



# WIC-APPROVED SHOPPING GUIDE

Effective Date October 1, 2022



WIC APPOINTMENTS

Cardholder Name \_\_\_\_\_ Family ID# \_\_\_\_\_

Date	Time	PURPOSE OF VISIT		
		Follow-Up	Certifications	Nutrition/Breastfeeding

NOTIFY THE WIC CLINIC IF YOU

- Are unable to keep a scheduled appointment
- Give birth
- Have questions about breastfeeding or need help with breastfeeding
- Stop breastfeeding
- Are unable to purchase WIC foods
- Have any problems or concerns about a store that accepts WIC
- Have questions about WIC services
- Are moving out of West Virginia
- Change formula
- Have a new address or phone number

Bring this WIC-Approved Shopping Guide to your appointments. For follow-up and certification appointments, please bring your child(ren), ID for all participants, proof of income, proof of West Virginia address and shot records.

## RENEWING YOUR BENEFITS

In order to maintain your WIC benefits and keep your eWIC card active, you need to connect with WIC 4 times a year.

Your food benefits will be renewed for 3 months, after completing each WIC appointment and WIC nutrition education activity.



**Attend a WIC appointment twice each year**

## DURING YOUR WIC CERTIFICATION APPOINTMENT WE WILL

- Review and document your proof of income, proof of identification of all participants and proof of West Virginia residency
- Weigh and measure each family member enrolled in WIC
- Screen for low iron
- Talk with you about your nutrition interests and goals
- Connect you with other health and community services

## NUTRITION EDUCATION ACTIVITY

In between each WIC appointment, choose an activity from the list your local WIC clinic provides.

For example, you can:

- Learn online at WICSmart.com
- Download and complete lessons on the WICSmart mobile phone app
- Talk in-person or by phone with a WIC nutritionist or breastfeeding counselor



**Complete a WIC nutrition education activity twice each year**

## JOIN WICSMART

*Do your nutrition education online!*

### Getting Started

#### On your smart phone or tablet:

1. Find the “WICSmart” app from your app store or visit WICSmart.com
2. Download the app
3. Click on the app and select West Virginia as your agency
4. Enter your Family ID#(F00000000000) from the inside front cover
5. Click on login
6. Click on any lesson
7. Finish the lesson at your own pace; if you get interrupted, you can save the session; click on the “save” button and come back later to complete
8. Once you finish the lesson, you are done; no need to print or save anything; your local WIC Program will let you know the next step

**If you are new to WICSmart it will take about 7 to 10 days for you to be able to take a lesson and use your Family ID.**



#### On your computer:

- Go to [www.wicsmart.com](http://www.wicsmart.com) or [www.wicsmart.jpma.com](http://www.wicsmart.jpma.com)
- Select West Virginia as your agency
- Continue with steps 4–8 as shown under “Getting Started”

### Cooking Matters®

Want recipes, tips and videos?

- Visit <http://cookingmatters.org> or go mobile @CookingMatters in your Play Store

**Please be sure to complete a WIC nutrition education lesson twice each year.**



## eWIC CARD ACTIVATION AND ebtEDGE

Call the customer service number on the back of your card or log into ebtEDGE.com to activate your new card.

After selecting a personal identification number (PIN), your card is ready to use. Keep your eWIC card and PIN in a safe place. You may also change your PIN, view purchases and see current and future benefits at ebtEDGE.com.

If you enter the wrong PIN at the store, do not try to guess. If the correct PIN is not entered on the fourth try, your PIN will be locked. You will have to call 1-888-220-9555 or visit ebtEDGE.com to change your PIN. Then you will have to wait until after midnight for your account to be unlocked before you can shop again.

## 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.



**Buying, selling, exchanging, or otherwise misusing WIC benefits is a crime. To report suspected abuse, call 1-800-424-9121 or visit <https://www.usda.gov/oig/hotline.htm>**

## WICSHOPPER MOBILE APP

Eliminate confusion about which products are WIC approved in four easy steps:

- 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
- 4 Share**  
If an item you think should be eligible does not scan as approved, send the UPC and product information directly to the WIC Program by using the "I couldn't buy this!" icon



**Visit [EBTShopper.com](https://EBTShopper.com) to learn more and download the app.**

## WIC SHOPPING

- Shopping for WIC foods is fast and easy with the eWIC card that you can swipe at checkout just like a regular debit card
- Up to three months of food benefits can be stored on the card, but you can only buy foods available for the current 30-day benefit period
- Benefits will be on your eWIC card at midnight on the beginning date and will expire at midnight on the ending date; any benefits you do not spend by the ending date are no longer available at midnight
- Buy just what you need each time you visit the grocery store, or choose to purchase all your WIC foods during a single shopping trip
- There are more than 250 West Virginia WIC-approved grocery stores; we're constantly making improvements to the WIC customer shopping experience

## AT 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, etc.
- Check with your store about self-checkout or other checkout methods



**Buying, selling, exchanging, giving away or trading food purchased with WIC benefits is considered fraud. This could result in termination from the WIC Program.**

## 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 when possible
- Use coupons and look for “buy one, get one free” and other store offers
- Carefully count ounces to purchase your maximum benefit amount

