

WIC Approved

Shopping Guide



Effective Date July 1, 2015



West Virginia WIC Participant Agreement

WHAT DOES WIC EXPECT FROM ME?

- **Buy WIC-approved foods:** I will buy only the foods listed on my WIC Shopping List. I will use these foods only for the person on the program.
- **Use WIC benefits correctly:** I will follow the rules when using WIC benefits. I will not sell or trade WIC benefits, food or formula purchased with WIC benefits. I will keep all sales receipts for food or formula identical to those issued by WIC that I privately purchase. These receipts will be documentation that I can provide to the WIC Program, if requested, to prove I am not selling or exchanging food or formula provided by the WIC Program.
I will handle my WIC benefits with care. If they are lost or stolen, I will notify my local WIC agency immediately. I understand that I will not receive a replacement for the benefits if they are lost or stolen.
I will use my WIC benefits between the “First Date to Spend” and the “Last Date to Spend” shown on the WIC Shopping List.
- **Go to one WIC clinic at a time:** I will get benefits from only one clinic at a time. If I move out of state, I can ask for a transfer card.
- **Keep WIC appointments:** I will keep all appointments or call ahead if I can not make it. Failure to pick up benefits for two months in a row may result in removal from the program. If this happens, I understand that I can reapply.

BY PARTICIPATING IN WIC I UNDERSTAND & AGREE:

- All information I give to WIC is true. WIC staff may do periodic checks.
- Intentionally making false or misleading statements, or misrepresenting, concealing or withholding facts may result in having to pay the state agency, in cash, to cover the value of food benefits improperly issued to me. This may also result in civil or criminal prosecution under state and federal law.
- I will inform the local WIC agency of any change in my address or phone number.
- I give permission for WIC staff to take measurements, as well as a small amount of blood to check iron levels, for my child or me. This information is needed to help determine WIC eligibility.

- **Common courtesy:** I will treat WIC and grocery store staff with courtesy and respect. I understand that if I, or one of my designees, verbally abuse, harass, threaten or physically harm a WIC staff member or grocery store staff, I can lose my WIC benefits.

WHAT CAN I EXPECT FROM WIC?

- **WIC foods:** If I qualify for WIC, I will get WIC benefits to buy healthy foods at the grocery store. I understand that WIC does not give all the food or formula needed in a month.
- **Nutrition and breastfeeding guidance:** WIC will give me tips about how to feed my family in a healthy way and provide information and instruction on breastfeeding.
- **Health care referrals:** WIC will help me find doctors and refer me for things like shots for my children and other necessary health services.
- **Fair treatment:** I have the right to ask for a fair hearing if I do not agree with a decision about my WIC eligibility. I understand I must request a fair hearing by writing or calling my local WIC office or the state WIC office within 60 days of receiving my eligibility letter.
- **Common courtesy:** WIC staff will treat me with courtesy and respect. I will not be treated differently for any reason.

- In accordance with the Tax Reform Act of 1976, West Virginia WIC collects social security numbers for the purpose of proper identification.
- WIC staff can share information with my health care provider, other WIC clinics, health, education and welfare programs, Head Start, Right From The Start, Expanded Food and Nutrition Program, Centers for Disease Control and Prevention, Immunization Program, Medicaid and Maternal and Child Health.
- Your information may also be used to conduct WIC quality assurance assessments.
- I have been advised and understand my rights and responsibilities.

WIC Shopping

WIC SHOPPING SIMPLIFIED

Your WIC clinic does a great job educating you about health and nutrition. Now you can browse this shopping guide for a list of foods and brands that are included and not included in the WIC Program.

Remember to bring this shopping guide with you each time you shop.

eWIC Card

SHOPPING IS EASIER WITH THE eWIC CARD

Now shopping for WIC foods is faster and easier with the eWIC card that you can swipe at checkout just like a regular debit card.

Your card stores up to three months of food benefits, but you can only buy the foods available for the current 30-day benefit period. Choose to purchase all your WIC foods during a single shopping trip, or buy just what you need each time you visit the grocery store. Additional food benefits will be added to your card at your next WIC appointment.

