

Effective October **2022**

Utah WIC Program



Authorized WIC Foods

Healthy Children, Healthy Families



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Rights and Responsibilities

I have the right to:

- Receive benefits to buy healthy foods. I know WIC does not provide all the food I need.
- Get information about healthy eating and active living.
- Receive help and support with breastfeeding.
- Receive information about immunizations and other health services that may help me.
- Fair and respectful treatment from WIC staff and store employees. If I have not been treated fairly, I can talk to a WIC supervisor. I can ask the WIC director or the State WIC Office for a conference or a hearing if I disagree with decisions regarding my eligibility.
- **Civil rights protection.** WIC Program eligibility standards are the same for everyone regardless of race, color, national origin, sex, age or disability.
- **Privacy.** WIC's privacy policy is found on page 3.

My responsibilities:

I agree to give true and complete information about:

- My income. I will tell staff about all income sources in my household. I will report any changes.
- My participation in Medicaid, Supplemental Nutrition Assistance Program (SNAP), or the Family Employment Program (TANF). I will let WIC know if I stop participating in a program that made me eligible for WIC.
- My breastfeeding status. I will notify WIC if I reduce or stop breastfeeding.
- My pregnancy status.
- My address. I will report changes to my address or contact information. I can ask for a Verification of Certification (VOC) if I am moving out of state to make it easier to get on WIC in my new state.

I agree to follow the rules. I will:

- Treat clinic staff and store employees with respect. I won't swear, yell, threaten or harm anyone.
- Use my WIC foods for the family members they were issued for.
- Return extra foods I can't use to the clinic.
- Never offer to sell, give away, or trade my WIC foods, infant formula or eWIC card. This includes posting them online, or returning them to the store. Any food or formula I offer to sell or give away that is the same as the WIC food or formula I received will be assumed to be WIC food. I will be asked to pay the program back for the food or formula.
- Receive benefits from only one WIC clinic at a time. I understand that dual participation is illegal.
- Keep my appointments or call the clinic to reschedule. I understand I can be taken off the program if I do not pick up benefits for two months in a row.
- Bring my eWIC card with me when I go to the clinic so that my benefits can be loaded onto the card.
- Protect my eWIC card like a debit card, keeping it from being lost, stolen, damaged or destroyed.
- Promptly tell WIC staff if my eWIC card is lost or stolen. I understand there will be a two day waiting period to replace my card. I will not try to use a card I reported lost.
- Not share my card or PIN number with anyone except for those that I authorize while in the clinic.
- Follow the rules and instructions in the Utah WIC Authorized Foods booklet.

Agreement:

I have read or been advised of my rights and responsibilities. If I do not follow these rules, I understand I may be asked to repay WIC for any benefits my family received. I also understand I may lose future benefits and be taken off the WIC program.

This certification is being completed with the receipt of federal assistance. I certify that the information I have given is correct to the best of my knowledge. Program

staff may verify all of the information I have given to the clinic. I know that any untrue information I have given to receive WIC food benefits, including but not limited to making a false or misleading statement or misrepresenting, concealing, or withholding facts may result in me having to pay back the state agency for the value of food improperly given to me, and may subject me to civil or criminal prosecution under state and federal law.

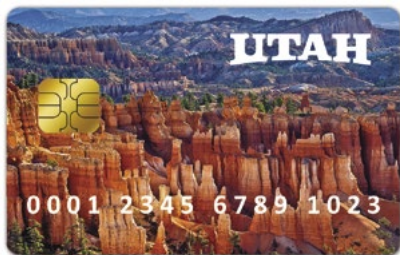
I understand that I, the parent/guardian, or an additional guardian that I have identified to the clinic, must be present at certification appointments. If I have designated a proxy (authorized shopper), they can pick up my WIC benefits at the clinic and redeem my benefits in the store on my behalf. My proxy may also bring my child/children to the clinic if follow-up visits are needed to have their height and weight checked, and/or blood screened for low iron. I understand that I am responsible for the actions of my proxy. It is my responsibility to ask my proxy to share with me any information or notifications provided by clinic staff.

WIC Privacy Policy:

WIC respects your right to privacy. As a WIC participant, you may receive reminder text messages, phone calls, letters, postcards, or emails. You may request not to receive these reminders. To opt out of texting, tell clinic staff or reply STOP.