**X Refunds, rain checks and exchanges are not allowed in the West Virginia WIC Program.**

### Easy Checkout

- Review your receipt before you approve the transaction to make sure your WIC transaction has been completed properly
- Keep receipts for infant formula and/or infant food purchased with cash, check, SNAP, credit or debit card. For more information about program benefits, outreach, health and nutrition, quick and easy recipes and more, visit the West Virginia WIC website at [dhhr.wv.gov/wic](http://dhhr.wv.gov/wic)

### Need your eWIC Benefit Balance?

- Call 1-888-220-9555
- Visit [ebtEDGE.com](http://ebtEDGE.com)
- Check your last grocery store receipt
- Visit the WIC participant portal, [www.household.wvdhhr.org](http://www.household.wvdhhr.org)
- Open the WICShopper mobile phone app if you registered your card



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

## INFANT FOODS



### Fruits

#### Included

- Choose from these brands: Gerber, Tippy Toes, Nature's Promise Organic, Simple Truth Organic, Parent's Choice, Beech-Nut, Happy Baby Organic, Wild Harvest, Earth's Best Organic, Baby Basics, Home 360 Baby, Nature's Goodness single ingredient or combinations of single ingredients, may have added fruit juice, (e.g., apple-pear; apple-mango-kiwi)
- Any stage (i.e., stage 1, stage 2, homestyle, etc.)
- 2 ounce or 4 ounce containers **only**
- Single or two pack; jars or plastic containers
- Variety pack boxes
- May be organic, GMO or non-GMO varieties

#### Not Included

- Mixtures with cereal; infant food dinners, puddings, desserts (e.g., peach cobbler) or "delights;" varieties with DHA or ARA; infant fruits with added sugars, starches, fiber or sodium; infant fruits with yogurt; smoothies
- 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



### Vegetables

#### Included

- Choose from these brands: Gerber, Tippy Toes, Nature's Promise Organic, Simple Truth Organic, Parent's Choice, Beech-Nut, Happy Baby Organic, Wild Harvest, Earth's Best Organic, Baby Basics, Home 360 Baby, Nature's Goodness single ingredient or combinations of single ingredients vegetables (e.g., peas and carrots)
- Any stage (i.e., stage 1, stage 2, homestyle, etc.)
- 2 ounce or 4 ounce containers **only**
- Single or two pack; jars or plastic containers
- Variety pack boxes
- May be organic, GMO or non-GMO varieties

#### Not Included

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

## HOW TO PURCHASE 128 OUNCES OF FRUITS/VEGETABLES (FORMULA-FED INFANTS)

1 128 oz box	10 12 oz boxes + 4 2 oz containers OR 2 2 oz double pack OR 1 4 oz double pack	10 12 oz boxes + 2 4 oz containers OR 2 2 oz double pack	32 4 oz containers OR 32 2 oz double pack	64 2 oz containers
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2 oz jar



4 oz jar



2 pack of 2 oz containers (double pack)



2 pack of 4 oz containers (double pack)

## HOW TO PURCHASE 256 OUNCES OF FRUITS/VEGETABLES (FULLY BREASTFED INFANTS)

2 128 oz boxes	21 12 oz boxes + 2 2 oz containers OR 1 2 oz double pack	21 12 oz boxes + 1 4 oz container	32 4 oz double pack	64 4 oz containers OR 64 2 oz double pack	128 2 oz containers
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6 pack of 2 oz containers starter kit (12 oz box)



16 pack of 4 oz double packs (128 oz box)



**Selling, exchanging, giving away or trading food purchased with WIC benefits is considered fraud. This could result in termination from the WIC Program.**



## Infant Cereal

### Included

- Choose from these brands: Gerber, Parent's Choice, Beech-Nut, Earth's Best Organic, Kroger Comforts, Tippy Toes, Baby Basics single grain or mixed grain
  - Barley
  - Oatmeal
  - Rice
  - Whole Wheat
  - MultiGrain
- 8 ounce or 16 ounce boxes or plastic containers **only**
- May be organic, GMO or non-GMO varieties

### Not Included

- Infant cereals containing infant formula, milk, fruit, fruit flakes, sugar or other non-cereal ingredients (DHA, ARA or probiotics)
- High protein varieties
- Infant cereal in jars or cans
- Variety packs or single serving cups

## Infant Formula

### Included

- Formula as issued on an eWIC card



## FOR BREASTFEEDING INFANTS ONLY

### Meat

#### Included

- Choose from these brands: Beech-Nut, Gerber, Nature's Promise Organic, Tippy Toes, Earth's Best Organic, Baby Basics, Nature's Goodness infant food meat or poultry, as a single major ingredient, with added broth or gravy
- Any stage (i.e., stage 1, stage 2, etc.)
- 2.5 ounce containers **only**
- Jars or plastic containers **only**
- Multipack box
- May be organic, GMO or non-GMO varieties

#### Not Included

- Food combinations (e.g., meat and vegetables) or dinners (e.g., spaghetti and meatballs)
- 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

