Colorado WIC

FOOD LIST & SHOPPING GUIDE

Effective March 2023
WIC Shopping Tips

• Use the WICShopper App to know your WIC food balance when you go to the store.

• Use the WICShopper App or Food List to help you choose WIC foods.

• You may use coupons, store loyalty cards, buy one/get one offers and other sales when using your eWIC card to buy food.

• Substitutions are not allowed. You may only buy foods on your Family Food Benefits List and the Food List.

• WIC foods, formula or your eWIC card cannot be sold, traded or given away.

• WIC foods and formula cannot be returned or exchanged for cash, credit or other items.

• Rain checks and IOUs are not allowed.

Visit wichealth.org for recipe ideas and information!

New foods are added every March and September. For the latest list, scan the QR code.
FRUITS & VEGETABLES

AMOUNT
Your dollar amount is listed on your Family Food Benefits List or on the WICShopper App. If your purchase goes over that dollar amount, you can pay the difference.

BRAND
Any brand
Buy fresh if specified on WIC Family Food Benefits List.

FRESH & FROZEN
Okay to Buy
• Any package size and type
• Plastic containers including bags, boxes and tubs
• Salad and mixed greens (with fruits and vegetables only)
• Whole, cut and sliced
• Organic
• Bulk
• Mixed fruits and vegetables
• Frozen smoothie mixes (with fruits and vegetables only)
• Basil, cilantro, garlic, ginger root, parsley

Do Not Buy
• French fries, hash browns, tater tots with added sugar, fat or oil
• Items from deli or salad bar
• Party trays
• Fruit baskets, decorative fruits or vegetables
• Dried fruit or vegetables
• Nuts (including peanuts, fruit/nut mixtures)
• Certain herbs and spices (including rosemary, thyme, dill)
• Added sauce, meat, pasta, rice or noodles
• Added syrup, sweetener, flavoring, sugar, fat or oil
• Added dressing, croutons or cheese (such as in salad kits)

CANNED
Okay to Buy
• Cans, jars, pouches and single serve packages
• Any size
• Packed in water or natural fruit juice
• Applesauce (unsweetened and cinnamon)
• Organic
• Includes shelf-stable containers or pouches
• Regular or low sodium
• Pastes, purees, whole, diced and crushed tomatoes
• Salsa

Do Not Buy
• Sauerkraut
• Pickles, pickled vegetables or creamed vegetables (including corn)
• Ketchup, relish, olives
• Products with added meats, sugar, fats or oils
• Products with added oats, nuts, seeds or condiments
• Products packed in syrup (heavy, light, naturally light, extra light, etc.)
• Soups, sauces (pizza or spaghetti)
• Home-canned or home-perserved fruits and vegetables
• Jams, jellies or preserves
**WHOLE GRAINS**

### 100% WHOLE WHEAT BREAD

**SIZE**
8, 12, 14, 16, 18, 20, 22, 24 or 32 ounces (oz)

**BRAND**
Any brand

**Okay to Buy**
- Must have “100% Whole Wheat” on the front label
- Loaves, rolls and buns

### WHOLE GRAIN BREAD

**BRAND**
Specific items listed below

- **NATURE’S OWN**
  - 100% Whole Grain
  - Life Whole Grain Wheat Sugar Free

- **OROWEAT**
  - Whole Grain 12 Grain
  - Whole Grain Multigrain Bread

- **PEPPERIDGE FARM**
  - Jewish Rye Whole Grain Seeded Bread
  - Light Style Soft Wheat Bread
  - Whole Grain 15 Grain
  - Whole Grain German Dark Wheat Bread
  - Whole Grain Honey Wheat
  - Whole Grain Oatmeal
  - Whole Grain Soft Sprouted Grain Bread