Information about your participation in the WIC program may be shared for non-WIC purposes with other health and nutrition programs that serve persons eligible for the WIC program. The executive director of the Utah Department of Health has authorized the disclosure and use of confidential WIC information to certain programs to see if you qualify for their services; to conduct outreach; to share needed health information with programs you are already participating in; to streamline administrative procedures between programs; and to help assess the overall health of Utah families through reports and studies. You may ask WIC staff for more information about these programs.

Using your eWIC Card



Welcome to WIC!

- Your eWIC card works like a debit card.
- Bring your eWIC card to every WIC appointment.
- Usually 3 months of benefits are loaded to the card at a time, but you can only use the current month's benefits at the store.
- All foods must be purchased before midnight on the last day of the month. Benefits do not roll over.
- You will choose a PIN number at your WIC clinic. Remember your PIN number; if you forget or use the wrong PIN number at the store, you will need to go to your WIC clinic to reset it.
- If your eWIC card is lost, stolen, or damaged call your WIC clinic immediately. **There is a 2-day waiting period for card replacement.**
- Let the WIC clinic staff know if you would like another person as your proxy or alternate shopper.
- Remember, WIC foods are not meant to be shared. They should only be used by the WIC participant they were issued for.



Before you shop:

- Download the WIC Shopper app and register your card to the app.
- Review your benefit balance. You can request this from your WIC clinic, the customer service desk at the store, or find it on the WIC Shopper app.
- Shop only at WIC authorized stores. Look for the eWIC decal on grocery store doors.



While you shop:

- Check your benefits carefully to know which foods you can buy. Use the WIC Authorized Food Booklet as guidance.
- Shop throughout the month. Do not wait until the end of the month to buy all your WIC foods.
- Use the WIC Shopper app to scan foods as you shop to know if the food is a WIC item.

At the checkout stand:

- Tell the cashier right away that you are using an eWIC card and follow the instructions of the cashier.
- Ask the cashier for the beginning balance receipt, this will tell you what your card currently has loaded to it.
- After your foods have been scanned, a second receipt will print and tell you what is coming off your eWIC card. Ask the cashier for this receipt so you can verify the WIC foods. **You can remove items only at this time before you pay.**
- Always pay with your eWIC card first, and pay for your other non-WIC items with another method of payment.
- If you have problems at the store, speak with the store manager, call your WIC clinic, or call the State WIC Program at **1-877-WIC-KIDS**.



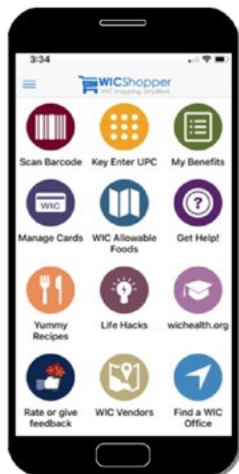


The Utah WIC Program offers the WICShopper app. With it, participants can:

- ▾ Display eWIC card benefits
- ▾ Scan foods to make sure they are WIC authorized
- ▾ View the Utah WIC Authorized Food List
- ▾ Find Utah WIC Vendors
- ▾ Find Utah WIC Clinics
- ▾ Report foods that you believe should be WIC allowed
- ▾ Much more!

Get the WICShopper app to make the most of your grocery shopping

- 1 Install WICShopper from the Apple App Store or Google Play.
- 2 Select Utah as your WIC Agency.
- 3 Scan product bar codes to verify WIC-allowed foods.
- 4 If you find a non-approved food that you believe is an error, submit it for review.
- 5 Find easy access to the current Utah Authorized WIC Food list.



Download the app now!

www.ebtshopper.com/download



Never sell, trade, or give away WIC foods; this is considered fraud.

It is not required to purchase all items on your eWIC card. Speak to the WIC staff if you do not use or need all the foods on your eWIC card. If you suspect any fraud, please report it to your local WIC clinic.