WIC Shopper™ App

SCAN AND GO WITH WIC SHOPPER™

The free WICShopper™ mobile app takes the guesswork out of WIC shopping! Scan a product bar code with your phone, usually on the back or bottom of the package, and the WICShopper™ tells you if the item is WIC eligible for YOU and if you have enough benefits to purchase it. This saves you time and eliminates questions at checkout.

MAXIMIZE YOUR BENEFITS

Register your card and you can see your current WIC benefit balance right on your phone, which helps you maximize your benefits each month.

To download the app and learn more, visit EBTshopper.com, or scan this code to easily find the app in your app store.



ACTIVATION

Call the customer service number on the back of your card and select your personal identification number (PIN).

LOST OR STOLEN CARDS

Call the WIC customer service number, 1-888-220-9555, or your local WIC clinic immediately to deactivate the card. To receive a new card, you'll need to visit a WIC clinic.

NEED YOUR eWIC BENEFIT BALANCE?

- Call 1-888-220-9555
- Check your last grocery store receipt
- Visit the WIC participant portal www.wichousehold.wv.gov
- Register your card with the WICShopper™ mobile phone app



For more information about your eWIC card, contact your local WIC office.

- 1 DOWNLOAD**
WICShopper™ from your app store or visit EBTshopper.com
- 2 SELECT**
Launch WICShopper™ and select West Virginia
- 3 SHOP (with certainty!)**
Scan or take a picture of the UPC bar code on the back of items and we'll tell you if they are WIC eligible for you and your family.



Tips and Reminders

WHAT TO BRING TO THE GROCERY STORE:

- Grocery list
- eWIC card
- WIC benefit balance
- WIC-approved shopping guide
- Your cell phone if you've downloaded the WICShopper™ app

SHOPPING SMART

- Compare prices on foods and buy the least expensive brand.
- Use coupons and look for “buy one, get one free” and other store offers.
- Carefully count ounces to be at or under your maximum benefit amount.



EASY CHECKOUT

- Separate WIC items from non-WIC items in your grocery cart.
- Tell the cashier that you are shopping with your eWIC card.
- Depending on the store, you may need to swipe your eWIC card before or after the cashier scans your items.
- For items that are not WIC eligible or that exceed your available WIC balance, you can pay with other forms of payment including SNAP, cash, check, debit or credit cards.
- Review your receipt before you leave the store to make sure your WIC benefits have been properly deducted.
- Refunds, rain checks and exchanges are not allowed in the West Virginia WIC Program.
- The best way to keep track of what food you have to spend in your WIC food package is to know your balance. The best way to know your balance is to keep your last receipt or download the WICShopper™ app.

Keep your eWIC card and PIN number in a safe place.

Selling or trading food purchased with WIC benefits could result in termination from the WIC Program.

For more information about program benefits, outreach, health and nutrition guidance, quick and easy recipes and more, visit the West Virginia WIC website at ons.wvdhhr.org.

Breastfeeding

Babies are born to breastfeed. Your breast milk is all your baby needs.

Did you know?

- Babies have tiny tummies. Moms make just the right amount of milk for their new baby.
- Breastfeeding is convenient. It is always ready, with no bottles or mixing required.

FACTORY
MADE
↙

Formula

Minerals
Vitamins
Fat
DHA/ARA
Carbohydrates
Protein
Water

***Breastfeeding decreases the risk of sickness and childhood obesity**

Breastmilk

Antibodies
Hormones
Anti-Viruses
Anti-Allergies
Anti-Parasites
Growth Factors
Enzymes
Minerals
Vitamins
Fat
DHA/ARA
Carbohydrates
Protein
Water

MOM
MADE
↙



How to spend your WIC benefits

How to buy 32 ounces of whole grains



2 loaves of 16 oz. bread



1 loaf of 16 oz. bread and 1 package of 16 oz. tortillas



1 box of 16 oz. rice and 1 package of 16 oz. tortillas



2 bags of 16 oz. rice



2 packages of 16 oz. tortillas



1 loaf of 16 oz. bread and 1 bag of 16 oz. rice

How to buy 36 ounces of cereal

36 oz

18 oz = 36oz
18 oz

24 oz = 36oz
12 oz

12 oz = 36oz
12 oz
12 oz

Reading your Receipt

Milk



1.00 gal = 1 gallon



.50 gal = 1/2 gallon



.25 gal = 1 quart

Peanut Butter* & Legumes (Beans)

1.00 cont = One 16 oz. bag or four 15-16 oz. cans or one 16-18 oz. peanut butter

0.75 cont = 3 cans of beans

0.50 cont = 2 cans of beans

0.25 cont = 1 can of beans



*Peanut Butter cannot be purchased for children age 12-24 months.