**Do Not Buy**
- Deli
- Organic

**CORN TORTILLAS**

**SIZE**
8, 16, 20, 24 or 32 ounces (oz)

**BRAND**

- **Albuquerque Tortilla**
- **Best Choice**
- **Candy’s**
- **Chi-Chi’s**
- **Don Pancho**
- **Food Club**
- **Guerrero**
- **Herdez**
- **Kroger**
- **La Banderita**
- **La Burrita**
- **La Favorita**
- **La Tortilla Factory**
- **Mission**
- **Our Family**
- **Santa Fe Tortilla**

**Okay to Buy**
- White corn
- Yellow corn
- Soft corn tortillas
**WHOLE GRAINS**

**WHOLE WHEAT TORTILLAS**

**SIZE**
16 ounces (oz)

**BRAND**

- Best Choice
- Don Poncho
- Food Club
- Great Value
- Guerrero
- Herdez
- Kroger
- La Banderita
- La Favorita
- La Tortilla Factory
- Market Pantry
- Mission
- Ortega
- Our Family
- Santa Fe Tortilla
- Shurfine
- Signature Select
- Tio Santi

**Do Not Buy**

- Flour tortillas
- White flour
- Taco or tostada shells
- Flavored
tortilla chips

**Okay to Buy**

- Any shape including spaghetti, spirals, penne, rotini, elbows, macaroni and shells
- Organic

**Do Not Buy**

- Added sugars, fats, oils or salt
- Pasta made from rice, quinoa, lentils, flax, corn or vegetables
- Bulk

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**100% WHOLE WHEAT PASTA**

**SIZE**
16 ounces (oz)

**BRAND**

- Barilla
- Clearly Organic
- Food Club
- Full Circle Market
- Good & Gather
- Great Value
- Hodgson Mill
- Kroger
- O Organics
- Our Family
- Racconto
- Ronzoni
- Shurfine
- Signature Select
- Simple Truth Organic
- Western Family

**Okay to Buy**

- Any shape including spaghetti, spirals, penne, rotini, elbows, macaroni and shells
- Organic

**Do Not Buy**

- Added sugars, fats, oils or salt
- Pasta made from rice, quinoa, lentils, flax, corn or vegetables
- Bulk
OATS

SIZE
16 or 32 ounces (oz)

BRAND
Avelina Oats
Better Oats Organic
Bob's Red Mill
Bob's Red Mill (Organic)
Mom's Best
Ralston Foods

Okay to Buy
• Quick, rolled and old-fashioned oats
• Organic

Do Not Buy
• Instant or individual packets
• Steel cut oats
• Bulk
• Added sugar, fat, oil, salt or flavoring

Is oatmeal a cereal or whole grain?

It’s both! When shopping with WIC, remember:
• Use your cereal benefits to buy instant oatmeal in single-serving packets.
• Use your whole grain benefits to buy other types of oats (box, bag or tub).

BROWN RICE

SIZE
Regular Cooking: 16 or 32 ounces (oz)
Instant and Quick Cooking: 14 or 28 ounces (oz)

BRAND
Any brand

Okay to Buy
• Regular, quick cooking and instant
• Natural
• Boil-in-bag
• Long, medium and short grain
• Bag and box
• Wild rice
• Organic

Do Not Buy
• Red or black rice
• Pouches
• Added sugar, salt, flavoring, fat or oil

WHOLE GRAINS
**BREAKFAST CEREAL**

**COLD CEREAL**

**SIZE**
8 ounces (oz) or larger

* = Whole grain cereals

**BRAND**

**GENERAL MILLS**

- Cheerios*
- Multi Grain Cheerios*
- Multi Grain Cheerios with Real Strawberries
- Cheerios Oat Crunch Berry
- Chex Blueberry
- Chex Cinnamon
- Chex Corn
- Chex Rice
- Chex Wheat*
- Fiber One Honey Clusters*
- Kix*
- Berry Berry Kix*
- Honey Kix*
- Total Whole Grain*
- Wheaties*