*Store Brands/Private Labels:

A store brand must be purchased when indicated in the Utah Authorized WIC Foods Booklet. Examples of store brands/private labels:



Food Club



Kroger



Great Value



WinCo



Signature Select



Lucerne



Freedom's Choice



Harmons

You can purchase the following foods only if they are store brands/private labels:

- Milk
- Cheese
- Eggs
- Canned and dried beans
- Rice
- Canned tuna and canned mackerel

Organic:

Organic food is only allowed for the following:

- Fresh or frozen fruits and vegetables
- Jarred infant fruits and vegetables
- Jarred infant meats

Cheese

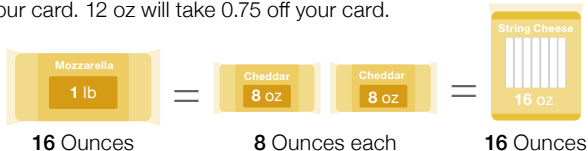
Buy: *Store brand/private label, 8-16 oz

- Regular, reduced fat, whole, or part skim
- Block cheese, shredded, sliced, cubed, and stick or string cheese.
 - Cheddar (*mild, medium, sharp or extra sharp*)
 - Colby/Colby Jack
 - Longhorn Colby
 - Monterey Jack
 - Swiss
 - Mozzarella



Do Not Buy: Deli, cheese food/spread/product, name brand string cheese, 1 oz individual string cheese, 2 lb blocks, any other variety of cheese not listed (*i.e., Pepper Jack*)

Cheese is issued in units of pounds. 8 oz will take 0.5 off your card. 12 oz will take 0.75 off your card.



TIP

- Cheese provides similar nutrients to milk like protein, vitamin D, and calcium.
- Some of your milk benefit can be substituted for cheese. If you would like cheese, talk to your local WIC clinic to get the benefit loaded on to your eWIC card.

Eggs

Buy: *Store brand/private label, 1 dozen

- Medium, large, or extra large
- White or brown
- Regular or cage free



Do Not Buy: Omega-3, pasture raised

Cereal

Whole Grain

Buy: Store brand/private label or name brand listed below; 12 oz - 36 oz boxes and bags for cold cereal. 11.8 oz - 36 oz for hot cereal.

Do Not Buy: Cold cereal box sizes smaller than 12 oz, added fruit, or cereal with artificial sweetener

All authorized cereals meet the Federal WIC guidelines for iron and sugar content.

Cold Cereal



Signature Select: Bran Flakes | Toasted Oats | Corn Flakes | Crispy Rice | Rice Pockets | Corn Pockets | Oats & More (Honey or Almonds) | Shredded Wheat Bite Size | Frosted Shredded Wheat Bite Size



WinCo: Frosted Shredded Wheat | Crispy Rice | Bran Flakes | Corn Flakes | Toasted Oats

Grain Berry



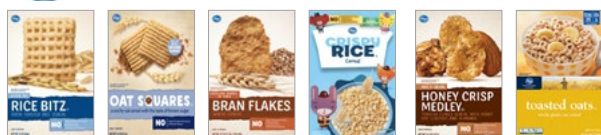
Grain Berry: Original Toasted Oats | Apple Cinnamon Toasted Oats | Bran Flakes | Cinnamon Frosted Shredded Wheat

Great Value



Great Value: Crunchy Honey Oats | Frosted Shredded Wheat | Bran Flakes | Corn Flakes | Rice Crispers | Corn Squares | Rice Squares | Wheat Squares | O's Oat Cereal | Multigrain O's | Crunchy Nuggets

Kroger



Kroger: Rice Bitz | Oat Squares | Bran Flakes | Crispy Rice | Honey Crisp Medley (Multigrain or Almonds) | Toasted Oats

Malt-O-Meal



Malt-O-Meal: (Bags)
Frosted Mini Spooners (Original or Strawberry Cream) | Crispy Rice

Food Club



Food Club: Corn Flakes | Frosted Shredded Wheat Bite Size | Crisp Rice | Honey and Oats (Original or Almonds) | Wheat Squares | Rice Squares | Corn Squares | Toasted Oats | Wheat Bran Flakes | Twin Grain Crisp

Kellogg's



Kellogg's: Rice Krispies | Frosted Mini Wheats (Blueberry, Cinnamon, Filled Mixed Berry, Original, Pumpkin) | Frosted Mini Wheats Little Bites (Chocolate or Original) | Special K (Original or Banana) | Special K Protein (Honey Almond or Cinnamon Multi-Grain) | All-Bran Complete Wheat Bran Flakes | Corn Flakes (Original or Cinnamon) | Crispix



Post: Honey Bunches of Oats (Pecan & Maple Brown Sugar, Honey Roasted, Almonds, Vanilla or Cinnamon Bunches) | Great Grains (Banana Nut Crunch or Crunchy Pecan) | Grape Nuts (Original or Flakes) |