Grocery stores that accept WIC are not required to stock all WIC approved brands listed in this guide. They will carry a reasonable variety of each type of WIC food.

Infant Foods

FRUITS

✓ Included:

- Single ingredient or combinations of single ingredients, may have added fruit juice, (e.g., apples-pears; apples-mango-kiwi).
- Any Stage (i.e. Stage 1, Stage 2, Homestyle, etc.) in 4-ounce containers ONLY.
- Single or two pack - jars or plastic containers.

⊘ Not Included:

- Mixtures with cereal; Infant food dinners, puddings, desserts (e.g., peach cobbler) or “delights”; Organic infant fruits; Varieties with DHA or ARA; Infant fruits with added sugars, starches or sodium; Infant fruits with yogurt
- Fresh fruits; Gerber Graduates fruit dices, fruit puffs, yogurt melts, wagon wheels, fruit and cereal bars, mini fruits, fruit strips or fruit twists; Beech Nut Let’s Grow yogurt nibbles; Heinz toddler foods
- Pouches



MEAT

For Breastfeeding Infants Only

✓ Included:

- Infant food meat or poultry, as a single major ingredient, with added broth or gravy.
- Any Stage (i.e. Stage 1, Stage 2, etc.) in 2.5 ounce containers ONLY.
- Jars or plastic containers.

⊘ Not Included:

- Food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs); Organic meats; Varieties containing DHA or ARA; Infant meats with added sugars, starches or sodium
- Chicken sticks, turkey sticks or meat sticks; Gerber Graduates Lil’ Meals, Lil’ Sides, Lil’ Entrées or Pasta Pick-ups; Beech Nut Tummy Trays or Mini-meals; Heinz toddler foods; Nature’s Goodness Toddler Cuisine
- Pouches

VEGETABLES

✓ Included:

- Single ingredient or combinations of single ingredients (e.g., peas and carrots) vegetables.
- Any Stage (i.e. Stage 1, Stage 2, Homestyle, etc.) in 4-ounce containers ONLY.
- Single or two pack - jars or plastic containers.

⊘ Not Included:

- Organic infant vegetables; Infant food dinners; Infant vegetables with added sugars, starches or sodium; Varieties containing DHA or ARA
- Fresh vegetables; Gerber Graduates vegetable dices, veggie puffs, or wagon wheels; Heinz toddler foods
- Pouches



Infant Cereal

✓ Included:

- Dry cereal containing a minimum of 45mg of iron per 100g.
- Single grain (barley, oatmeal, rice, whole wheat) or mixed/multi-grain.
- 8-ounce boxes or plastic containers ONLY.

⊘ Not Included:

- Infant cereals containing infant formula, milk, fruit, sugar or other non-cereal ingredients (DHA or ARA); “Organically grown” infant cereals.
- Infant cereal in jars or cans.

Infant Formula

✓ Included:

- Formula as issued on an eWIC card.

⊘ Not Included:

- Non-contract standard milk-based or standard soy-based infant formulas
- Low-iron infant formula



Milk

CHILDREN AGE 12-23 MONTHS

Least expensive brand



✓ Included:

- Whole milk in white, chocolate, or lactose free varieties.
- If requested – evaporated milk fortified with Vitamin D in 12-ounce cans ONLY.
- Soymilk: 8th Continent Regular Soymilk Original, Pacific Ultra Original Soymilk, and Silk Original Soymilk.

WOMEN AND CHILDREN AGE 2-5

Least expensive brand

✓ Included:

- Low fat (1%) or Fat free (Skim) milk in white, chocolate, or lactose free varieties.
- If requested – nonfat dry milk in 25.6-ounce or 9.6-ounce boxes only.
- Soymilk: 8th Continent Regular Soymilk Original, Pacific Ultra Original Soymilk, and Silk Original Soymilk.