## HOW TO PURCHASE 77.5 OUNCES OF INFANT MEAT



✓  
31  
2.5 oz jars



✓  
2  
12 pack of 2.5 oz jars (30 oz)  
+  
7  
2.5 oz jars

**Babies are born to breastfeed. Your breastmilk is all your baby needs for the first 6 months of life.**



**STRONG  
BODIES  
NEED  
STRONG  
BONES**







## Cheese

### Included

- ANY BRAND 100% natural sliced, shredded or block
- 8 ounce or 16 ounce packages
  - Colby
  - Cheddar
  - Mozzarella (part skim or whole)
  - American (pasteurized processed)
  - Swiss
  - Monterey Jack
  - Blends of any of these cheeses
- Low-fat; reduced fat; fat-free; nonfat
- Low cholesterol; low sodium
- Calcium fortified
- Vitamin D fortified
- Lactose-reduced cheese

### Not Included

- Any varieties not listed
- Individually wrapped slices, cubes, crumbles or string cheese
- Cheese food, cheese product, imitation cheese, cheese dips, cream cheese or cheese spread
- Cheese with pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked)
- Cheese with added probiotics, DHA or ARA (e.g., Live Active, etc.)
- Cheese made with raw milk
- Deli or imported cheese; kosher cheese
- Packages of individual serving sizes or random weight packages
- Organic; lactose-free cheese
- Goat, sheep or yogurt cheese



## FOR CHILDREN AGE 12-23 MONTHS ONLY

### Whole Milk

#### Included

- Whole milk in white, chocolate, or lactose-free varieties
- If requested, evaporated milk fortified with Vitamin D in 12 ounce cans **only**
- Soymilk: Pacific Ultra Original Soymilk, 8th Continent Regular Soymilk Original, 8th Continent Vanilla Soymilk, Silk Original Soymilk, Silk Shelf Stable Original Soymilk, and Great Value Original Soymilk

#### Not Included

- Reduced fat (2%), super skim, ultra skim; almond milk; coconut milk; cultured milk such as buttermilk; 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
- Sweetened condensed milk; evaporated filled milk; evaporated fat free milk
- Light or fat-free soymilk; chocolate flavored soymilk; Silk Vanilla Soymilk, or other flavors not pictured
- A1® and A2® Milk
- Vitamite



#### Reading your receipt



1.00 gal = 1 gallon   .75 gallon =  $\frac{3}{4}$  gallon   .50 gal =  $\frac{1}{2}$  gallon

**X** Two 1/2 gallons may not be substituted for a gallon



## FOR CHILDREN AGE 12-23 MONTHS ONLY

### Whole Milk Yogurt 32 ounce containers

Dannon  
Essential Everyday  
Kroger  
Morning Fresh Farms  
Mountain High  
Weis

	Plain	Vanilla	Strawberry
Dannon	●	●	●
Essential Everyday	●		
Kroger	●	●	
Morning Fresh Farms	●		
Mountain High	●	●	●
Weis	●		



### Whole Milk Yogurt Multipacks

#### Any Flavor/Variety

- Noosa 4 ounce cup - 4 pack



#### Single container

#### Any Flavor/Variety

- Noosa 8 ounce cup



## HOW TO PURCHASE 32 OUNCES OF YOGURT



✓  
1  
32 oz



✓  
2  
of 4 oz cups  
in a 4 pack



✓  
4  
8 oz cups

### Not Included

- Yogurts sold with mix-in ingredients (like granola, candy pieces, nuts, etc.)
- Drinkable yogurt
- Greek varieties of yogurt
- Organic yogurt
- Frozen yogurt
- Yogurt containing artificial, reduced-calorie, or no-calorie sweeteners (i.e., light and fit, carb master, etc.)



## FOR WOMEN AND CHILDREN AGE 2-5 ONLY

### Low-Fat or Fat-Free Milk

#### 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 box
- Soymilk: Pacific Ultra Original Soymilk, 8th Continent Regular Soymilk Original, 8th Continent Vanilla Soymilk, Silk Original Soymilk, Silk Shelf Stable Original Soymilk, and Great Value Original Soymilk



#### Not Included

- Reduced fat (2%), super skim, ultra skim; almond milk; coconut milk; cultured milk such as buttermilk; 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
- Individual serving sizes packaged in a larger box substituted for 25.6 ounce box
- Sweetened condensed milk, evaporated whole milk fortified with Vitamin D, evaporated filled milk, evaporated fat free milk.
- Light or fat-free soymilk; chocolate flavored soymilk; Silk Vanilla Soymilk, or other flavors not pictured
- A1® and A2® Milk
- Vitamite

#### Reading your receipt



1.00 gal = 1 gallon    .75 gallon =  $\frac{3}{4}$  gallon    .50 gal =  $\frac{1}{2}$  gallon



Two 1/2 gallons may not be substituted for a gallon



## FOR WOMEN AND CHILDREN AGE 2-5 ONLY

## Low-Fat or Non-Fat Yogurt

32 ounce containers

	Plain	Vanilla	Strawberry	Strawberry-Banana	Blueberry	Peach	Probiotic Varieties
Best Choice	●	●	●				
Coburn Farms	●	●					
Dannon	●	●					
Essential Everyday	●	●	●		●		
Food Club	●	●	●				
Food Lion	●	●					
Giant	●	●					
Giant Eagle	●	●					
Great Value	●	●	●	●		●	
Kroger	●	●					
Morning Fresh Farms	●	●					
Mountain High	●	●					
Our Family	●	●	●		●	●	
Weis	●	●	●		●	●	●
Yoplait		●	●	●	●	●	

