Shopping With WIC
Good Nutrition in WIC Foods

• WIC foods contain important nutrients your body needs to stay healthy.

• WIC foods help moms have healthy pregnancies and children grow strong and healthy so they are ready for Kindergarten.
Food List & Shopping Guide

• The guide is full of shopping information and tips.

• It is available in many different languages.

• It can also be found on the WICShopper app.
Use eWIC card at:

- KING Soopers
- Walmart
- SAFEWAY
- Mercado
- Save a Lot
- Target
- COLORADO RANCH MARKET
- Mi PUEBLO MARKET
- COMMISSARY
Fresh, Frozen and Canned Fruits and Vegetables

Correct

Dollar amounts are listed on your benefits list to spend for fruits and vegetables.

Example 1:
- You have $20 to spend
- You purchase grapes, frozen broccoli and canned corn that add up to $9.00
- You have $11.00 left to spend

Example 2:
- You have $11 to spend
- You purchase bananas, peppers and strawberries that add up to $11.50
- You will need to pay 50 cents with your own money or SNAP benefits.

Do Not Buy
Whole Grains

Correct ✓
Whole Grains

Do Not Buy
Whole Grains – Adding up to 32 ounces

- Sara Lee 100% Whole Wheat Bread 16 oz.
- Wonder 100% Whole Wheat Bread 16 oz.
- Sara Lee 100% Whole Wheat Bread 20 oz.
- Oroweat 100% Whole Wheat Sandwich Thins 12 oz.

- Nature’s Own 100% whole wheat bread 20 oz.
- Kroger 100% whole wheat sandwich slims 12 oz.
- Oroweat 100% whole wheat bread 24 oz.
- La Favorite Corn Tortillas 12 count 8 oz.
Breakfast Cereal

Correct

Shopping Tip:

- Add up to 36 oz. (not over)
- Pay attention to the weight, not the size of the box

12 oz. 14.5 oz.
Milk

Correct

Shopping Tip
Gallon = 1
Half Gallon = .5
Quart = .25
Milk (continued)

Correct
Yogurt – 32 oz. tub or two 8-packs of 2 oz. tubes or one 16-pack of 2 oz. tubes

Correct ✅

Do Not Buy ⚪
Cheese – 8 oz. or 16 oz. packages

Correct ✅

Do Not Buy ❌
Soy & Tofu

Correct ✓

Do Not Buy ❌
Eggs

Correct 🟢
Canned Fish – Exclusively Breastfeeding Women Only

Correct  ✓

Incorrect  ❌
Peanut Butter & Beans

One Unit
(1 jar/bag/can)

Many Combinations Possible!

Example 1:
- You have 2 jar/bag/can
- You can purchase 1 jar of peanut butter and 4 cans of beans

Example 2:
- You have 3 jar/bag/can
- You can purchase 2 jars of peanut butter and 1 bag of dried beans
  OR
- You could purchase 1 jar of peanut butter, 1 bag of dried beans and 4 cans of beans
Peanut Butter & Beans

Correct ✔

Do Not Buy ✗
Juice: 48 oz. Bottles or Frozen Juice - Women

Correct ✅

Do Not Buy ❌

64 oz
Juice: 64oz Bottles - Children

Correct ✔️

Do Not Buy ❌

V8 Juice: Berry Blend

Ocean Spray Cran-Apple

Tree Top 100% Apple Juice

V8 Original

Splash Antioxidant C
Baby Fruits and Vegetables

Correct ✔

Do Not Buy ❌
Baby Cereal and Infant Meat

Correct ✔️

Do Not Buy ❌

Correct items are Beech-Nut oatmeal and Gerber oatmeal. The items to avoid are Gerber Probiotic Oatmeal and Earth's Best Vegetable Turkey Dinner.
Infant Formula

• Only buy name and brand of formula on your benefits list and WICShopper app.
• Call your WIC Office with questions or changes.
Your eWIC Card

- Set up your 4 digit PIN
- Share your PIN with those you trust
- Call 1-844-234-4950 to reset your PIN if you have entered it wrong 3 times.
- 4 wrong PIN entries will lock your card until midnight.
  - If this is the last day of the month you might lose your benefits.
- Call your clinic to unlock your PIN, and replace lost or stolen cards.
WICShopper App

- Download the WICShopper App
- Register eWIC card
- Set-up the end of month reminder
- Review different buttons
- Practice scanning foods
- Find your benefit balance

Scanning Results

- Food item allowed
- Check your fruit & vegetable $ balance
- Item not on your list or already purchased
- Item is not on WIC
Know Your WIC Food Balance

• Your balance can be found:
  – Family Food Benefits List
  – WICShopper App
  – www.ebtEDGE.com
  – Call 1-844-234-4950 on back of card
  – Grocery Store Receipt
Reloading Your eWIC Card

• Be sure to keep your appointments so your card can be reloaded.
  – Cards need to be reloaded by staff
  – Food balances zero out at midnight on the last day of the month
  – Call for an appointment if you don’t have a food balance for the current month or next month.
WIC Food Reminders

• You can sign up for appointment text reminders so you will not miss out getting WIC foods loaded onto your card.

<table>
<thead>
<tr>
<th>Missed Appointment</th>
<th>&quot;WIC: You do not have any WIC foods left on your card. Call to schedule an appointment to get WIC foods added to your card.&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>It’s your last month of food and your next appointment isn’t scheduled</td>
<td>“WIC: You do not have WIC foods on your card next month. Call us to schedule an appointment to get WIC foods added to your card.”</td>
</tr>
</tbody>
</table>

• WICShopper App reminder message:
At the Check-out

• You can separate groceries at first if you would like
• Use your eWIC card to pay first
• Swipe your card and enter your pin
• Your receipt shows purchases and remaining balance
Payment Steps at King Soopers

- Select **Card** as payment option
- **Slide** eWIC card and enter **PIN**
- Select **YES** or **No** to accept or decline charges
Payment Steps at Safeway

- Select **Pay With Card** as payment option
- **Slide** eWIC card and enter **PIN**
- Select **YES** or **No** to accept or decline charges
Payment Steps at Walmart

- Select **Other payment methods**
- Select **eWIC**
- **Slide** eWIC card and enter **PIN**
- Select **YES** or **No** to accept or decline charges
Shopping Tips

• If an item is not ringing up correctly:
  – Check the foods list to make sure it is OK to buy
  – Check your food balance
  – take a picture of the bar code and label, send to your clinic

• Not every item in the Foods List is at every store

• Make a WIC food grocery list before going

• You can ask the clerk to void an item if it is not ringing up as you thought it should.
Call Us With Any Questions!

- We want your WIC shopping trip to be easy.