⊘ Not Included:

- Reduced Fat (2%), Super Skim, Ultra Skim; Almond Milk; Coconut Milk; Cultured milk such as buttermilk; Shelf-stable milk; Goat's milk; Rice milk; Milk with added soy protein, plant sterols, DHA, ARA and/or Omega 3; Tofu; Organic milk; Fruit flavored milk; Other non-dairy or raw milk.
- Packages of individual serving size; Glass containers; Pint size containers. Two (2) - 1/2 gallons substituted for a gallon Two (2) quarts substituted for a 1/2 gallon or Four (4) quarts substituted for a gallon.
- Individual serving sizes packaged in a larger box or 9.6-ounce boxes substituted for 25.6-ounce box.
- Sweetened condensed milk; Evaporated filled milk; Evaporated fat free milk.
- Light or fat free soymilk; Vanilla or chocolate flavored soymilk.

Cheese

✓ Included:

100% natural sliced, shredded or block 16 ounce packages:

- Colby
- Cheddar
- Monterey Jack
- Mozzarella (part-skim or whole)
- American (pasteurized processed)
- Blends of any of these cheeses

Low fat; Reduced fat; Fat free; Low cholesterol; Low sodium; Calcium fortified; Vitamin D fortified; and Lactose-reduced cheese

⊘ Not Included:

- Any varieties not listed above. Cheese food, cheese product, imitation cheese, cream cheese or cheese spread; Cheese with pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked); Cheese with added probiotics, DHA or AHA (e.g., Live Active, etc); Cheese made with raw milk
- Deli or imported cheese; Kosher cheese
- Individually wrapped slices, cubes, crumbles or string cheese; Packages of individual serving sizes
- Organic; Lactose-free cheese
- Two (2) 8 oz. packages substituted for a 16 oz. package.

Eggs

✓ Included:

- Any grade of ANY SIZE white chicken eggs
- Packaged by the dozen ONLY

⊘ Not Included:

- Brown, cage free, naturally nested, free range or vegetarian fed hen eggs; Dried or liquid egg mixes; Egg substitutes
- Antibiotic free or growth hormone eggs; Organic, reduced cholesterol, or reduced saturated fat eggs; Specialty eggs (including pasteurized or fortified/enriched with Vitamin E, DHA or Omega 3)



Fruits

✓ Included:

- Any variety of fresh whole, pre-cut or pre-chopped fruit, including fruit trays and single serve options without added sugars, flavoring, fat, oil, dips, dressing, croutons, and nuts. This includes fruit in bags, plastic containers, or boxes.
- Participant may pay additional cost over the maximum amount of the eWIC Benefit Balance, with cash, check, SNAP (Food Stamp Card), credit or debit card. No cash or credit for any unused portion of the WIC benefit will be given.

⊘ Not Included:

- Any variety of canned, frozen or dried fruit; Pre-packaged fruit in their own juice (i.e. Dole Naturals, Dole Fruit Bowls, etc.); Juice; Jams, jellies or fruit spreads; Fruits with added sugars, sodium, flavoring, dressing, fat or oil.
- Ornamental fruits such as painted pumpkins or edible blossoms; Fruit baskets or fruits from the deli/salad bar; Fruit trays with dips; Fruit muffins or baked goods; Fruit-nut mixtures.



Vegetables

✓ Included:

- Any variety of fresh whole, pre-cut or pre-chopped vegetables, including vegetable trays or single serve options without dips, dressing, croutons, and nuts. Sweet potatoes; white, yellow, purple or red potatoes; or yams. This includes vegetables in bags, plastic containers, or boxes.
- Participant may pay additional cost over the maximum amount of the eWIC Benefit Balance, with cash, check, SNAP (Food Stamp Card), credit or debit card. No cash or credit for any unused portion of the WIC benefit will be given.

⊘ Not Included:

- Any variety of canned, frozen or dried vegetables; Vegetables with added sugars, sodium, flavoring, dressing, fat or oil; Juice; Pickled vegetables or olives (i.e. pickles, sauerkraut, etc.); Condiments (i.e. catchup, salsa, chutney; guacamole, pasta sauce, etc.); Herbs or spices; Soups.

- Ornamental vegetables such as chilies on a string, gourds or edible blossoms; Vegetable trays with dip; Vegetable baskets or vegetables from the deli/salad bar; Vegetable muffins or baked goods; Creamed, sauced or breaded vegetables.