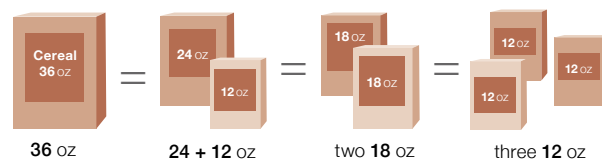


General Mills: Cheerios | Fiber One Honey Clusters | Kix (Original, Berry Berry, Honey) | Multigrain Cheerios | Whole Grain Total | Wheaties | Chex (Wheat, Corn, Rice, Blueberry, or Cinnamon) | Sesame Street (Cinnamon or Berry) |



Quaker: Oatmeal Squares (Brown Sugar, Cinnamon, Honey Nut or Golden Maple) | Life (Original or Vanilla) |

Cereals are issued in units of ounces. Buy any combination that does not go over 36 oz. Can be purchased in separate transactions.



TIP

- WIC-approved cereals are low in sugar, high in iron, and some can be a good source of fiber.
- At least half of WIC-approved cereals are whole grain. Look for the wheat symbol! |
- You can buy both cold cereal and hot cereal together up to the amount listed on your eWIC receipt/benefit list.

Hot Cereal (Regular flavor only unless specified)



Kroger:
Instant Oatmeal
(packets only) |



WinCo:
Instant Oatmeal
(packets only) |



Great Value:
Instant Oatmeal
(packets only) |



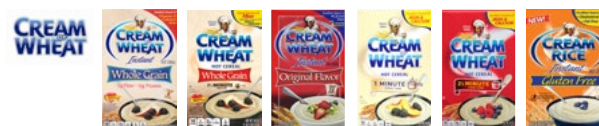
Quaker (9.8 oz allowed):
3 Minutos | Instant Oatmeal | Instant Grits (Original,
Butter, Cheddar Cheese, Country Bacon, Variety) |



Signature Select:
Instant Oatmeal
(packets only) |



Food Club: Creamy Wheat
Farina | Instant Oatmeal
(packets only) |



Cream of Wheat: Cream of Wheat Instant Whole
Grain | Whole Grain Cream of Wheat | Cream of Wheat
Instant Healthy Grain | Cream of Wheat 1 Minute | Cream of
Wheat 2½ Minutes | Cream of Rice (Regular or Instant) |



Malt-O-Meal:
Original Hot Wheat | Chocolate Hot Wheat |
Co Co Wheats |

Peanut Butter/Beans

Peanut Butter

Buy: *Store brand/private label or name brand listed
below; 15 oz-18 oz creamy, crunchy, extra crunchy
or natural

Smuckers

Peter Pan

Jif

Skippy

Adams

Great Value

Food Club

Freedom's Choice

Kroger

Signature Select

WinCo

Do Not Buy: Added honey/jelly, marshmallows, chocolate,
or other similar ingredients, reduced fat, peanut butter
spreads/reduced fat spreads



Beans & Lentils



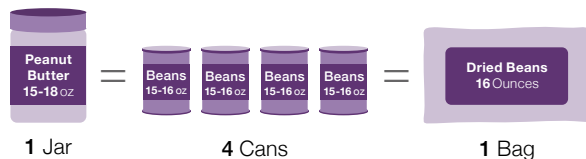
Buy: *Store brand/private label

- ▶ 1 lb (16 oz) dry package
- ▶ 15 oz-16 oz cans, regular or low sodium

- Black
- Black-eyed Peas
- Butter Beans
- Fat Free Refried Beans
- Garbanzo (chickpeas)
- Mayocoba
- Great Northern
- Kidney
- Lentils
- Lima
- Navy
- Pigeon Peas
- Pinto
- Red
- Split Peas
- White

Do Not Buy: Added vegetables or fruits, added sugar, fats or oils, flavored, bean soup mix, mixed beans, chili, baked beans, beans with meat, canned green peas, snap beans, green beans, wax beans, any other variety of refried beans

Peanut butter/beans are issued in units of jar/bag



TIP

You can choose 16 oz bag of dried beans, canned beans in 15-16 oz cans, or 15-18 oz jars of peanut butter. One jar/bag equals 1 package of dry beans OR 4 canned beans (1 can = 0.25 units) OR 1 jar of peanut butter.

Canned Fish

Canned fish is an extra benefit for mothers who are fully breastfeeding.

