





















CONTENTS

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PARTICIPANT & SHOPPING TIPS

FAMILY ID# _____

What To Bring With You To Your Appointment:

- Proof of identity (*like a driver's license or birth certificate*)
- Proof of income (*such as recent pay stubs, tax returns, or benefit letters*)
- Proof of West Virginia residency (*a utility bill, lease agreement, or official mail*)
- Identification for your child(ren) (*like a birth certificate or immunization record*)

Call 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



Visit The Participant Portal If You Need To:

- Check WIC eligibility
- View your family information
- View, edit, and/or cancel a scheduled appointment
- View nutrition education information or take a class online
- View your benefit balance
- Find WIC clinics near you
- Have a new address or phone number

During Your Eligibility 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 blood iron and/or lead levels
- Talk with you about your nutrition interests and goals
- Connect you with other health and community services



Renewing Your Benefits

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

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



ATTEND AN IN-PERSON WIC APPOINTMENT AT LEAST TWICE EACH YEAR

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](https://www.wic.gov)
- Download and complete lessons on the WICSmart mobile phone app
- Visit in-person, have a virtual appointment, or talk by phone with a WIC nutritionist or breastfeeding counselor



COMPLETE A WIC NUTRITION EDUCATION ACTIVITY TWICE EACH YEAR



PLEASE VISIT THE WEBSITE FOR MORE INFORMATION

JOIN WICSMART

DO YOUR NUTRITION EDUCATION ONLINE!



GETTING STARTED

On your smartphone 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 or participant portal account
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. To save, click on the “save” button and come back later to complete.
8. Once you finish the lesson, you are done. There is no need to print or save anything. Your benefits will be added by your next benefit start date.

On your computer:

1. Go to www.wicsmart.com or www.wicsmart.jpma.com
2. Select **West Virginia** as your agency
3. Enter your **Family ID#** (F00000000000) from the inside front cover
4. Click on **login**
5. Click on any **lesson**
6. Finish the lesson at your own pace. If you get interrupted, you can save the session. To save, click on the “save” button and come back later to complete.
7. Once you finish the lesson, you are done. There is no need to print or save anything. Your benefits will be added by your next benefit start date.

NOTE: 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#.

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](tel: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](tel: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.



WIC SHOPPING

- Shopping for WIC foods is fast and easy with the eWIC card that you can swipe at grocery store checkout just like a regular debit card.
- To purchase fresh fruits and vegetables at participating farmers markets, scan the QR code on your eWIC card (if your card has one) or within the **WICShopper™** app.
- 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.
- West Virginia WIC is proud to partner with over 250 approved grocery stores and nearly 200 farmers markets; and we're always working to make your shopping experience even better.

AT CHECKOUT –

GROCERY STORES

- Let the cashier know you are using 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 exceed your available WIC balance, you can pay with other forms of payment including SNAP, cash, check, or credit or debit cards.
- Check with your store about self-checkout or other checkout methods.
- 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 SNAP, cash, check, or credit or debit cards. 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.

FARMERS AND FARMERS MARKETS

- Look for farmers markets that display the WIC Accepted Here sign.
- If your eWIC card has a QR code, scan it with the farmer to purchase fresh fruits and vegetables.
- The QR code for your eWIC card can also be found in **WICShopper™**.
- The cost of your purchase will be deducted directly from your WIC Farmers Market benefits (if applicable) then your WIC fruit and vegetable benefit balance.
- If you don't have enough WIC benefits to cover the full cost, you can pay the difference with SNAP, cash, check, or credit or debit cards.



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



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. 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 to learn more and download the app.



**FAST AND
EASY WAYS
TO CHECK
YOUR
BENEFITS**



NEED YOUR eWIC BENEFIT BALANCE?



Call 1-888-220-9555



Visit ebtEDGE.com



Check your last grocery store receipt



Visit the WIC participant portal, wwichousehold.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



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





INFANT FOODS

6-11 MONTHS

FRUITS

Included

- ANY BRAND single ingredient or combinations of single ingredients (e.g., apple, apple-banana, apple-pear, apple-mango-kiwi)
- May contain added fruit juice
- Texture may range from strained to diced
- Must be in 2-ounce or 4-ounce glass jars or plastic containers
- Single, two-pack, multi-pack, or variety pack boxes
- May be organic, GMO, or non-GMO

VEGETABLES

Included

- Single ingredient or combinations of single ingredients (e.g., peas, peas and carrots)
- Texture may range from strained to diced
- Must be in 2-ounce or 4-ounce glass jars or plastic containers
- Single, two-pack, or multi-pack packages
- May be organic, GMO, or non-GMO

NOTE: Fresh fruits and vegetables may be substituted for infant foods when deciding your package at your clinic visit: **\$11 CVB** and 64-ounces of infant foods or **\$22 CVB** with no infant foods.



