



FOOD SHOPPING GUIDE

Effective November 1, 2017 • Version 1

INFORMATION



- WIC transactions should not be completed in self-check out lanes.
- At the beginning of the transaction, let the cashier know that you will be using your WYO W.E.S.T. card.
- Your WIC foods do not need to be separated from the rest of your groceries.
- Store discount cards, coupons of any kind, or promotions are allowed and encouraged to be used with your WIC purchase.
- Take your receipt printout with you, or print a benefit balance receipt at the store before shopping. This will help you to know what is available for you to purchase.
- **NO SUBSTITUTIONS OR EXCHANGES ARE ALLOWED** - All WIC Purchases are final, unless the item(s) purchased were expired or damaged.
- Not all products will be available at all stores. If an item you are trying to purchase with your WIC benefits does not scan as WIC approved, please provide the UPC and a description of the product to your local WIC office immediately or email pictures of the item to wdh-wywicvendor@wyo.gov. (Description or pictures must include the product name, size, UPC, and ingredient listing.)

- If you are not able to buy juice with your WIC benefits, the product may not have enough Vitamin C or make the correct amount.
- In order to receive your full nutrition benefit, we encourage you to buy and use all of the monthly food benefits prescribed for you and your family.
- If your local WIC office is closed and you need assistance, contact 1-888-996-9378 during normal business hours.



Find us on Facebook at:
“Wyoming WIC Program”

Nutrition Facts	
Makes 48 FL. OZ	
Serving Size 8 fl. oz. • Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 10mg	1%
Potassium 250mg	7%
Total Carbohydrate 30g	10%
Sugars 30g	
Protein 0g	
Vitamin C 120%	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium, and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

DAIRY

MILK

All brands allowed in gallons:

Whole (12 to 23 months only) **or**

1% & Skim (for 2-5yr olds & women only):

- Fresh
- UHT/Shelf Stable (only in quarts)
- Buttermilk
- Dry/Powdered (only in 8 quart boxes)



Specialty Milk - Only when specified on receipt:

- Reduced Fat (2%)
- Evaporated (12 oz cans)
- Goat's Milk (canned, fresh, or powdered)
- Lactose Free

Exceptions: You may buy a single quart of milk **only** if it is listed on your receipt.

NOT ALLOWED: Organic, Flavored, Value-Added, or Raw/U npasteurized Milk

SOY BEVERAGE

Only the following brands in quarts or half-gallons:

- 8th Continent
 - Refrigerated
 - Original or Vanilla
- Pacific Natural
 - Shelf Stable
 - Ultra Soy Vanilla or Ultra Soy Original
- Silk
 - Refrigerated
 - Original



NOT ALLOWED: Organic, Any Other Brands, Any Other Flavors, or Rice/Almond Based Beverage

CHEESE

Store brands of domestic cheese allowed, 8 & 16 ounce packages of Mozzarella String Cheese or block & shredded in the following types:



- Cheddar-Jack
- Cheddar (yellow)
- Colby
- Colby-Jack
- Longhorn (Colby)
- Monterey Jack
- Mozzarella
- Mozzarella String Cheese
- Deluxe American Cheese Slices (not individually wrapped)

NOT ALLOWED: Organic, Random Weight, Bulk, Deli, Gourmet, Sliced, Individually Wrapped Sliced Cheese, Cheese Food Products, Cheese Spreads, White American, White Cheddar, Added Ingredients (i.e., Pepper Jack), Any Other Flavor or Any Other Size

YOGURT

The brands listed below, any flavor, in 32 ounce containers:

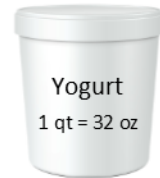
Best Choice, Dannon, Darigold, Essential Everyday, Great Value, Kroger, Light & Fit, Lucerne, Mountain High, Our Family, Simple Truth, Tillamook, Western Family, and Yoplait

Children 12 to 23 months

- Whole Milk Yogurt

Children 2 to 5 Years Old and Women

- Low-fat or Nonfat Milk Yogurt



NOT ALLOWED: Organic, Natural, Greek, Multi-Packs, Mix-In Ingredients (granola, candy pieces, honey, or nuts), Whipped, Reduced Fat, or Any Other Size

PROTEIN

LEGUMES

All brands, 1 pound (16 oz) bag dried or 15 to 16 ounce can, any variety:

- Beans
- Fat-Free Refried Beans
- Lentils
- Peas (no Sweet)
- Low Sodium



4 cans = 1 pound of dry legumes.

.25 units will be removed from your card for each can of beans purchased.

Example: If your receipt shows that you have 2 jarbag of legumes and you purchase 1 jar of peanut butter and 1 can of beans, your new ending balance would be .75 jarbag.

NOT ALLOWED: Organic, Canned Sweet Peas, Mixed, Green Beans, Soup/Soup Mixes, Chili, Baked Beans, Beans with Meat, Snap Green, Wax, Yellow, Added Flavoring, Added Fat, Added Oil, or Any Other Size

helpful tip

Different ways to buy Peanut Butter (PB)/
Legumes

One item equals:



1 package
dry beans

OR



4 cans of beans

OR



1 jar peanut
butter

PEANUT BUTTER

All brands, 16 to 18 ounce jars in creamy, crunchy, and extra crunchy:

NOT ALLOWED: Organic, Added Marshmallow, Added Jelly, Added Honey, Whipped, Natural, Squeeze Bottles, Low or Reduced-Fat, Other Nut Butters, or Any Other Size



EGGS

All brands, large 1 dozen, white, Grade A or AA:



NOT ALLOWED: Organic, Brown, Eggland's Best, Cage Free, Free Range, Medium, Jumbo, Added Omega-3 Fatty Acid Eggs, or Any Other Count

WHOLE GRAINS

WHOLE WHEAT BREAD

All brands, 16, 20, or 24 ounce packages:

- 100% Whole Wheat Bread must be specified on the package
- First ingredient must be Whole Wheat Flour



Women can get 16 ounce packages
Children can get 16, 20, and 24 ounce packages

NOT ALLOWED: Organic, Enriched Wheat Flour, Bleached Wheat Flour, Hot Dog Buns, Hamburger Buns, Any Other Flavors, Light, or Any Other Size

WHOLE WHEAT PASTA

All brands, 16 ounce package, any shape:

- Whole Wheat Flour or Whole Durum Wheat Flour must be the only flour listed in the ingredient list



NOT ALLOWED: Organic, Enhanced, Added Sugars, Added Fat/Oil, Added Salt, or Vegetable Pasta

BROWN RICE

All brands, 16 or 32 ounce bag, 14.1 ounce instant in a box, boil-in-bag, short grain, long grain, or parboiled:



Women can get 14.1 and 16 ounce packages
Children can get 14.1, 16, and 32 ounce packages

NOT ALLOWED: Organic, Added Flavors/Seasonings, Mixes, Dinners, Ready to Serve, or Any Other Size

OATMEAL / OATS

All brands, 16 ounce, canister or bag, original/regular flavor:



NOT ALLOWED: Organic, Instant, Added Flavors, or Any Other Size

WHOLE WHEAT TORTILLAS

Only the brands specified, 16 ounce packages:



- Best Choice 100% Whole Wheat Soft Taco
- Chi-Chi's Whole Wheat Fajita Style
- Don Pancho Whole Wheat Soft Taco
- Essential Everyday 100% Whole Wheat
- Guerrero 100% Whole Wheat Soft Taco
- La Banderita 100% Whole Wheat Fajita
- La Favorita Whole Wheat
- Mission 100% Whole Wheat Soft Taco
- Mission 100% Whole Wheat Fajita Style
- Ortega Whole Wheat
- Our Family Whole Wheat Flour Soft Taco

NOT ALLOWED: Organic, White Flour, Taco Shells, Tostada Shells, Flavored, Low Carb, Any Other Size, or Any Other Flavor



CORN TORTILLAS

Only the brands specified, 8 or 16 ounce, soft, white, or yellow:

- Best Choice Corn, 16 oz
- Don Pancho White Corn, 16 oz
- Essential Everyday White Corn, 16 oz
- Guerrero White Corn, 16 oz
- Herdez Corn, 16 oz
- IGA White Corn, 16 oz



- La Banderita, 16 oz
- La Burrita Yellow Corn, 16 oz
- La Favorita Yellow Corn, 8 oz
- Mission Yellow Corn, 16oz
- Our Family Yellow Corn, 16 oz
- Our Family White Corn, 16 oz

NOT ALLOWED: Organic, White Flour, Taco Shells, Tostada Shells, Flavored, or Any Other Size



BREAKFAST CEREAL

WG = WHOLE GRAIN as defined by USDA

GF = GLUTEN FREE

NOT ALLOWED: Organic, Any Other Size, or Any Other Flavor

OATMEAL (WG)

Only the brands specified, **11.8 or 12 ounce**, in a box, original/regular flavor, **individual** packets:



Best Choice



Essential
Everyday



Great Value



IGA



Kroger



Our Family



Quaker



Signature
Kitchens



Western
Family

CEREAL

Only the brands/types specified, **12, 18, and 36 ounce** packages:

B&G Foods



Cream of
Wheat Instant
Packets



Cream of Wheat
Whole Grain



Cream of Rice
Instant
Packets

Best Choice



Corn Flakes



Crisp Rice



Bite Size
Frosted
Shredded Wheat

Essential Everyday



Corn Flakes



Crisp Rice



Bite Size
Frosted
Shredded Wheat



Toasted
Oats

General Mills



Cheerios



Multi Grain
Cheerios



Corn Chex



Rice Chex



Kix



Kix
Berry



Kix
Honey

Great Value



Corn Flakes



Rice Crispers

CEREAL

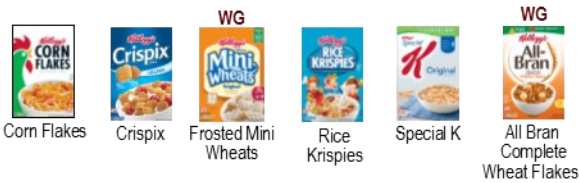
Only the brands/types specified, 12, 18, and 36 ounce packages:

IGA



Crisp Rice Corn Flakes Bite Size Frosted Shredded Wheat Toasted Oats

Kellogg's



Corn Flakes Crispix Frosted Mini Wheats Rice Krispies Special K All Bran Complete Wheat Flakes

Kroger



Crisp Rice Corn Flakes Bite Sized Frosted Shredded Wheat Toasted Oats

Malt-O-Meal (bag or box)



Corn Flakes Crispy Rice Frosted Mini Spooners Frosted Mini Spooners Blueberry Frosted Mini Spooners Strawberry Malt-O-Meal Original Malt-O-Meal Chocolate

Our Family



Corn Flakes Crisp Rice Frosted Shredded Wheat Toasted Oats

Post



Alpha-Bits Honey Bunches of Oats Honey Bunches of Oats Honey Bunches of Oats Honey Bunches of Oats Honey Bunches of Oats Grape-Nuts Flakes

Quaker



Life

Signature Kitchens



Corn Flakes Crisp Rice Bite Sized Frosted Shredded Wheat Toasted Oats

Western Family



Crisp Rice Corn Flakes Bite Size Frosted Shredded Wheat Toasted Oats

FRUITS & VEGETABLES



- Buy produce in season for the best price and flavor.
- You are allowed to purchase organic but typically organic costs more and you may not get as much for your money.
- Split Tender is now available with your fresh and/or frozen fruit and vegetable benefits. This means if your fruit and vegetable purchase costs more than what you have left on your card, you may pay the difference with cash, debit/credit, SNAP, or another tender.
- If you are not able to purchase certain fresh fruits or vegetables, it could be that the item is not set up correctly in the grocer system. Please let your local WIC office know immediately, or if you have a smart phone, take a picture of the product and the UPC and email it to wdh-wywicvendor@wyo.gov.

FRESH FRUITS & VEGETABLES

All brands; organic; any size; whole; cut fruits or vegetables; bagged fruits or vegetables; mixes of fruits or vegetables; individual fruits or vegetables; bagged salad or greens (cannot contain dressing, nuts, seeds, or croutons); may be packaged in cartons, tubs, containers, or packages:



NOT ALLOWED: Canned; Dried; Packages with Dip; Packages with Dressing; Fruits and Vegetables from Salad Bars; Fruit Baskets; Party Trays with Dressing or Dip; Seasoned Potatoes; Homemade Salsa; Edible Blossoms; Edible Flowers; Herbs; Spices; Aloe Leaves; Ornamental and Decorative Fruits and Vegetables, such as Chili Peppers on a String; Garlic on a String; Gourds; or Painted Pumpkins

FROZEN FRUITS & VEGETABLES

All brands, organic, any size, single or mixed:



NOT ALLOWED: Added Sweeteners, Oils/Fats, Herbs, Spices, Cream, Sauces, Breading, French Fries, or Tater Tots

INFANT PRODUCTS

INFANT CEREAL

Only the brands listed, 8 or 16 ounce containers, of Barley, Oatmeal, Multigrain, Rice, and Whole Wheat:



Beechnut



Gerber



Parent's Choice



Tippy Toes

NOT ALLOWED: Organic, Sensitive, Cereal in Cans/Jars, Added Formula, Added Fruit, Added DHA, Added ARA, Added Yogurt, Any Other Brands, Any Other Flavors, or Any Other Size



FORMULA

Only the brand, type, and size specified on the benefit balance receipt.

NOT ALLOWED: Substitutions or Exchanges at the Store (returns or exchanges can only be done at your local WIC office)

INFANT FRUITS & VEGETABLES

Single or Mixed varieties, in the brands, sizes and types listed:

- Brands: Baby Basics, Beechnut Classics, Gerber, and Tippy Toes
- Sizes (in ounces): 2, 2.5, 3.5, 4, and 6
- Container Types: Glass, Plastic, and Multi-Packs
- Stages: First Foods, Second Foods, and Third Foods



NOT ALLOWED: Organic, Medleys, Added DHA, Added ARA, Added Cereal, Dinners, Desserts, Custards, Cobblers, Added Sugar, Added Starch, Added Salt, Graduates, Pouches, Blends, or Any Other Size

NOTE:

Mixed baby food =

- Vegetables & Fruits
- More than one Vegetable
- More than one Fruit

Example:

- Pear/Pineapple
- Squash/Apple/Corn
- Pea/Carrot/Spinach

Ways to buy 128 ounces of baby food

Any combination is possible; you can mix and match different sizes

Size of the Jar/Pack	Amount to Buy
4 oz Jar	32 jars
2 pack of 2.5 oz (5 oz total) 4 oz Jar	24 packs + 2 jars
2 pack of 4 oz (8 oz total)	16 packs
6 oz Jar 4 oz Jar	20 jars + 2 jars

EXCLUSIVELY BREASTFEEDING

Fully breastfeeding moms, pregnant women with multiples, and fully breastfed infants receive extra food benefits

INFANT MEATS

Only the brands listed, 2.5 ounce glass jars, single meat variety with added broth or gravy:



Baby Basics



Beechnut Classics



Gerber



Tippy Toes



Breastfeeding has benefits for both babies and parents!

NOT ALLOWED: Organic, Added DHA, Added ARA, Added Rice, Added Pasta, Added Noodles, Graduates, Dinners, Added Sugar, or Added Salt



Mother's milk has everything a baby needs to grow and stay healthy. WIC is here to help you meet your breastfeeding goals.

FISH

TUNA: All brands allowed, 5 or 6 ounce cans, light, chunk style, water-packed:



NOT ALLOWED: Organic, Albacore, White, Oil Packed, Pouches, Lunch Kits, Seasoned, Gourmet, Flavored, or Any Other Size



SALMON: All brands allowed, 5 or 6 ounce cans, pink, water-packed:



NOT ALLOWED: Organic, Red, Blueback, Atlantic, Coho, Sockeye, Wild, Pouches, Gourmet, Flavored, Seasoned, or Any Other Size

JUICE

All WIC Juice must contain at least 120% Vitamin C and be 100% juice.

WOMEN'S JUICE

JUICE MUST RECONSTITUTE TO 48 OUNCES

Frozen: All brands, 12 ounce, cans, *single* flavors



Apple Cranberry Grape Purple/White Grapefruit Orange Pineapple

Non-Frozen (Shelf Stable): Welch's brand, 11.5 ounce cans, in the following flavors



Apple



Grape

CHILD'S JUICE

Refrigerated Orange Juice: All brands, 64 ounce plastic jug/bottle/carton



Shelf Stable: All brands allowed, 64 ounce bottle, *single* flavors



Apple Cranberry Grape Purple/White Grapefruit Orange Pineapple



Vegetable

NOT ALLOWED: Organic, Cocktail Juices, Apple Cider, Granny Smith Apple, Added Sugar, Added Sugar Substitutes, Any Other Flavors, or Any Other Size

HELPFUL TECHNOLOGY

The Wyoming WIC Program offers two apps that may help you with your grocery shopping. If you need help with these apps, please ask your local WIC office. You can also use your internet browser on your smart phone to find this food list on our website at <https://health.wyo.gov/publichealth/wic/foodlist/> or scan the QR code to the right.



WY WIC Food Shopping Guide

To access the WY WIC Food Shopping Guide App on your smart phone, scan the QR code below.

OR

To download the App to your smart phone, go to the App Store or Google Play, search for "wywicapp". For more detailed information on the App, ask your local WIC office for the installation guide.



The WIC EBTSshopper mobile app enables WIC participants to verify the WIC eligibility of items while shopping. The app is free and can be downloaded by scanning the QR bar code to the right or search for "wicshopper" in the App Store or Google Play.



WIC FRAUD OR ABUSE

Misusing the WIC Program takes away food and services from all participants. Buying, selling, or giving away a WIC EBT card or WIC food benefits is against the law. You may be prosecuted for buying, selling, or attempting to buy/sell either a WIC EBT card or WIC food benefits.

Help put a stop to potential WIC Fraud. Please report any WIC participant or grocer you suspect of buying or selling WIC EBT cards or WIC food benefits, or any suspicious activity involving the WIC Program by calling 1-888-996-9378, email wdh-wywicvendor@wyo.gov, or complete the Fraud & Abuse Reporting Form found on our website, <https://health.wyo.gov/publichealth/wic/report-wic-fraud/>.



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