Chunk Light Tuna or Jack Mackerel

Buy: *Store brand/private label; 5 oz-30 oz cans, 5 oz pouches

- Water or oil packed
- May include bones or skin
- Regular or lower sodium
- May include flavorings (lemon, herbs, broth)

Do Not Buy: Solid white or chunk white albacore tuna; gourmet; 2.5 oz pouches

Pink Salmon

Buy: *Store brand/private label or name brand listed below; 5 oz-30 oz cans, 5 oz pouches

- Water or oil packed
- May include bones or skin
- Regular or lower sodium
- May include flavorings (lemon, herbs, broth)

BUMBLE BEE Bumble Bee



Great Value

Chicken of the Sea Chicken of the Sea



Kroger



Food Club



Signature Select



Full Circle



StarKist

Do Not Buy: Red, blueback, Atlantic, or sockeye salmon; gourmet; 2.5 oz pouches

Fish is issued in units of ounces. Choose combinations that add up to 30 oz.



six-5 oz cans five-6 oz cans two-14.75 oz cans

Infant Cereal and Baby Food

Infant Cereal

Buy: Dry, 8 oz container



Gerber: Oatmeal, rice, mixed grain/multigrain, whole wheat



Beechnut: Oatmeal, corn

Do Not Buy: With added formula, fruit, yogurt, probiotics or DHA/ARA; Beechnut Good Morning, organic

Infant Fruits and Vegetables

Buy: Single vegetable, single fruit, mixed vegetables, mixed fruits, or vegetables mixed with fruits; 4 oz jar, 2 oz 2-pack, 4 oz 2-pack, multi-packs up to 128 oz.



Gerber

- Regular
- Organic



Beechnut

- Classic
- Naturals
- Nothing Artificial Added
- Organic



Tippy Toes

- Regular
- Organic



O Organics



Earth's Best Organic



Simple Truth Organic



Happy Baby Organic



Do Not Buy: Medleys, dinners, delights, custards, cobblers, desserts or any added ingredients

Infant Meats

Baby food meats are an extra benefit for fully-breastfed infants.

Buy: “Single meat” variety with added broth or gravy; 2.5 oz jar, Multi-packs 10 oz to 77.5 oz.



Gerber



Beechnut Classics



Earth's Best Organic

Do Not Buy: Meat sticks, dinners or any added ingredients except for added broth or gravy

Infant Formula

Buy: Size and description as printed on eWIC receipt

TIP

- You can introduce solid food to your baby when they are around 6 months of age.
- By 7 to 8 months of age, your baby should be consuming solid foods from all food groups including vegetables, fruits, grains, protein foods, and dairy.
- You can mix cereals and mashed cooked grains with breast milk, formula, or water to make it smooth and easy for your baby to swallow.

Whole Grain Options

Whole Grain Bread

Buy: 100% Whole Wheat Bread and Whole Grain Bread, 16 oz or 24 oz



Kroger: 100% Whole Wheat Round Top



Sara Lee: Classic 100% Whole Wheat



Franz: 100% Whole Wheat



Bimbo: 100% Whole Wheat



Great Grains: 100% Whole Wheat



WinCo: 100% Whole Wheat



Orowheat: 100% Whole Wheat



Breadlover's: 100% Whole Wheat



Grandma Sycamore: 100% Whole Wheat with Honey



Western Farms : 100% Whole Wheat, 100% Whole Wheat Sugar Free



Private Selection: 100% Whole Wheat, 100% Whole Wheat Sugar Free



Signature Select: 100% Whole Wheat

Do Not Buy: Buns, rolls, bagels, white bread

Brown Rice

Buy: *Store brand/private label

- 14 oz (Instant only)
- 16 oz (Regular, quick-cooking)

Do Not Buy: Boil-in-bag, ready-to-serve, added flavors/seasonings

TIP

You can buy **16 oz** or **24 oz** bread depending on the amount on your eWIC card. If your starting value is **32 oz** and you buy a **24 oz** loaf of bread, you will have **8 oz** left on your eWIC card that you will not be able to use.