FRUITS & VEGETABLES

Not Included

- Mixtures with cereal, infant food dinners, puddings, desserts (e.g., peach cobbler), or "delights"
- Commercial varieties containing DHA or ARA
- Infant fruits or vegetables with added sugars, starches, or sodium
- Infant fruits with yogurt or smoothies
- Dried or powdered infant fruits or vegetables
- Gerber Graduate fruit or vegetable dices, puffs, pick-ups, yogurt melts, teether wheels, Lil' crunchies, or fruit and cereal bars
- Beech-Nut Melties
- Toddler Meals
- Infant or toddler fruits packaged in pouches



CHECK THE WEBSITE FOR THE MOST CURRENT LIST

CEREAL

Included

- ANY BRAND single grain or mixed grain
 - Oatmeal
 - Rice
 - Multigrain
- 8-ounce or 16-ounce boxes or plastic containers **only**
- May be organic, GMO, or non-GMO

Not Included

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

FORMULA

Included

- Formula as issued on an eWIC card

HEALTHY HABITS START SMALL

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

MEATS

FOR BREASTFEEDING INFANTS ONLY

Included

- ANY BRAND infant food meat or poultry, as a single major ingredient, with added broth or gravy
- Any stage (*i.e., stage 1, stage 2, etc.*)
- May be organic, GMO, or non-GMO
- Texture may range from pureed to diced
- Must be in 2.5-ounce glass jars or plastic containers
- Single, multi-pack, or variety pack boxes

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 Li' Meals, Li' Sides, Li' Entrées, or Pasta Pick-ups; Beech Nut Tummy Trays or Mini-Meals; Heinz toddler foods; Nature's Goodness Toddler Cuisine
- Pouches



CHECK THE WEBSITE FOR THE MOST CURRENT LIST

Infant Fruit & Vegetables: 128-ounces (oz)

Combinations:

Thirty-two 4 oz singles

Sixteen 2-pack of 4 oz (8 oz)

One 16-pack of 4 oz double packs (8 oz)

Ten 6-pack of 2 oz (12 oz) + One 2-pack of 4 oz (8 oz)

Ten 6-pack of 2 oz (12 oz) + Two 4 oz singles (8 oz)

Eight 6-pack of 2 oz (12 oz) + Four 2-pack of 4 oz (8 oz)

Twenty-four 2-pack of 2 oz (4 oz) + Eight 4 oz singles (8 oz)

Thirty 2-pack of 2 oz (4 oz) + Two 4 oz singles (8 oz)

HOW TO BUY 128-OUNCES OF INFANT FRUITS & VEGETABLES



4 oz
(single)



2-pack of 4 oz
(8 oz, double pack)



2-pack of 2 oz
(4 oz, double pack)



6-pack of 2 oz
(12 oz box)



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

Infant Meats (for Breastfeeding Infants Only): 40-ounces (oz)

Combinations:

Sixteen 2.5 oz singles

One 12-pack (30 oz) + Four 2.5 oz singles

HOW TO BUY 40-OUNCES OF INFANT MEATS



16
2.5 oz jars



1 + **4**
12-pack of 2.5 oz jars (30 oz) + 2.5 oz jars



½ CVB Substitutions (Infant Fruits & Vegetables Only): 64-ounces (oz)

Combinations:

Sixteen 4 oz singles

Sixteen 2-pack of 2 oz (4 oz)

Eight 2-pack of 4 oz (8 oz)

Five 6-pack of 2 oz (12 oz) + One 4 oz single

Five 6-pack of 2 oz (12 oz) + One 2-pack of 2 oz (4 oz)

NOTE: Half CVB substitution is \$11 for Fruits and Vegetables, full CVB substitution is \$22 for Fruits and Vegetables.