**KELLOGGS**

- All-Bran Complete Wheat Flakes*
- Corn Flakes
- Crispix
- Special K Original

**POST**

- Grape-nuts Original*
- Grape-nuts Flakes*
- Great Grains Banana Nut Crunch*
- Great Grains Crunchy Pecan
- Honey Bunches of Oats:
  - Almonds
  - Cinnamon Bunches
  - Honey Roasted
  - Pecan & Maple Brown Sugar
  - Vanilla

**QUAKER**

- Oatmeal Squares:
  - Life*
  - Brown Sugar*
  - Cinnamon*
  - Honey Nut

**STORE BRAND**

- Always Save, Best Choice, Food Club, Great Value, Kiggins, Kroger, Malt-O-Meal, Market Pantry, Our Family, Ralston, Shurfine, Signature Select, That’s Smart, Western Family

* = Whole grain cereals

**BRAND**

- Great Grains
- Honey Bunches of Oats
- Oatmeal Squares
- Multi Grain Cheerios with Real Strawberries

**Do Not Buy**

- Single-serving packets (except oatmeal, see note on page 11)
- Organic
- Flavors not listed

**Shopping Tip**

Choose any combination of WIC approved cereals up to the total listed on your benefit balance. See these examples.
**BREAKFAST CEREAL**

**HOT CEREAL**

**CREAM OF RICE**

- Stovetop
- Instant

**CREAM OF WHEAT**

- Original 1 minute
- Original 2½ minutes
- Original Instant
- Whole Grain 2½ minutes*

**MALT-O-MEAL**

- Unflavored

**MAYPO**

- Maple Flavored*

**QUAKER**

- Instant Grits Original

**OATMEAL**

- **BRAND**
  - Individual packets, plain, unflavored*
  - Best Choice, Food Club, Kroger, McCann's Irish Oatmeal, Our Family, Quaker, Ralston, Shurfine, Signature Select, Western Family
  - See note on page 11.

- **Do Not Buy**
  - Single-serving packets (except oatmeal)
  - Organic
  - Flavors not listed

**MILK**

**SIZE**

- Quart, half-gallon or gallon

**BRAND**

- Any brand

**Buy fat content listed on Family Food Benefits List:**

- 1% (Lowfat) or Skim (Fat Free)
- Whole

**Okay to Buy**

- Fresh, canned, powdered
- Plastic and paper cartons
- UHT long-life
- Buttermilk

**Do Not Buy**

- Flavored milk
- Fairlife, Ripple and A2 brands
- Raw milk
- Added calcium
- Lactose-free (any brand)
- Meyenberg Goat Milk
- Organic
- “Milk” beverages made from nut, coconut, rice, oat or other grains

**Shopping Tip**

**FRESH OR UHT MILK**

- 1 GALLON = 1.0 gallon
- ½ GALLON + 1 QUART = 0.75 gallons
- ½ GALLON = 0.5 gallons
- 1 QUART = 0.25 gallons

**CANNED MILK**

- 4 POUNDS (64 OZ) = 5.0 gallons
- 32 OZ BOX = 2.5 gallons
- 25.6 OZ BOX = 2.0 gallons
- 9.6 OZ PACKAGE = 0.75 gallons
- 3.2 OZ PACKAGE = 0.25 gallons

**POWDERED MILK**

- 12 OZ CAN = 0.25 gallons
- 12 OZ CAN POWDERED MEYENBERG GOAT MILK
# YOGURT

## SIZE
- 32 ounce (oz) tub • 8-packs of 2 ounce (oz) tubes • 16-packs of 2 ounce (oz) tubes

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**Buy fat content listed on Family Food Benefits List or on the WICShopper App:**
- Nonfat or lowfat • Whole

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### Brand

#### Whole
- **Brown Cow**
  - Plain
  - Vanilla
- **Chobani**
  - Plain
  - Vanilla
- **Dannon**
  - Plain
  - Vanilla
- **Food Club**
  - Greek Vanilla
- **Good & Gather**
  - Greek Plain
  - Vanilla Honey

#### Nonfat and Lowfat
- **Best Choice**
  - Greek Plain Nonfat
  - Greek Vanilla Nonfat
  - Plain Nonfat
  - Strawberry Lowfat
  - Vanilla Lowfat
- **Chobani**
  - Greek Blended Peach Nonfat
  - Greek Blended Strawberry Nonfat
  - Greek Plain Nonfat
  - Greek Pure Nonfat
  - Greek Vanilla Nonfat
- **Dannon**
  - Plain Lowfat
  - Plain Nonfat
  - Vanilla Lowfat
- **Mountain High**
  - Plain
  - Strawberry
  - Vanilla
- **Oikos**
  - Plain
  - Strawberry
  - Vanilla
  - Greek Vanilla Bean
- **O Organics**
  - Greek Plain Nonfat
  - Greek Vanilla Nonfat
  - Plano Lowfat
  - Plain Nonfat
  - Strawberry Lowfat
  - Strawberry-Banana Lowl Fat
  - Vanilla Lowl Fat
  - Tubes: any flavor
- **Stonyfield Organic**
  - Greek Plain Nonfat
  - Greek Vanilla Nonfat
  - Peach Lowl Fat
  - Plain Nonfat
  - Strawberry Lowl Fat
  - Tubes: any flavor

### Shopping Tip
- One 32 ounce (oz) tub = Two packs of eight 2 ounce (oz) tubes = One pack of sixteen 2 ounce (oz) tubes

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### Do Not Buy

- Goat, soy or non-dairy
- Mix-in's or added ingredients such as granola, nuts or candy pieces
- Drinkables
- Artificial sweeteners (including stevia, sucralose or acesulfame)
- Multipacks and individual cups
**CHEESE**

**BLOCK, SLICED, STRING AND SHREDDED**

**SIZE**
8 ounce (oz), 16 ounce (oz) and 32 ounce (oz) packages

**BRAND**
Any brand

**Okay to Buy**
- American (white, yellow, sliced)
- Cheddar
- Colby
- Colby Jack
- Monterey Jack
- Mozzarella (whole, part skim)
- Muenster
- Provolone
- Swiss
- Blends of cheeses listed
- Organic

**Do Not Buy**
- Cheese food, product or spread
- Individually wrapped cheese (except string cheese)
- Flavored, imported or deli cheese
- Pepper Jack
- Mexican or fiesta blends

**Shopping Tip**

Ways to buy cheese:

- **1 POUND OF CHEESE**
  - 16 ounces (oz)

- **1/2 POUND OF CHEESE**
  - 8 ounces (oz)

- **1/2 POUND OF CHEESE**
  - 8 ounces (oz)

**EGGS**

**SIZE**
Half dozen (6 count) or dozen (12 count)

**BRAND**
Any brand

**Okay to Buy**
- Small, medium, large, extra large or jumbo
- Grade A and AA white and brown eggs
- Organic, free range or cage free
- Specialty eggs (including pasteurized or fortified/enriched with vitamin E, DHA or omega 3)
- If specified on WIC benefits, purchase hard boiled eggs.

**Shopping Tip**

When shopping for string cheese, look for these common brands:

- Best Choice
- Coburn Farms
- Food Club
- Frigo
- Galbani
- Good & Gather Organic
- Horizon Organic
- Kraft
- Lucerne
- O Organics
- Organic Valley
- Shurfine
- Western Family

When shopping for string cheese, look for these common brands:

- Coburn Farms
- Galbani
- Good & Gather Organic
- Horizon Organic
- Kraft
- Lucerne
- O Organics
- Organic Valley
- Shurfine
- Western Family
SOY