Whole Wheat Pasta



Buy: 100% Whole Wheat Pasta, 16 oz

- Whole wheat flour and/or whole durum wheat flour must be the only flour ingredients listed
- Any shape



Barilla



WinCo



Ronzoni



Food Club



Kroger



Signature Select



Great Value

Do Not Buy: Pasta made with white flour or a mix of different types of flour or with added sugars, fats, oils, or salt (sodium)

Tortillas



Buy: Whole Wheat or Corn Tortillas, 16 oz

Great Value:
Whole Wheat



Ortega:
Whole Wheat



La Burrita:
Yellow Corn



Guerrero:
Whole Wheat | White Corn |



De Harina:
Whole Wheat



La Banderita:

White Corn | Yellow Corn |
Whole Wheat | Fajita |



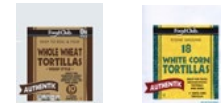
Rancho Market:

Whole Wheat | Corn |



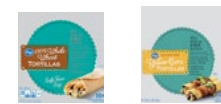
Food Club:

Whole Wheat | White Corn |



Kroger:

Whole Wheat | Corn |



Mission:

Whole Wheat | Yellow Corn |



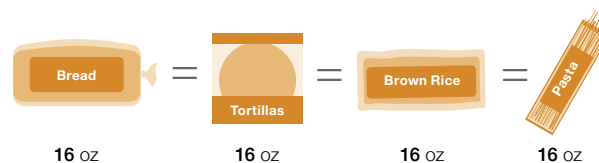
Don Pancho:

Whole Wheat | White Corn |



Do Not Buy: White flour tortillas, hard shells, wraps, uncooked

Whole grain bread, tortillas, brown rice and pasta are issued in units of ounces



Fruits and Vegetables



Buy: Dollar amount as listed on eWIC receipt

- Whole, pre-cut or packaged fresh or frozen vegetables & fruits
- Fresh salsa without added sugar or oil is allowed
- Organic allowed
- Fresh ginger and garlic

Do Not Buy: Canned, dried, roasted, decorative, packages/party trays with dips, dressings, added nuts or noodles, salad bars, herbs and spices (see below), salsa with sugar or oil, pasteurized salsa

The following herbs and spices are not allowed:

Aloe vera, anise, basil, bay leaves, caraway, chervil, chives, cilantro, dill, fenugreek, horseradish, lemon grass, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, vanilla bean

Fruits and vegetables are issued with Cash Value Benefit (CVB)



TIP

- Fruits and vegetables are high in fiber, vitamins, and minerals and are low in calories and fat.
- If the total purchase price of vegetables and fruits is above the maximum amount on your eWIC card, you can pay the difference.
- The WIC Shopper App does not scan fresh fruits and vegetables. Refer to this food booklet to know what is allowed.



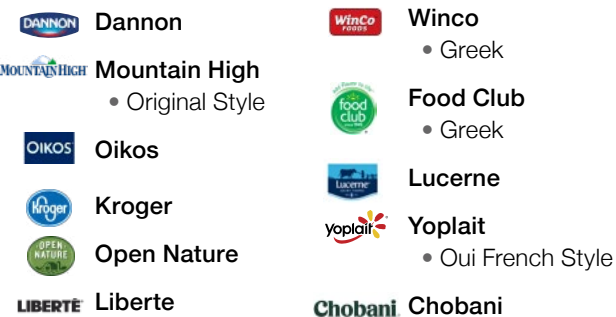
Yogurt

Buy: *Store brand/private label or name brand listed below; 32 oz containers or smaller containers in combinations that equal 32 oz.

- Any flavor
- Fat content as printed on eWIC receipt
- Added fruit is allowed

Do Not Buy: Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients, drinkable yogurts, whips











Whole Fat




TIP

- Yogurt provides calcium, protein, vitamins A and D, and is a good source of potassium.
- Women and children 2 years and older are issued reduced-fat, low-fat or fat-free yogurt.
- Children under the age of 2 are issued whole fat yogurt.
- Buy the yogurt listed on your eWIC receipt/benefit list.
- Some of your milk benefit can be substituted for yogurt. If you would like yogurt, talk to your local WIC clinic to get the benefit loaded on to your eWIC card.

Reduced Fat/Low-Fat/Non-Fat

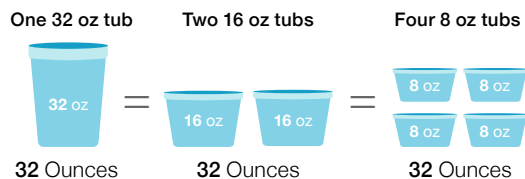
-  **Lucerne**
-  **Open Nature**
-  **Great Value**
-  **Kroger**
-  **Dannon**
- Regular
 - Light & Fit
 - Light & Fit Greek
-  **Oikos**
- Oikos 0%
 - Oikos Triple Zero
-  **Mountain High**
-  **Food Club**
-  **LaLa**
-  **Activia**
- Activia Light
 - Activia Greek
 - Activia Lactose Free

-  **Winco**
- Greek
-  **Yoplait**
- Original
 - Light
 - Greek
 - 100 Protein
 - Trix/ Kids Character
 - Lactose Free
 - Go-Gurt

-  **Chobani**
- Less Sugar
 - Zero Sugar
 - Complete Greek

-  **Two Good**
- Greek
-  **Liberte**

Yogurt is issued in units of ounces. To make sure you get your full benefit, consider buying a 32 oz container or packages that add up to 32 oz.