Chart for Purchasing Fruits and Vegetables

Price per Pound	Pounds					
	1 1/2	2	2 1/2	3	3 1/2	4
\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42	\$2.76
\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47	\$3.96
\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22	\$5.96
\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92	
\$1.99	\$2.99	\$3.98	\$4.98	\$5.97		
\$2.49	\$3.74	\$4.98				



Juice

✓ Included:

- Pasteurized 100% unsweetened fruit juice or vegetable juice.
- Cans, plastic containers or cartons ONLY.

⊘ Not Included:

- Juice with added sugar or sugar substitutes; Fruit and/or vegetable juice blends; Juicy Juice; Welch's; Grapefruit juice; Juice drinks or cocktails; Juice with carbonation; Sports drinks; Ciders; Lemon or lime juice; Organic juices; Fresh juice; Infant juice; V-8 Splash or Fusion varieties.
- Shelf-stable concentrate; Glass bottles; Packages of individual serving size.

FROZEN CONCENTRATE

12 oz. – for women only

Apple: *with or without calcium*

- Essential Everyday
- Food Club
- Food Lion
- Giant
- Great Value
- HyTop
- Kroger
- My Essentials (Food Lion)
- Our Family
- Tipton Grove
- Valutime
- Weis From the Field

Grape: *white, purple or red; with or without calcium*

- Essential Everyday
- Food Club
- Giant
- Great Value
- HyTop
- Kroger
- Sunrise Valley

Orange: *with or without calcium*

- Any Brand

Pineapple

- Any Brand

SHELF STABLE OR REFRIGERATED

64 oz. = 1/2 gallon – for children only

Apple: *with or without calcium*

- Best Yet
- Essential Everyday
- Food Club
- Food Lion
- Giant
- Giant Eagle
- Great Value
- HyTop
- IGA
- Kroger
- My Essentials (Food Lion)
- Our Family
- Shurfine
- Smart Sense
- Tipton Grove
- Weis 5 Star
- Weis Quality

Grape: *white, purple or red; with or without calcium*

- Best Yet
- Essential Everyday
- Food Club
- Food Lion
- Giant
- Giant Eagle
- Great Value
- HyTop
- IGA
- Kroger
- Our Family
- Shurfine
- Smart Sense
- Tipton Grove
- Valutime
- Weis Quality

Orange: *with or without calcium*

- Any Brand

Pineapple

- Any Brand

Tomato: *regular or low sodium*

- Essential Everyday
- Food Club
- Food Lion
- Giant
- Great Value
- HyTop
- IGA
- Our Family
- Shurfine

Vegetable: *regular or low sodium*

- Best Yet
- Diane's Garden
- Essential Everyday
- Food Club
- Giant
- Great Value
- HyTop
- Kroger - Original or Spicy
- Our Family
- Shurfine
- Smart Sense
- Weis Quality



Breakfast Cereals



Indicates a minimum of 51% whole grain cereal



Source of 100% Daily Value of Folic Acid

✓ Included:

- Boxes or Bags
- Cold cereal in 12 to 36 ounce boxes or bags.
- Hot cereal in 11-36 ounce boxes.

⊘ Not Included:

- Single serving boxes or packets except Quaker Instant Oatmeal
- Organic cereals

Kellogg's



Corn Flakes Crispix Frosted Mini-Wheats Original Frosted Mini-Wheats Little Bites Rice Krispies Gluten Free Rice Krispies Original Special K ✓

Quaker



Instant Oatmeal Original only (Ind. packets) Life Original only Oatmeal Squares Brown Sugar ✓ Oatmeal Squares Cinnamon ✓ Oatmeal Squares Golden Maple ✓ Oatmeal Squares Honey Nut ✓

My Essentials (Food Lion)

Our Family

Sunbelt



Frosted Mini-Wheats Touch of Fruit Raisin Frosted Mini-Wheats Touch of Fruit Raspberry Strawberry Frosted Shredded Wheat Shredded Wheat Strawberry Cream Frosted ✓ Simple Granola

General Mills



Cheerios Original Cheerios Multi-Grain Dora the Explorer Go Diego Go Kix Berry Berry Kix Original Kix Honey Chex Rice Chex Corn