SIZE
Quart, half-gallon

BRAND
- 8th Continent
  - Original (half-gallon) Refrigerated
- Silk
  - Original (quart and half-gallon) Refrigerated and shelf stable
- Great Value
  - Original (half-gallon) Refrigerated
- Pacific
  - Ultra Soy Original (quart) Shelf Stable

Do Not Buy
- Flavors not pictured
- Light
- Organic

CANNED FISH

SIZE
2.5 ounces (oz) to 30 ounces (oz)

BRAND
Any Brand

Okay to Buy
- Albacore, Chunk White or Solid White Tuna
- Blueback, Sockeye, Red King or Coho Salmon
- Organic

CHUNK LIGHT TUNA & PINK SALMON
- Cans or pouches
- Multipacks
- Packed in water or oil

SARDINES
- Cans
- Multipacks
- Added flavorings (including mustard, lemon and tomato sauce)

Do Not Buy
- Albacore, Chunk White or Solid White Tuna
- Blueback, Sockeye, Red King or Coho Salmon
- Organic

TOFU

SIZE
1 pound (16 ounces (oz))

BRAND
- Azumaya
  - Extra Firm
  - Firm
- Franklin Farms
  - Extra Firm
  - Firm
  - Medium Firm
  - Soft
- House Premium
  - Extra Firm
  - Firm
  - Medium Firm
- Nasoya Organic
  - Silken
  - Super Firm
- Simple Truth Organic
  - Silken
- Okay to Buy
  - Fresh
  - Refrigerated
  - Water-packed
  - Organic
- Do Not Buy
  - Added salt, flavoring, fat or oil
**PEANUT BUTTER**

**SIZE**
16 to 18 ounces (oz)

**BRAND**
Any Brand

**Okay to Buy**
- Crunchy, extra crunchy, creamy and smooth
- Whipped
- Natural
- Regular, low-salt and reduced salt
- Regular, low-sugar and reduced sugar
- Organic

**Do Not Buy**
- Spreads
- Reduced fat
- Added flavoring, honey or jelly
- Squeeze tubes
- Other nut or seed butters (including almond or cashew butter)

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**BEANS**

**DRIED BEANS**

**SIZE**
1 pound (16 oz) or 2 pound (32 oz) bags

**BRAND**
Any Brand

**Okay to Buy**
- Any type of unflavored dry beans, peas and lentils
- Organic

**Do Not Buy**
- Added flavoring
- Soup or soup mix

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**CANNED BEANS**

**SIZE**
15 to 16 ounces (oz)

**BRAND**
Any Brand

**Okay to Buy**
- Regular, low-salt and no-salt
- Black beans
- Black-eyed peas
- Butter beans
- Cow peas
- Garbanzo beans (chickpeas)
- Great Northern beans
- Kidney beans (white, red)
- Mung beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Red beans
- Refried beans (no fat, fat free)
- Split peas
- Soybeans
- Organic

**Do Not Buy**
- Baked beans or chili beans
- Soup or soup mix
- Added flavoring, fat, oil or meat

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**Shopping Tip**

Ways to buy peanut butter and beans:

- 4 CANS = 1 BAG = 1 JAR

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**100% JUICE**

**12 OZ FROZEN CANS**

**SIZE**
11.5 or 12 ounce (oz) frozen cans

**BRAND**
Specific items listed below

- **Aways Save**
  - Apple
  - Grape
  - Orange

- **Best Choice**
  - Apple
  - Grape
  - Orange

- **Dole**
  - Pineapple
  - Pineapple-Orange

- **Food Club**
  - Apple
  - Grape
  - Orange

- **Freedom's Choice**
  - Apple
  - Orange

- **Great Value**
  - Apple
  - Grapefruit
  - Orange

- **Kroger**
  - Apple
  - Grape
  - Grapefruit
  - Orange
  - Pineapple

- **Langers**
  - Apple
  - Grape
  - Pineapple

- **Market Pantry**
  - Apple
  - Grape
  - Orange

- **Minute Maid**
  - Orange

- **Old Orchard**
  - Apple
  - Grape
  - Orange
  - Pineapple
  - Pineapple-Orange

- **Our Family**
  - Orange

- **Signature Select**
  - Apple
  - Orange

- **Shurfine**
  - Apple
  - Orange

- **Seneca**
  - Apple
  - Grape

- **ShurFine**
  - Apple
  - Orange

- **Tipton Grove**
  - Apple
  - Orange

- **Tree Top**
  - Apple
  - Orange

- **Tropicana**
  - Orange

- **Western Family**
  - Apple
  - Grape
  - Orange

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**48 OZ BOTTLES**

**SIZE**
48 ounce (oz) plastic bottles

- **Apple & Eve**
  - Apple

- **Food Club**
  - Apple
  - Orange
  - Pineapple
  - Pineapple-Orange

- **Freedom's Choice**
  - Apple

- **Juicy Juice**
  - Apple
  - Cherry
  - Grape
  - Kiwi
  - Strawberry
  - Orange
  - Tangerine
  - Punch

- **Food Club**
  - Apple
  - Orange
  - Pineapple
  - Pineapple-Orange

- **Great Value**
  - Apple
  - Grapefruit
  - Orange

- **Kroger**
  - Apple
  - Grapefruit
  - Orange
  - Pineapple
  - Pineapple-Orange

- **Market Pantry**
  - Apple
  - Grapefruit
  - Orange

- **Minute Maid**
  - Orange

- **Old Orchard**
  - Apple
  - Grape
  - Orange
  - Pineapple
  - Pineapple-Orange

- **Our Family**
  - Pineapple

- **Ruby Kist**
  - Apple
  - Grape
  - Orange
  - Pineapple

- **Seneca**
  - Apple

- **Shurfine**
  - Vegetable

- **Signature Select**
  - Apple
  - Orange

- **Tipton Grove**
  - Apple
  - Orange

- **Tree Top**
  - Apple
  - Orange

- **Tropicana**
  - Orange

- **Western Family**
  - Apple
  - Grape
  - Orange

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**Okay to Buy**
- Frozen in 11.5-12 ounce (oz) cans
- Added calcium or vitamin D
- Pulp and pulp-free
- White, pink, red and ruby red grapefruit
- Purple, red and white grape
- Vegetable in regular, spicy or low-sodium

**Do Not Buy**
- Less than 100% juice
- Cocktail juices
- Glass bottles
- Organic
- Juice blends not listed
- Unpasteurized
100% JUICE

64 OZ BOTTLES

SIZE
64 ounce (oz) plastic bottles

BRAND
Specific items listed below

Always Save
- Apple
- Grape
- Orange

Campbell's
- Tomato

Freedom's Choice
- Apple
- Grape

Diane's Garden
- Vegetable

Good & Gather
- Orange

Donald Duck
- Orange

Food Club
- Apple
- Apple Cider
- Grape
- Grapefruit
- Orange
- Pineapple
- Tomato
- Vegetable
- White Grape Peach

Juicy Juice
- Apple
- Apple Raspberry
- Berry
- Cherry
- Grape
- Kiwi Strawberry
- Mango
- Orange
- Orange Tangerine
- Peach Apple
- Punch
- Strawberry Banana
- Strawberry Watermelon
- Tropical

Libby's
- Pineapple

Market Pantry
- Apple
- Grape
- Orange
- Tomato
- Vegetable

Motts
- Apple
- Apple Cherry
- Apple Grape
- Apple Mango

Old Orchard
- Apple
- Apple Cranberry
- Berry Blend
- Black Cherry
- Cranberry
- Blueberry
- Pomegranate
- Cranberry Pomegranate
- Cranberry Pomegranate Elderberry
- Grape
- Grapefruit

Northland
- Blueberry
- Blackberry Acai
- Cranberry
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Pomegranate Elderberry
- Grape
- Immune Health
- Citrus
- Immune Health
- Super Fruit
- Immune Health
- Tropical Fruit
- Kiwi Strawberry
- Orange
- Orange Tangerine
- Peach Mango
- Pineapple
- Red Raspberry
- Strawberry
- Watermelon
- Wild Cherry

CONTINUED ON NEXT PAGE
64 OZ BOTTLES (CONTINUED)

- Our Family
  - Apple
  - Apple Cider
  - Cranberry
  - Cranberry Grape
  - Cranberry Raspberry
  - Grape
  - Orange
  - Vegetable

- Shurfine
  - Apple
  - Grape
  - Grapefruit
  - Orange
  - Pineapple
  - Tomato
  - Vegetable

- Tree Top
  - Apple

- Tropicana
  - Orange

- Signature Select
  - Apple
  - Apple Cider
  - Cranberry
  - Cranberry Grape
  - Cranberry Raspberry
  - Grape
  - Grapefruit
  - Pineapple
  - Tomato
  - Vegetable

- V8
  - Vegetable

- Welch's
  - Grape
  - Orange
  - Pineapple
  - Apple
  - White Grape
  - Cherry
  - White Grape
  - Peach

- That's Smart
  - Grape

- Tipton Grove
  - Apple
  - Grape
  - Grapefruit
  - Orange
  - Pineapple
  - Vegetable

- Western Family
  - Apple
  - Grape
  - Grapefruit
  - Orange
  - Pineapple
  - Vegetable

**Okay to Buy**
- 64 ounce (oz) orange or grapefruit juice in refrigerated plastic bottles or refrigerated cartons
- Added calcium, vitamin D or fiber
- Pulp and pulp-free
- White, pink, red and ruby red grapefruit
- Purple, red and white grape
- Vegetable and tomato in regular, spicy or low-sodium

**Do Not Buy**
- Less than 100% juice
- Cocktail juices
- Glass bottles
- Organic
- Juice blends not listed
- Unpasteurized

If your WIC benefits include “juice-convenient pack”, purchase individual servings (cans, bottles or boxes) of:
- Apple, grape or orange-pineapple (Welch’s)
- Orange, grapefruit or orange-grapefruit (any brand)
- Pineapple (Dole)
- Pineapple-banana (Dole)
- Pineapple-mango (Dole)
- Pineapple-orange (Dole)
- Vegetable (V8)
BABY FOOD

INFANT FORMULA
Purchase the size, brand and form (powdered, concentrate or ready-to-feed) of iron-fortified formula on the WIC Family Food Benefits List or on the WICShopper App.
No substitutions.

INFANT FRUITS & VEGETABLES
SIZE
4 ounces (oz)
BRAND

Okay to Buy
- Organic
- Mixed fruits and vegetables
- In glass or in plastic

Do Not Buy
- Added DHA or ARA
- Added sugar, salt, starches, flour, cereal, rice, pasta, noodles or meat

INFANT CEREAL
SIZE
8 ounces (oz)
BRAND

Okay to Buy
- Organic
- Oatmeal
- In jars

Do Not Buy
- Whole Wheat
- Mixed Grains
- Multigrain
- Barley
- Added fruit or formula
- Rice

INFANT MEATS
SIZE
2.5 ounces (oz)
BRAND

Okay to Buy
- Organic
- With broth or gravy
- In glass or in plastic

Do Not Buy
- Added DHA or ARA
- Added sugar, salt, rice, pasta, noodles, fruits or vegetables
- Graduates, dinners or 3rd foods
- Pouches
Select Colorado as your WIC agency.

Download the WICShopper App from the app store.

GETTING STARTED

Select a 4-digit Personal Identification Number (PIN) before using your card.

To select your PIN:

• Log onto www.ebtedge.com and enter your 16-digit card number

or

• Call the automated phone line at 1-844-234-4950

Register your eWIC card

Register using the 16-digit number on the front of your eWIC card.

View your benefits

View your current and future benefits, shopping history and most recent Food List and more right from the app!

Scan products

Scan product bar codes to identify WIC-allowed foods as you shop.

Download the free WICShopper App

The free WICShopper App lets you review available food benefits, scan products to identify WIC-allowed foods, find WIC clinics and WIC-approved stores on your smartphone.
Know your WIC food balance

WHAT FOOD BENEFITS ARE AVAILABLE?

The Family Food Benefits List shows your family’s food benefits for each month.

Your food benefits become available on the first day of the month at 12:01 am and expire at midnight on the last day of the month.

Food benefits that have not been spent do not carry over to the next month.

HOW CAN I KNOW MY MOST UP-TO-DATE FOOD BALANCE?

Look at the bottom of your last WIC shopping receipt. It shows your remaining food benefits and expiration date.

Use the “My Benefits” option in the WICShopper App.

Check your food balance at www.ebtedge.com.

Call 1-844-234-4950.

Ask a cashier to check your food balance.
At the Checkout & Reading Your Receipt

You do not need to separate your WIC foods from your other groceries, but this will help you know which foods WIC paid for and which foods need another form of payment.

- Use your eWIC card before all other forms of payment, including your SNAP card.
- Swipe your eWIC card and enter your PIN when asked.
- Check that your WIC purchase is correct.
- Keep your receipt. It shows your remaining food benefit balance, and it can help your WIC office if issues arise.

Reading your receipt

1. List of foods you just bought.
2. WIC purchase subtotal and any discounts that have been applied (coupon, store discount, etc.).
3. The WIC foods you have left to buy this month.
4. The last day you can buy the rest of your WIC foods for the month.
**HANDLING PIN AND CARD ISSUES**

**What if my PIN doesn’t work?**
- Call 1-844-234-4950 or visit www.ebtedge.com to change your PIN.
- If you entered the wrong PIN four times in a row your card will be locked until midnight.
- Call your WIC clinic if you have questions.

**What if an item is not ringing up as a WIC food?**
- Check the WICShopper App or Food List to make sure the food is allowed and you have the correct size or brand.
- Check your remaining balance to see if you have enough food benefits left.
- If you think the food should be allowed but it’s not going through, you can use the *I Couldn’t Buy This* feature on the WICShopper App to submit the food for review, or contact your local WIC clinic.
- If a food rings up and is not WIC allowed, ask to have the item voided or purchase the item with a different form of payment. If you choose to purchase these foods on your own, WIC cannot reimburse you.
- Contact your local WIC clinic if you have questions.

**KEEP YOUR PIN SAFE**
- Do not write your PIN on your card or on anything you keep with your card.
- Share your PIN — and your eWIC card — only with someone you trust to shop for you.
- If you forgot your PIN, call 1-844-234-4950 or visit www.ebtedge.com to change it before your card locks.

**KEEP YOUR CARD SAFE**
- Keep your card; future WIC benefits will be added to your card.
- Bring your card each time you come to the WIC office.
- Keep your card away from magnets and electronics such as cell phones.
- If your card is lost, stolen or damaged, first change your PIN, and then contact your WIC clinic for a replacement card.

**Protect your card**

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[Image of a family shopping in a store]

[Image of a person with a phone]

[Image of a person shopping with a cart]

[Image of a person looking at a phone]

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38 www.coloradowic.gov

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39 Protect Your Card
In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASC%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

CALL YOUR WIC CLINIC IF:

- You need to make or change your appointment.
- Your eWIC card is lost, stolen or damaged.
- You have questions about WIC foods or amounts.
- You move or change your address.

Report concerns of possible WIC Program Fraud and Abuse, at 1-800-424-9121 or usdaoig.oversight.gov

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Connect with WIC today:

- Visit ColoradoWIC.gov
- Follow us on Facebook @ColoradoWIC
- Download the WICShopper App
- Visit wichealth.org for nutrition information and recipes