Milk

Buy: *Store brand/private label; gallon, half gallon, or quart

- Pasteurized. Size, description, and fat content as printed on eWIC receipt
- Canned evaporated milk (12 oz)
- Powdered dry milk (9.6 oz - 64 oz)
- Buttermilk (half gallon or quart)
- Ultra High Temperature (UHT) milk (quart)
- Lactose-free and soy milk only if assigned and printed on eWIC receipt/benefit list.
- Quart milk is allowed in any brand



Do Not Buy: Flavored, Skim Royale/Delight, unpasteurized, raw

Milk is issued in units of gallons. A half gallon will take 0.5 off your card. A quart will take 0.25 off your card.



TIP

- Milk provides calcium, protein, vitamins A and D, and is a good source of riboflavin.
- Women and children 2 years and older are issued low-fat (1%) or fat-free (skim) milk.
- Children under the age of 2 are issued whole milk.
- Buy the milk listed on your eWIC receipt/benefit list.
- For more information and help with milk sizes, go to WIC Shopper App > Get Help > eWIC Quick Pick Guide - Milk

Juice

Buy: *Store brand/private label or name brand listed below;

- Unsweetened, 100% juice; single flavor or blends
- Regular or low sodium for tomato/vegetable juice

Do Not Buy: Refrigerated juices (except orange juice), cocktails, nectars, ciders, 59 oz container

Juice 12 oz Frozen Juice Concentrate (Women)



Apple | Orange |



Apple | Grape | Orange |



Apple | Grape | Grapefruit | Orange | Pineapple |



Apple | Grape | Orange | White Grape |



Apple | Grape | Orange |



Apple | Orange |



Apple | Apple Cherry | Apple Cranberry | Apple Kiwi Strawberry | Apple Strawberry Banana | Apple Peach Mango | Apple Raspberry | Berry Blend | Blueberry Pomegranate | Cherry Pomegranate | Cranberry Blend | Cranberry Raspberry | Grape | Orange | Pineapple | Pineapple Orange | White Grape |



Apple |



Apple | Orange |



Apple | Autumn Blend | Grape | Orange Juice | Pineapple | Spring Blend | Summer Blend | Winter Blend |

Juice 64 oz (Children)



Apple | Cranberry | Grape | Orange | Pineapple | Spicy Vegetable | Vegetable | Vegetable Low Sodium | White Grape | White Grapefruit |



Apple | Cranberry Apple | Cranberry Blend | Cranberry Grape | Cranberry Pomegranate | Cranberry Raspberry | Big Bird's Apple | Cookie Monster's Berry | Elmo & Abby Mango | Elmo's Punch | Grover's White Grape | Natural Style Apple |



Blueberry Blackberry Acai | Cranberry | Cranberry Blackberry | Cranberry Cherry | Cranberry Grape | Cranberry Mango | Cranberry Pomegranate | Cranberry Raspberry | Pomegranate Blueberry | Raspberry Blueberry |



Apple | Grapefruit | Orange | Purple Grape | Vegetable | White Grape |



Concord Grape | Red Grape Juice | Super Berry | White Grape Peach | White Grape | Orange Pineapple & Apple |



Apple | Cranberry | Cranberry Blackberry |
Cranberry Cherry | Cranberry Grape |
Cranberry Mango | Cranberry Pineapple |
Cranberry Pomegranate | Cranberry
Raspberry | Grape |



Apple | Apple Raspberry | Berry | Cherry |
Fruit Punch | Grape | Kiwi Strawberry | Mango
| Orange Tangerine | Peach Apple | Strawberry
Banana | Strawberry Watermelon | Tropical |
White Grape |