Kroger

B&G

Food Club



Frosted Shredded Wheat Strawberry Cream ✓ Frosted Shredded Wheat Blueberry ✓ Cream of Wheat Healthy Grain Instant Cream of Wheat Whole Grain 2 1/2 Minute Frosted Shredded Wheat Strawberry Cream

Post

Malt O Meal



Honey Bunches of Oats Whole Grain Honey Crunch Honey Bunches of Oats Vanilla Bunches Honey Bunches of Oats with Almonds Honey Bunches of Oats Cinnamon Bunches Honey Bunches of Oats Honey Roasted Great Grains Banana Nut Crunch Shredded Wheat Honey Nut Alpha Bits



Chocolate Hot Wheat Cereal ✓ CoCo Wheats ✓ Mini Spooners Blueberry or Strawberry Cream ✓ Oat Blenders with Honey and Almond Oat Blenders with Honey

Whole Grains

BREAD & BUNS

✓ Included:

- Whole wheat and whole grain breads and buns that meet health requirements and are labeled as a “whole grain food with moderate fat content,” 16-ounce packages ONLY.

⊘ Not Included:

- Brands or breads not pictured; Breads that don't list whole grain as the primary ingredient; Bakery/deli whole grain or multigrain breads; Organic bread.

TORTILLAS

✓ Included:

- Whole wheat tortillas with whole grain as the primary ingredient, 16-ounce packages ONLY.

⊘ Not Included:

- Brands or tortillas not pictured; Tortillas that don't list whole grain as the primary ingredient; Flour or corn tortillas.

RICE

✓ Included:

- Any brand brown rice without added sugars, fats, oils or salt. May be instant, quick, or regular cooking, 16-ounce packages ONLY.

⊘ Not Included:

- Basmati, wild, wehani, white or jasmine rice; Bulgur; Oatmeal; Barley; Granola; Flours; Pasta; Couscous.

Whole Wheat Tortillas



Carlita 100% Whole Wheat
Celia's Whole Wheat
Chi-Chi's Whole Wheat Fajita Style
Don Pancho Whole Wheat
Food Club Whole Wheat
Giant Whole Wheat
Giant Eagle Whole Wheat



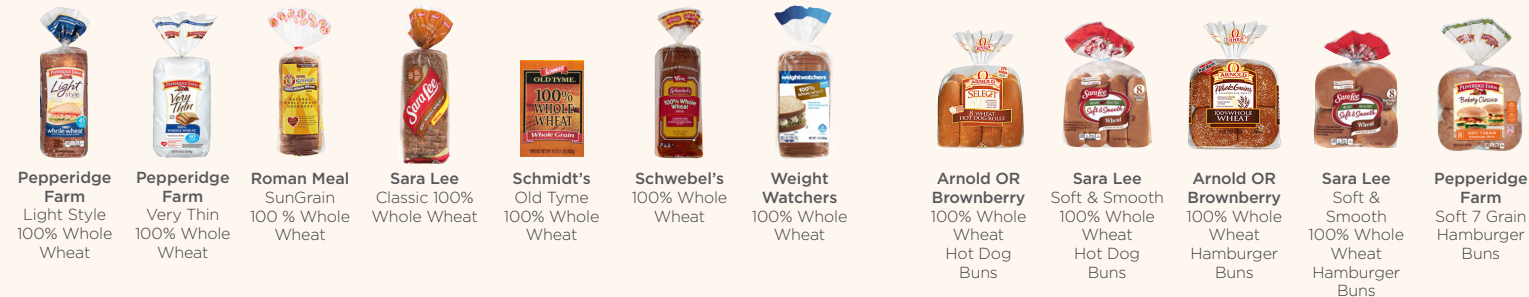
Kroger 100% Whole Wheat
La Banderita Whole Wheat
Mi Casa 100% Whole Wheat
Mission 100% Whole Wheat Flour
Nature's Promise All Natural Whole Wheat
Ortega Whole Wheat
Our Family Whole Wheat Flour
Pepito Whole Wheat

Breads



Arnold Stone Ground 100% Whole Wheat
Bimbo 100% Whole Wheat
Essential Everyday 100% Whole Wheat
Food Lion 100% Whole Wheat
Giant 100% Whole Wheat
Giant Eagle Whole Wheat
Kern's 100% Whole Wheat
Kroger 100% Whole Wheat
Nature's Own 100% Whole Grain Sugar Free
Nature's Own 100% Whole Wheat with Honey
Nickles 100% Whole Wheat
Pepperidge Farm 100% Whole Wheat Cinnamon Swirl w/Raisins
Pepperidge Farm Whole Grain Jewish Rye Seeded

Buns



Pepperidge Farm Light Style 100% Whole Wheat
Pepperidge Farm Very Thin 100% Whole Wheat
Roman Meal SunGrain 100% Whole Wheat
Sara Lee Classic 100% Whole Wheat
Schmidt's Old Tyme 100% Whole Wheat
Schwebel's 100% Whole Wheat
Weight Watchers 100% Whole Wheat
Arnold OR Brownberry 100% Whole Wheat Hot Dog Buns
Sara Lee Soft & Smooth 100% Whole Wheat Hot Dog Buns
Arnold OR Brownberry 100% Whole Wheat Hamburger Buns
Sara Lee Soft & Smooth 100% Whole Wheat Hamburger Buns
Pepperidge Farm Soft 7 Grain Hamburger Buns

Legumes

BEANS

✓ Included:

- Dried beans, lentils or peas in any variety, including any combination of varieties. 16-ounce bag ONLY.
- Any brand of any type of canned bean, including fat free refried beans, without added sugars, fats, oils or meats. May be low sodium. Canned beans may be chosen for dried beans as listed on eWIC Benefit Balance. Combination not to exceed four (4) 15-16 oz cans ONLY.



⊘ Not Included:

- Beans with added flavoring packets or additional flavorings; Soups or soup mixes; May not contain added sugars, fats, dyes, oils or meat; Organic; Boxes of beans; Bulk or loose beans; Raw or roasted nuts.
- Baked beans or pork and beans; Canned chili; Gourmet style peas or beans; Hummus; Varieties such as green beans, green peas, snap beans, orange beans, wax beans and edamame-style soy beans; Canned beans with added sugars, fats, oils or meats; Soups.

Canned Fish

For Women who are Fully Breastfeeding or Pregnant with Multiples ONLY.

✓ Included:

- Chunk light tuna. Pink salmon
- 30 ounces total
- Combination to add up to 30 ounces in 5-ounce cans ONLY



⊘ Not Included:

- Sardines or Jack mackerel; Albacore, Yellow Fin, Chunk White, Solid White, Tongol or other specialty tuna; Blueback, Sockeye, Red, King, Wild or Coho salmon.
- Flaked or grated; Low sodium; Select, fancy and/or solid; Organic; Fish with added flavorings, spices or ingredients other than salt, oil or water; Gourmet, filet, fresh, dried, frozen or smoked fish.
- Pouches or foil packets; Packages of individual serving size; Fish and cracker combinations.

PEANUT BUTTER

✓ Included:

- Any brand of commercially prepared, pre-packaged variety of plain, low sugar or low-sodium peanut butter, including smooth, crunchy or extra crunchy, and chunky styles.
- 16-18 ounce package ONLY.



⊘ Not Included:

- Whipped peanut butter; Combinations including those with jelly, honey, chocolate, marshmallow or flavors added; Other nut butters (i.e. almond, soy, sesame sunflower, cashew, hazelnut, etc); Reduced fat, fat free, or peanut spreads; Organic; Honey roasted or honey nut peanut butter; Specialty or gourmet peanut butter; Peanut butter with added nutrients such as vitamin E, DHA or ARA.
- Packages of individual serving size, including tubes, slices or "To Go" containers; Bulk or fresh ground peanut butter.

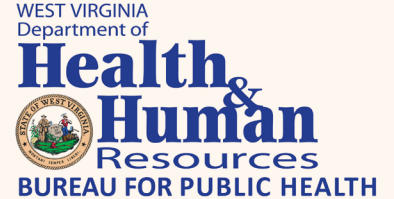
**Not recommended for children under two years of age because of the risk of choking.*

**Not available for purchase with WIC Benefits for children under two years of age.*



QUESTIONS?

Just call **304-558-0030** or
contact your local WIC clinic at:



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: http://www.ascr.usda.gov/complaint_filing_cust.html, 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.

Cardholder Name

Family ID.