Best Choice

COBURN  
FARMS

DANNON

Essential  
EVERYDAY

Food Club  
SINCE 1985

FOOD LION

Giant

GIANT  
EAGLE

Great  
Value

Kroger

Morning Fresh  
FARMS

MOUNTAIN HIGH

Our Family

weis

Yoplait



## FOR WOMEN AND CHILDREN AGE 2-5 ONLY

### Low-Fat 16 Ounce Yogurt Multipacks

#### Included: Any flavor/variety

- Kroger 2 ounce tube - 8 pack
- Yoplait Go-Gurt 2 ounce tube - 8 pack  
- except dairy free and slushie
- Activia 4 ounce cup - 4 pack
- Activia Lactose free 4 ounce cup - 4 pack

#### Not Included

- Yogurts sold with mix-in ingredients (like granola, candy pieces, nuts, etc.)
- Drinkable yogurt
- Greek varieties of yogurt
- Organic yogurt
- Frozen yogurt
- Yogurt containing artificial, reduced-calorie, or no-calorie sweeteners (i.e., light and fit, carb master, etc.)

## HOW TO PURCHASE 32 OUNCES OF YOGURT



2

of 4 oz cups  
in a 4 pack



2

of 2 oz tubes  
in an 8 pack



1

of 4 oz cups in a 4 pack

+

1

2 oz tubes in 8 pack





## FOR WOMEN AND CHILDREN AGE 2-5 ONLY

### Low-Fat 32 Ounce Yogurt Multipacks

#### Included: Any flavor/variety

- Yoplait Go-Gurt 2 ounce tube - 16 pack
  - except dairy free and slushie
- Yoplait 4 ounce cup - 8 pack

#### Not Included

- Yogurts sold with mix-in ingredients (like granola, candy pieces, nuts, etc.)
- Drinkable yogurt
- Greek varieties of yogurt
- Organic yogurt
- Frozen yogurt
- Yogurt containing artificial, reduced-calorie, or no-calorie sweeteners (i.e., light and fit, carb master, etc.)

## HOW TO PURCHASE 32 OUNCES OF YOGURT



✓  
1

2 oz tubes  
in a 16 pack



✓  
1

4 oz cups  
in an 8 pack





## Eggs

### Included

- One dozen container, chicken eggs only
- All sizes and grades
- White or Brown eggs
- Specialty eggs such as low-cholesterol, cage-free, stress-free, free-range vitamin-enriched, antibiotic-free, vegetarian-fed-hen, no-growth-hormones, fertile or organic eggs

### Not Included

- Powdered, liquid or hard boiled eggs



# FUEL UP WITH FRUITS AND VEGGIES





## FRUITS

### Included

- Fresh, whole, pre-cut or pre-chopped fruit
- Canned fruit in 100% juice or frozen fruit packed in juice in metal, paper, glass or plastic containers
- Fruit trays and single serve options without added sugars, flavoring, fat, oil, dips, dressing, croutons, and nuts
- Fruit in bags, plastic containers, or boxes
- May be organic



### Not Included

- Dried fruit
- Juice, jams, jellies or fruit spreads
- Fruits with added sugars, sodium, flavoring, dressing, fat or oil
- Ornamental fruits such as painted pumpkins, edible blossoms or flowers
- Fruit baskets or fruits from the deli/salad bar
- Fruit trays with dips
- Fruit muffins or baked goods
- Fruit-nut mixtures
- Canned fruits packed in syrup
- Fruits in gelatin or jello; sorbet; fruit chillers or fruit bars
- Fruit snacks or roll-ups

**If an item does not scan as approved, use the WIC Shopper app to send the UPC to the WIC program by using the "I couldn't buy this!" icon.**



## VEGETABLES

### Included

- Fresh whole, pre-cut or pre-chopped vegetables
- Vegetable trays or single serve options without dips, dressing, croutons, and nuts
- Canned or frozen vegetables in metal, paper, glass or plastic containers
- Sweet potatoes or yams
- White, yellow, purple or red potatoes
- Vegetables in bags, plastic containers, or boxes
- Regular or low sodium
- May be organic



### Not Included

- Dried vegetables
- Vegetables with added sugars, sodium, flavoring, artificial sweeteners, dressing, fat or oil
- Juice
- Pickled vegetables or olives (i.e., pickles, relish, sauerkraut, etc.)
- Condiments (i.e., catsup, salsa, chutney, guacamole, pasta sauce, pizza sauce, spaghetti sauce, etc.)
- Fresh or dried 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 (i.e., cream style corn)
- Vegetable pasta or rice mixtures; frozen vegetable blends with sauces
- Home-canned or home-preserved vegetables
- Processed frozen potatoes (i.e., french fries, tater tots, twice baked potatoes, hash browns)
- Salad kits
- Tomato products with added herbs, spices or sugars

**Canned beans such as pinto, great northern, navy, kidney, etc. are for purchase with legume benefits.**



THEY  
LEARN  
FROM  
WATCHING  
YOU





## FOR WOMEN ONLY JUICE

### Included

- Pasteurized 100% unsweetened fruit juice or vegetable juice
- Cans, plastic containers, jugs or cartons **only**

### Not Included

- Juice with added sugar or sugar substitutes; fruit and/or vegetable juice blends; Juicy Juice; grapefruit juice; juice drinks or cocktails; juice with carbonation; sports drinks; ciders; lemon or lime juice; organic juices; fresh juice; infant juice; V8 Splash or Fusion varieties
- Glass bottles; packages of individual serving size

### *Shelf Stable Concentrate* 11.5 ounces

	Apple	Grape
Welch's	●	●

### Frozen Concentrate 12 ounces

	Apple*	Grape* white, purple or red	Orange*	Pineapple
Always Save	●		any brand in store	
Best Choice	●			
Best Yet	●			
Essential Everyday	●	●		
Flavorite	●			
Food Club	●	●		
Food Lion	●			
Giant	●	●		
Giant Eagle	●	●		
Great Value	●	●		
Hy-Top	●	●		
IGA	●			
Kroger	●	●		
Our Family	●			
Piggly Wiggly	●			
Tipton Grove	●			
Valu Time	●			
Weis	●			

\*With or without calcium



## FOR CHILDREN ONLY

### Shelf Stable or Refrigerated Juice

64 ounces = 1/2 gallon

128 ounces = 1 gallon

\*With or without calcium

\*\*Regular or low sodium

Kroger Vegetable Juice is  
available in Original or Spicy

#### Included

- Pasteurized 100% unsweetened fruit juice or vegetable juice
- Cans, plastic containers, jugs or cartons **only**

#### Not Included

- Juice with added sugar or sugar substitutes; fruit and/or vegetable juice blends; Juicy Juice; grapefruit juice; juice drinks or cocktails; juice with carbonation; sports drinks; ciders; lemon or lime juice; organic juices; fresh juice; infant juice; V8 Splash or Fusion varieties
- Glass bottles; packages of individual serving size

	Apple*	Grape* white, purple or red	Tomato**	Vegetable**	Orange*	Pineapple
Always Save	•	•			any brand in store	
Best Choice	•	•	•	•		
Best Yet	•	•		•		
Essential Everyday	•	•	•	•		
Everfresh	•					
Food Club	•	•	•	•		
Food Lion	•	•	•			
Giant	•	•	•	•		
Giant Eagle	•	•				
Great Value	•	•	•	•		
Harvest Classic	•	•		•		
Hy-Top	•	•	•	•		
IGA	•	•	•	•		
Kroger	•	•		•		
Our Family	•	•	•	•		
Piggly Wiggly	•	•				
Shurfine	•	•	•	•		
Tipton Grove	•	•		•		
That's Smart		•				
Tree Top	•					
Valu Time		•				
Weis	•	•		•		

## JUICE



START EVERY  
DAY THE  
WHOLE  
GRAIN  
WAY







## BREAKFAST CEREALS

● = Minimum of 51% Whole Grain Cereal

● = Source of 100% Daily Value of Folic Acid

● = Gluten Free

### Included

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

### Not Included

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



**Best Choice**  
Frosted  
Shredded  
Wheat Maple  
and Brown  
Sugar



**Best Choice**  
Frosted  
Shredded  
Wheat  
Strawberry



**Best Yet**  
Strawberry  
Frosted  
Shredded  
Wheat



**Essential  
Everyday**  
Frosted  
Shredded  
Wheat  
Strawberry



**Food Club**  
Bite Size  
Strawberry  
Cream  
Shredded  
Wheat



**Food Lion**  
Frosted  
Shredded  
Wheat  
Strawberry



**General  
Mills**  
Cheerios  
Original



**General  
Mills**  
Multi-Grain  
Cheerios



**General  
Mills**  
Kix Berry  
Berry



**General  
Mills**  
Kix Original



**General  
Mills**  
Kix Honey



**General  
Mills**  
Rice Chex



**General  
Mills**  
Corn Chex



**General  
Mills**  
Cinnamon  
Chex



**General  
Mills**  
Vanilla  
Chex



**General  
Mills**  
Blueberry  
Chex



**General  
Mills**  
Fiber One  
Honey  
Clusters



**Kroger**  
Strawberry  
Cream  
Frosted  
Shredded  
Wheat

BREAKFAST  
CEREALS



Kellogg's  
Corn Flakes



Kellogg's  
Crispix



Kellogg's  
Frosted  
Mini-Wheats  
Original



Kellogg's  
Frosted  
Mini-Wheats  
Little Bites



Kellogg's  
Frosted Mini  
Wheats  
Filled Mixed  
Berry



Kellogg's  
Rice Krispies



Kellogg's  
Special K



Kellogg's  
Special K  
Protein  
Honey  
Almond  
Ancient  
Grains



Kellogg's  
Special K  
Protein  
Original Multi  
Grain Touch  
of Cinnamon



Kellogg's  
Special K  
Banana



Malt-O-Meal  
CoCo Wheats



Malt-O-Meal  
Mini Spooners  
Strawberry  
Cream



Post  
Honey  
Bunches of Oats  
Vanilla  
Bunches



Post  
Honey  
Bunches of Oats  
Almonds



Post  
Honey  
Bunches of Oats  
Honey Roasted



Post  
Honey  
Bunches of Oats  
Maple & Pecans



Post  
Great Grains  
Banana Nut  
Crunch



Quaker  
Instant  
Oatmeal  
Original Only  
(Ind. Packets)