Apple |



Apple | Apple Berry Cherry | Apple Cranberry |
Apple Cranberry Grape | Apple Grape |
Apple Kiwi Strawberry | Apple Orange
Pineapple | Apple Peach Mango | Berry |
Concord Grape | Cranberry Plus | Cranberry
Acai Plus | Cranberry Berry Plus | Cranberry
Grape Plus | Cranberry Raspberry Plus | Fruit
Punch | Grape | Grape Juice Plus | Harvest
Apple Plus | Low Sodium Vegetable |
Orange | Pineapple | Pineapple Orange | Prune
Juice Plus | Red Grape | Ruby Red Grapefruit |
Spicy Vegetable | Tomato Vegetable |
White Grape |



Spicy Hot Vegetable | Original |
Original Low Sodium |



Apple | Cranberry Blend | Cranberry Grape |
Cranberry Pomegranate | Grape | Low Sodium
Vegetable | Orange | Pineapple | Tomato |
Vegetable | White Grape Peach | Pear |



Apple | Apple Cranberry |
Berry Blend | Black Cherry Cranberry |
Blueberry Pomegranate | Cranberry
Pomegranate | Grape | Immune Health Citrus |
Immune Health Super Fruit | Immune Health
Tropical Fruit | Kiwi Strawberry | Mango
Tangerine | Orange | Peach Mango | Red
Raspberry | Strawberry Watermelon |
White Grape | Wild Cherry |



Apple | Cranberry | Cranberry Grape |
Cranberry Raspberry | Grape | Grapefruit |
Orange | Pineapple | Tomato | Vegetable |
White Grape |



Apple | Grape | Orange | Vegetable | Vegetable
Low Sodium | White Grape |



Apple | Grape | Orange | Pineapple | Spicy
Vegetable | Tomato | Vegetable | White Grape |



Tomato | Low Sodium Tomato |



Apple | Grape |



Apple | Apple Mango | Apple Cherry |
Sensibles Apple | Apple White Grape |



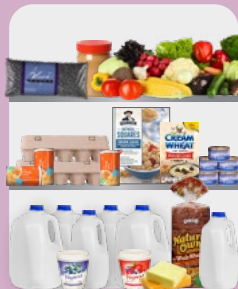
Apple | Apple Berry | Apple Cranberry |
Apple Grape | Pineapple Orange

Breastfeed!

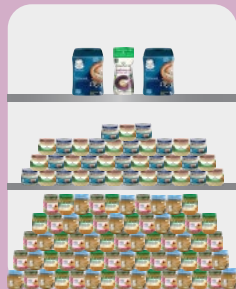
Mom & Baby Get More Food

FULLY Breastfeeding

Mom - Up to 1 Year

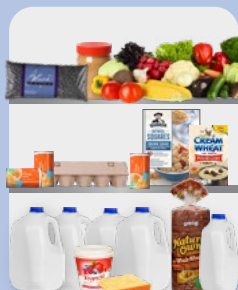


Baby - 6-12 Months

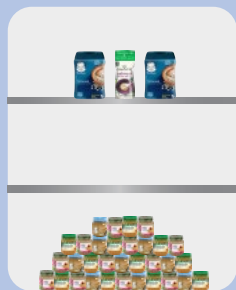


MOSTLY Breastfeeding

Mom - Up to 1 Year



Baby - 6-12 Months

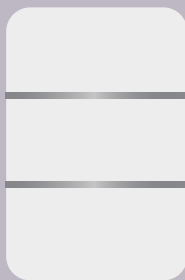


LITTLE/NO Breastfeeding

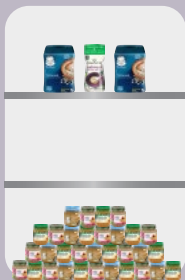
Mom - 0-6 Months



Mom - 7-12 Months



Baby - 6-12 Months



Breastfeeding | A Gift for Life:

- ✓ Doctor Recommended
- ✓ Perfect Nutrition
- ✓ Fewer Infections
- ✓ Reduces Childhood Obesity

For help with breastfeeding call your WIC clinic.

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: www.usda.gov/sites/default/files/documents/USDA-OASCR%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.

Helpful phone numbers:

Medicaid: 1-866-435-7414

MotherToBaby: 1-866-626-6847

Tobacco Quit Line: 1-888-567-8788

Immunization Hotline: 1-800-275-0659

Helpline for Community Resources: 2-1-1

Poison Control: 1-800-222-1222

SNAP: 1-866-435-7414

Breastfeeding: _____

Other: _____



Family ID: _____

Parent(s)/Guardian(s): _____

Participant Name(s): _____

Clinic Information:

