOU HAVE QUESTIONS ABOUT WIC CHECKS,
CALL 1-800-841-1410.**



WASHINGTON STATE DEPARTMENT OF HEALTH
WIC NUTRITION PROGRAM

1-800-841-1410

www.doh.wa.gov/WICfoods

We create opportunities for people with limited resources to make healthy nutrition choices. We support healthy eating, breastfeeding, access to healthy foods, and physical activity.

This institution is an equal opportunity provider.

Washington State WIC Nutrition Program
doesn't discriminate.



PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TTY 711).