Quaker  
Life  
Original  
Only



Quaker  
Oatmeal  
Squares  
Brown Sugar



Quaker  
Oatmeal  
Squares  
Cinnamon



Quaker  
Oatmeal  
Squares  
Golden  
Maple



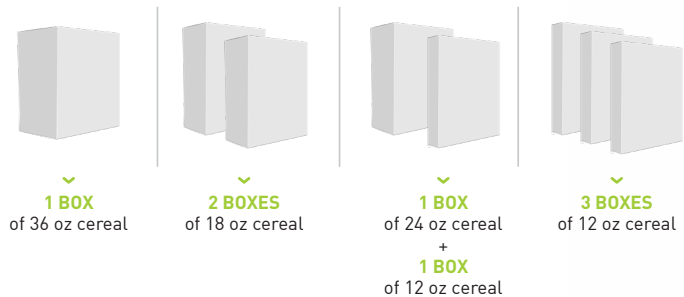
Quaker  
Oatmeal  
Squares  
Honey Nut



Weis  
Strawberry  
Frosted  
Shredded  
Wheat

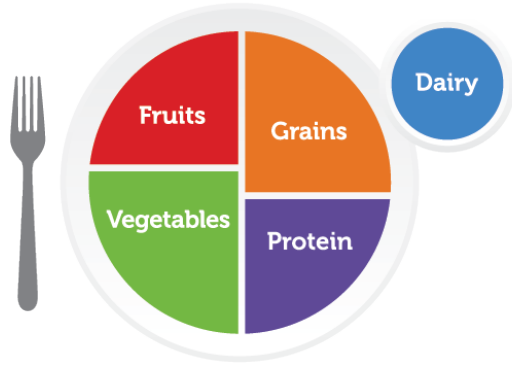


## HOW TO BUY 36 OUNCES OF CEREAL



**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.**





Start *simple*  
with **MyPlate**



## WHOLE GRAINS

### Bread

#### Included

- Whole wheat and whole grain breads
- 16 to 24 ounce packages

#### Not Included

- Breads not pictured
- Organic

16 to 24 ounces



**Best Choice**  
100% Whole  
Wheat



**Food Lion**  
100% Whole  
Wheat



**Giant Eagle**  
100% Whole  
Wheat



**Giant**  
100% Whole  
Wheat



**Healthy Life**  
100% Whole  
Wheat



**Kroger**  
100% Whole  
Wheat



**Lewis Bake  
Shop**  
100% Whole  
Wheat



**Nature's Own**  
100% Whole  
Wheat  
with Honey



**Nature's Own**  
Sugar Free  
100% Whole  
Grain



**Our Family**  
100% Whole  
Wheat



**Pepperidge  
Farm**  
100% Whole  
Wheat Cinn.  
Swirl w/Raisins



**Pepperidge  
Farm**  
100% Whole  
Wheat Light Style



**Pepperidge  
Farm**  
100% Whole  
Wheat Very Thin



**Pepperidge  
Farm**  
100% Whole  
Wheat Light Style  
Soft Wheat



**Pepperidge  
Farm**  
100% Whole  
Wheat Grain  
Rye Seeded



**Pepperidge  
Farm**  
100% Whole  
Wheat Stone Ground



**Schmidt's**  
100% Whole  
Wheat Old Tyme



**Schwebel's**  
100% Whole  
Wheat



**Weis**  
100% Whole  
Wheat



**Wonder**  
100% Whole  
Wheat

### 16 or 20 ounces



**Sara Lee**  
100% Whole  
Wheat

### 16 or 24 ounces



**Kroger**  
100% Whole  
Wheat  
Round Top



**Nickles**  
100% Whole  
Wheat

### 20 ounces



**Great Value**  
100% Whole  
Wheat



**IGA**  
100% Whole  
Wheat



**Kroger  
CARBMaster**  
Whole Wheat



**Nature's Own**  
100% Whole  
Wheat



**Nature's Own**  
100% Whole  
Grain

### 22 ounces



**Pepperidge Farm**  
Whole  
Grain Soft  
Sprouted Grain

### 24 ounces



**Arnold**  
100% Whole  
Grain Whole  
Wheat



**Essential  
Everyday**  
100% Whole  
Wheat



**Pepperidge  
Farm**  
Farmhouse  
100% Whole  
Wheat



**Pepperidge  
Farm**  
Whole Grain  
100% Whole  
Wheat



**Pepperidge  
Farm**  
Whole Grain  
15 Grain



**Pepperidge  
Farm**  
Whole Grain  
German Dark  
Wheat



**Pepperidge  
Farm**  
Whole Grain  
Honey  
Whole Wheat



**Pepperidge  
Farm**  
Whole Grain  
Oatmeal



**Private  
Selection**  
Sugar Free  
100% Whole  
Wheat



**Private  
Selection**  
100% Whole  
Wheat



## Buns

### Included

- Whole wheat and whole grain
- 12 to 16 ounce packages

### Not Included

- Buns not pictured
- Organic

### 12 ounces



**Arnold**  
100% Whole  
Wheat Sandwich  
Thins



**Kroger**  
100% Whole  
Wheat Slider  
Buns

### 13 ounces



**Kroger**  
100% Whole  
Wheat Hot Dog  
Buns



**Nature's Choice**  
100% Whole  
Wheat Hot Dog  
Buns



**Nature's Own**  
100% Whole  
Wheat Hot Dog  
Buns

### 14 ounces



**Kroger**  
100% Whole  
Wheat  
Hamburger  
Buns



**Great Value**  
100% Whole  
Wheat  
Hamburger or  
Hotdog Buns

### 14.5 ounces



**Pepperidge Farm**  
100% Whole  
Wheat  
Hamburger  
Buns



**Kroger**  
100% Whole  
Wheat Hoagie  
Rolls

### 15 ounces



**Nature's Choice**  
100% Whole  
Wheat  
Hamburger  
Buns



**Nature's Own**  
100% Whole  
Wheat  
Hamburger  
Buns



**Schmidt Old Tyme**  
100% Whole  
Wheat Rolls -  
Hamburger or  
Hotdog



**Weis Quality**  
White Wheat  
Rolls -  
Hamburger or  
Hotdog

### 16 ounces



**Arnold**  
100% Whole Wheat  
Hamburger or  
Hot Dog Buns



**Brownberry**  
100% Whole Wheat  
Hamburger or  
Hotdog Buns



## Tortillas

### Included

- Whole wheat tortillas made with whole wheat flour
- Corn tortillas made from ground masa flour
- 16 ounce packages **only**

### Not Included

- Brands of tortillas not pictured
- Flour tortillas
- Flavored tortillas
- Organic, refrigerated or frozen tortillas

## Whole Wheat

● = Gluten Free



Best Choice



Celia's



Chi-Chi's  
Fajita Style



Essential  
Everyday



Food Club



Food Lion



Giant



Giant Eagle



Great Value



IGA



Kroger



La Banderita



Mi Casa



Mission



Nature's  
Promise



Ortega



Our Family



Tio Santi



Weis

## Corn



Best Choice



Celia's



Chi-Chi's



Essential  
Everyday



Giant



Giant Eagle



Hytop



IGA



Kroger  
Gluten Free



La Banderita



Mission



Our Family





## Brown Rice

### Included

- ANY BRAND brown rice without added sugars, fats, oils or salt
- May be instant, boil-in-bag, quick or regular cooking
- 14 to 32 ounce packages

### Not Included

- Organic
- Basmati, wild, wehani, white or jasmine rice
- Bulgar
- Barley
- Flours
- Seasoned or flavored rice
- Refrigerated or frozen rice
- Ready to serve, precooked or single serve
- Brown rice mixed with any other rice





## Oats

### Included

- ANY BRAND of quick or regular cooking, old-fashioned or rolled oats without added sugars, fats, oils or salt
- 16 or 18 ounce canister **only**

### Not Included

- Single serve
- Organic
- Steel Cut
- Instant
- No Boxes
- No Bags



Instant oatmeal is **ONLY** for purchase under the breakfast cereal benefits.



## Pasta

### Included



- Whole wheat or whole grain
- Without added sugars, fats, oils or salt
- 16 ounce packages **only**



Barilla <i>Whole Grain</i>									
Essential Everyday <i>Whole Wheat</i>									
Food Club <i>Whole Wheat</i>									
Giant Eagle <i>100% Whole Wheat</i>									
Great Value <i>Whole Wheat</i>									
Hodgson Mill <i>Whole Wheat</i>									
Kroger <i>100% Whole Grain</i>									
Our Family <i>Whole Wheat</i>									
Ronzoni Healthy Harvest <i>Whole Grain</i>									
Weis <i>Whole Wheat</i>									

	Angel Hair	Elbows	Linguine	Macaroni	Penne	Penne Rigate	Rotini	Spaghetti	Spirals	Thin Spaghetti
Barilla <i>Whole Grain</i>										
Essential Everyday <i>Whole Wheat</i>										
Food Club <i>Whole Wheat</i>										
Giant Eagle <i>100% Whole Wheat</i>										
Great Value <i>Whole Wheat</i>										
Hodgson Mill <i>Whole Wheat</i>										
Kroger <i>100% Whole Grain</i>										
Our Family <i>Whole Wheat</i>										
Ronzoni Healthy Harvest <i>Whole Grain</i>										
Weis <i>Whole Wheat</i>										

## SOME EXAMPLES OF HOW TO BUY 32 OUNCES OF WHOLE GRAINS

								
<p>2 LOAVES of 16 oz bread</p>	<p>1 LOAF of 16 oz bread + 1 PACKAGE of 16 oz tortillas</p>	<p>1 BOX of 16 oz rice + 1 PACKAGE of 16 oz tortillas</p>	<p>2 BAGS of 16 oz rice</p>	<p>2 PACKAGES of 16 oz tortillas</p>	<p>1 LOAF of 16 oz bread + 1 BAG of 16 oz rice</p>	<p>1 LOAF of 20 oz bread + 1 BAG of 12 oz buns</p>	<p>2 BOXES of 16 oz pasta</p>	<p>1 BOX of 16 oz pasta 1 BAG of 16 oz buns</p>
<div data-bbox="388 657 588 813">  </div> <div data-bbox="661 657 861 813">  </div> <div data-bbox="934 657 1081 813">  </div> <div data-bbox="1123 637 1207 813">  </div> <div data-bbox="1270 709 1417 792">  </div> <div data-bbox="1491 673 1585 802">  </div> <div data-bbox="1648 673 1753 802">  </div>								



SNACK  
LIKE A  
SUPER  
HERO





## LEGUMES

### Beans

#### Included

- ANY BRAND dried beans, lentils or peas in any variety, including organic and 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 or organic
- Canned beans may be chosen for dried beans as listed on eWIC Benefit Balance
- 15 to 16 ounce cans **only**

#### Not Included

- Beans or canned beans with added flavoring packets or additional flavorings, sugars, fats, dyes, oils or meat
- Soups or soup mixes
- 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 are for purchase with cash value benefits only.



## Peanut Butter

*Not available for purchase for children under one year of age*

### 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 to 18 ounce jars **only**
- Natural or organic varieties without palm oil

### 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, low carb or peanut spreads
- 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
- Powdered peanut butter

## Legumes and Peanut Butter Conversions



**1 BAG**

of 16 oz beans  
is 1 container



**1 JAR**

of 16-18 oz peanut butter  
is 1 container



**Peanut butter is not recommended for children under one year of age because of the risk of choking.**



**4 CANS**

of 15-16 oz beans  
is 1 container



**3 CANS**

of 15-16 oz beans  
is .75 container



**2 CANS**

of 15-16 oz beans  
is .50 container



**1 CAN**

of 15-16 oz beans  
is .25 container



## FOR WOMEN WHO ARE FULLY BREASTFEEDING, PREGNANT AND BREASTFEEDING, AND PREGNANT WITH MULTIPLES ONLY

### Fish

#### Included

- Skipjack Tuna
- ANY BRAND Chunk Light Tuna; Pink Salmon
- 5 ounce, 6 ounce, 7.5 ounce or 14.75 ounce cans

#### Not Included

- Sardines or Jack Mackerel; Albacore, Yellow Fin, Chunk White, Solid White, Tongol or other specialty tuna; Blueback, Chum, Sockeye, Red, King, 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, fillet, fresh, dried, frozen or smoked fish
- Pouches or foil packets
- Packages of individual serving size
- Fish and cracker combinations or fish spreads

### HOW TO BUY 30 OUNCES OF FISH



2 CANS  
of 14.75 oz fish



1 CAN  
of 14.75 oz fish  
+  
3 CANS  
of 5 oz fish



1 CAN  
of 14.75 oz fish  
+  
2 CANS  
of 6 oz fish



4 CANS  
of 7.5 oz fish



5 CANS  
of 6 oz fish



6 CANS  
of 5 oz fish



2 CANS  
of 7.5 oz fish  
+  
3 CANS  
of 5 oz fish



## 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 with my eWIC card. I will use these foods only for the person on the program.
- **Use WIC benefits correctly:** I will follow the WIC Program and shopping rules when using WIC benefits. I will not sell, trade, give away, or exchange 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, trading, giving away, or exchanging food or formula provided by the WIC Program.
- **I will not exchange formula at the store. I will return any unused formula or baby food to the WIC Clinic.** I will handle my WIC benefits with care. If they are lost or stolen, I will notify my local WIC Clinic immediately. I understand that I will not receive a replacement for the benefits if they are lost or stolen.
- **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.
- **Keep WIC appointments:** I will come to my appointments or call ahead if I can't make my appointment.

- **Common courtesy:** I will treat WIC and grocery store staff with courtesy and respect. I understand that if I, my caretaker or anyone purchasing benefits on my behalf verbally abuse, harass, threaten, or physically harm a WIC staff member or grocery store staff, my family may lose 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 is a supplemental program and does not give all the food or formula needed in a month.
- **Nutrition and breastfeeding information:** WIC will give me tips for healthy eating and active living. WIC will provide me with breastfeeding support.
- **Health care information:** WIC will help me find a doctor and refer me when necessary to other services.
- **Fair treatment:** WIC staff will treat me with courtesy and respect. I have the right to ask for a fair hearing if I do not agree with a decision about my WIC eligibility. I understand that I must request a fair hearing by writing or calling my local WIC Clinic or the State WIC Clinic within 60 days from the date I received a letter telling me about my WIC eligibility. If I have any comments about my local WIC Clinic, I can contact the State WIC Program. The address is 350 Capitol Street, Room 519, Charleston, WV 25301. The telephone number is (304) 558-0030.

### By participating in WIC, I understand and agree

- All the information I give WIC is true. WIC staff may periodically check any of this information.
- If I break the rules or make false statements, intentionally misrepresent, conceal, or withhold facts about my eligibility for the WIC Program, I understand that:
  - I, or my child, can be taken off WIC, and I will have to pay money back to the WIC Program for foods, formula, or breastpumps I should not have received or that I sold or traded.
- I will immediately report any change in my address, phone number, income, family size, eligibility for Medicaid, or if I am no longer breastfeeding.
- I give permission for WIC staff to take my or my child's height and weight and a small amount of blood to check my or my child's iron level. I understand this information is needed to help determine WIC eligibility.
- The WIC Program voluntarily collects social security numbers for the purpose of identifying who you are. This is in accordance with the Tax Reform Act of 1976.
- WIC will keep information about me or my child(ren) confidential and share only information needed to determine eligibility and for referral to other services.
- WIC staff can share information with my health care provider, another WIC clinic, or health, education, and social service programs.
- My information may also be used to conduct quality assurance assessments of the WIC Program.
- I have been advised and understand my rights and responsibilities.

## QUESTIONS?

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



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(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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

WIC-02 (6/2022)