CHEESE

Included

- ANY BRAND
- Packaged in 8-ounce or 16-ounce packages **only**
- May be block, cubed, sliced, or shredded form, and
 - Natural Cheddar
 - Colby
 - Monterey Jack
 - Mozzarella: part-skim or whole
 - Muenster
 - Provolone
 - Swiss
 - Variety packs or blends of any of these cheeses

8-OUNCE OR 16-OUNCE PACKAGES ONLY



Block



Cubed



Shredded



Sliced



Not Included

- Pasteurized Processed American (*i.e. Deli Deluxe*)
- Parmesan or Brick cheese
- Individually wrapped slices or string cheese
- Crumbled cheese
- Deli or imported cheese of any type (*sliced to order or pre-packaged*)
- Cheese food, cheese product, cheese spread, cheese dips, imitation cheese, or cream cheese
- Cheese with pepper, pimento, added herbs, spices, seasonings, or flavorings (*wine or smoked*)
- Organic cheese
- Cheese with added probiotics, DHA, or AHA (*e.g., Liv Active, etc.*)
- Packages of individual serving sizes or random weight packages
- Kosher cheese
- Lactose-free cheese that does not meet the Federal standards
- Goat, sheep, or yogurt cheese
- Cheese made with raw milk



CHECK THE WEBSITE FOR THE MOST CURRENT LIST



MILK & YOGURT

MILK

Included

- STORE BRAND, unless not available
- Unflavored whole, low fat (1%), fat free/skim, or lactose free
- Nonfat dry milk
- Evaporated milk fortified with Vitamin D as specified for need

Not Included

- Chocolate milk
- Cultured milk (*i.e., buttermilk or kefir*)
- Goat's milk
- Reduced fat 2% milk
- Milk with added soy protein, plant sterols, DHA, ARA, and/or Omega 3
- Organic milk
- Fruit flavored milk
- Non-dairy or raw milk
- Packages of individual serving size
- Glass bottles
- Pint size containers
- Evaporated filled milk
- Evaporated fat free milk
- Sweetened condensed milk
- Almond milk
- Cashew milk
- Coconut milk
- Rice milk
- A1 and A2 milk
- Vitamite



**STRONG
BODIES
NEED
STRONG
BONES**

YOGURT

Included

- Pasteurized whole or low fat yogurt
- May be plain or flavored
- Lactose-free
- 32-ounce containers
- 4-ounce container multi-packs equaling 16-ounces or 32-ounces
- 2-ounce tubes, as allowed

Not Included

- Yogurt sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts, and similar ingredients
- Drinkable yogurt
- Dairy free or slushie yogurt
- Nonfat yogurt varieties
- Organic yogurt varieties
- Greek yogurt varieties
- Yogurt containing artificial, reduced-calorie, or no-calorie sweeteners
- Frozen yogurt
- Plant based yogurt



CHECK THE WEBSITE FOR THE MOST CURRENT LIST

WHOLE MILK

FOR CHILDREN AGE 12-23 MONTHS ONLY



Half Gallon



Full Gallon



Two ½ gallons may not be substituted for a gallon or gallons must be purchased unless remaining eWIC benefit balance is less than 1 gallon.

WHOLE MILK YOGURT

FOR CHILDREN AGE 12-23 MONTHS ONLY

32-OUNCES OR MULTI-PACKS

★ = 32-ounces
◆ = 4-pack of 4-ounces
⚡ = 2-ounce tubes

	Plain	Vanilla	Strawberry
★	✓	✓	
★	✓		
★	✓		
★	✓		
★	✓	✓	✓
★	✓		
★	✓		



LOW OR NONFAT MILK

FOR WOMEN AND CHILDREN AGE 2-5 ONLY



Half Gallon



Full Gallon



Two ½ gallons may not be substituted for a gallon or gallons must be purchased unless remaining eWIC benefit balance is less than 1 gallon.

LOW FAT YOGURT

FOR WOMEN AND CHILDREN AGE 2-5 ONLY

32-OUNCES OR MULTI-PACKS

★ = 32-ounces
 ◆ = 4-pack of 4-ounces
 ⚡ = 2-ounce tubes

	Plain	Vanilla	Strawberry
ACTIVIA ◆		ANY	
Best Choice ★	✓	✓	✓
BEST BYE! ★	✓	✓	
COBURN FARMS ★	✓		
DANNON ★	✓	✓	
Essential EVERYDAY ★	✓	✓	✓
food club ★	✓	✓	✓
FOOD LION ★		✓	
giant eagle ★	✓	✓	
Go GURT ⚡		ANY	
Great Value ★	✓	✓	
Kroger ★	✓	✓	
La Yogurt Probiotic ★	✓		
LALA ★	✓		
Morning Fresh FARMS ★	✓	✓	
MOUNTAIN HIGH ★	✓	✓	
Our Family ★	✓	✓	✓

LOW FAT YOGURT

FOR WOMEN AND CHILDREN AGE 2-5 ONLY

32-OUNCES OR MULTI-PACKS

(CONT.)

★ = 32-ounces
 ◆ = 4-pack of 4-ounces
 ⚡ = 2-ounce tubes

	Peach	Blueberry
ACTIVIA ◆		ANY
Best Choice ★	✓	
BEST BYE! ★		
COBURN FARMS ★		
DANNON ★		
Essential EVERYDAY ★		✓
food club ★		
FOOD LION ★		
giant eagle ★		
Go GURT ⚡		ANY
Great Value ★		
Kroger ★		
La Yogurt Probiotic ★		
LALA ★		
Morning Fresh FARMS ★		
MOUNTAIN HIGH ★		
Our Family ★	✓	✓

**NOURISH
YOUR
DAY, ONE
SPOON
AT A TIME**



HOW TO BUY 16-OUNCES OF YOGURT



1
4 oz cups
(multi-pack of 4)



1
2 oz tubes
(8-pack)

HOW TO BUY 32-OUNCES OF YOGURT



1
32 oz
(container)



2
4 oz cups
(multi-pack of 4)



1
4 oz cups
(multi-pack of 4)



+ **1**
2 oz tubes
(8-pack)



1
2 oz tubes
(16-pack)



1
4 oz cups
(multi-pack of 8)



EGGS

Included

- ANY BRAND
- Any grade chicken egg
- Medium or large size
- White only
- Fresh eggs packaged by the dozen
- Hard boiled eggs packaged in 6-ounce or 10-ounce may be issued to participants with limited access to cooking facilities

DOZEN PACKAGES ONLY (12 EGGS)



Medium White
(12 eggs = dozen)



Large White
(12 eggs = dozen)



**THEY
LEARN
FROM
WATCHING
YOU**

Not Included

- Organic, reduced cholesterol, or reduced saturated fat eggs
- Brown, cage free, naturally nested, free range, or vegetarian fed hen eggs
- Antibiotic free or no growth hormone eggs
- Specialty eggs including pasteurized or fortified/enriched with Vitamin E, DHA, or Omega 3
- Dried or liquid egg mixes
- Egg substitutes



CHECK THE WEBSITE FOR THE MOST CURRENT LIST



FRUITS

Included

- Any kind of fruit, including organic
 - Fresh
 - Frozen
 - Shelf-stable
- Whole, precut, and pre-packaged in any type of container (*bag, box, metal, plastic*) and quantity (*single, multi-pack, variety pack*)
- Shelf-stable fruit must be 100% natural or packed in 100% juice

PHOTOS OF VARIETIES



Fresh Whole
(i.e., whole bananas)



Fresh Cut
(i.e., fresh cut watermelon)



Canned
(i.e., canned pineapple)



Frozen
(i.e., frozen mixed fruit)



FUEL UP WITH FRUITS AND VEGGIES

Not Included

- No added sugars, flavoring, dressing, fat, or oil
- Dried fruits
- Artificial sweeteners
- Jams, jellies, or fruit spreads
- Fruit juice
- Decorative or ornamental fruits (*like painted pumpkins or edible flowers*)
- Fruit baskets, trays with dips, or fruit from the deli or salad bar
- Fruit muffins or baked goods
- Fruit and nut mixes
- Squeezable pouches
- Canned fruits packed in syrup
- Fruits in gelatin, Jello, sorbet, fruit chillers, or fruit bars
- Home-canned or home-preserved fruits





VEGETABLES

(FRESH AND PROCESSED)

Included

- Any type of vegetable, including organic
 - Fresh, including bundled or packaged herbs
 - Frozen
 - Shelf-stable
- Packaged in any type of container (*canned, glass, paper, or plastic*)

PHOTOS OF VARIETIES



Fresh Whole
(i.e., whole asparagus)



Fresh Cut
(i.e., vegetable medley)



Canned (any)
(i.e., green beans)



Frozen
(i.e., peas/carrots)



Fresh Herbs
(i.e., chives)



Canned Tomato Types
(diced or paste)



Not Included

- Dried vegetables, herbs, or spices
- Pickled vegetables or olives (*such as pickles or sauerkraut*)
- Condiments (*like ketchup, salsa, chutney, guacamole, or pasta sauce*)
- Tomato sauce, crushed, stewed, or pureed tomatoes
- Diced tomatoes with added herbs, spices, or sugar
- Vegetables with added sugars, flavoring, artificial sweeteners, dressing, sauces, fat, or oils
- Soups
- Decorative or ornamental vegetables (*like chili pepper strings, gourds, or edible flowers*)
- Vegetable baskets or vegetables from the deli or salad bar
- Vegetable trays with dips
- Vegetable muffins or baked goods
- Creamed, sauced, or breaded vegetables
- Frozen vegetable blends with added starches (*such as pasta or rice*)
- Items in squeezable pouches
- Vegetable juice
- Home-canned or home-preserved vegetables
- Canned tomato products with more than 10% of the daily value for sodium
- Canned green chiles with more than 5% of the daily value for sodium
- Canned vegetables with more than 5 grams of added sugar
- Dried or freeze-dried vegetables





JUICE

(CHILDREN AGE 2-5 AND WOMEN)

Included

- May substitute \$3 CVB for 64-ounces of juice when deciding your package at your clinic visit
- Any pasteurized, 100% unsweetened fruit, and/or vegetable store brand juice or juice blend **only**
- May have calcium added or be regular or low sodium
- Comes in 64-ounce (½ gallon) or 128-ounce (1 gallon) sizes
- May be refrigerated or shelf-stable
- Must be packaged in metal cans, plastic bottles or jugs, or paper cartons **only**

REFRESH
YOUR
DAY, THE
NATURAL
WAY



Not Included

- Juices with added sugar or sugar substitutes
- Juice drinks or cocktails
- Juices with carbonation
- Sports drinks
- Ciders
- Lemon or lime juice
- Fresh juice
- Individual serving-size packages
- Juice in glass bottles
- Infant juice
- Organic juice
- Grapefruit juice
- Frozen or shelf-stable concentrate

NOTE: \$3 CVB substitution/exchange for full 64-ounces of juice.



CHECK THE WEBSITE FOR THE MOST CURRENT LIST

JUICE

64-OUNCES = ½ GALLON
128-OUNCES = 1 GALLON

PLEASE SEE THE LIST OF SOME APPROVED STORE BRANDS/LABELS BELOW



NOTE: Sizes available depending on benefit issuance (i.e., 2 children with WIC benefits = 128-ounces of juice).

JUICE

(CONT.)

64-OUNCES = ½ GALLON
128-OUNCES = 1 GALLON

PLEASE SEE THE LIST OF SOME APPROVED STORE BRANDS/LABELS BELOW



NOTE: Sizes available depending on benefit issuance (i.e., 2 children with WIC benefits = 128-ounces of juice).



CEREAL

- = Minimum of 50% Whole Grain
- ▲ = Gluten-Free

Included

- Boxes or bags
- 12-ounce to 36-ounce packages for cold cereal
- 11-ounce to 36-ounce packages for hot cereal

Not Included

- Single serve boxes or packets except for instant oatmeal and grits
- Organic cereals

BEST CHOICE



Original ●



Maple & Brown Sugar ●



Original ●

CREAM OF WHEAT

GENERAL MILLS



Bluey ●



Original, Multigrain ▲



Maple Cinnamon ●



Apple Strawberry, Blueberry Banana ▲



Blueberry, Cinnamon, Corn, Rice, Strawberry/Vanilla ▲



Oven Toasted Wheat ●



Original ●



14 oz Apple Cinnamon ●



14.6 oz Very Berry ●



100% Whole Grain Flakes ●



Toasted 100% Whole Wheat Flakes ●

KELLOGG'S



Original ●



Original ●



Original



Original



Blueberry Muffin, Cocoa, Little Bites, Original, Pumpkin Spice, Strawberry ●



Cinnamon & Pecan, Original ●



Original



CHECK THE WEBSITE FOR THE MOST CURRENT LIST

MALT-O-MEAL

● = Minimum of 50% Whole Grain
▲ = Gluten-Free



POST



QUAKER



HOW TO BUY 36-OUNCES OF CEREALS

Choose any combination of WIC approved cereals* up to the total listed on your benefit balance. Please see the examples below of possible combinations to total 36-ounces of cereal.



1 BOX
of 36 oz cereal



1 BOX + **1 BOX**
of 24 oz cereal + of 12 oz cereal



2 BOXES
of 18 oz cereal



3 BOXES
of 12 oz 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.

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START EVERY DAY THE WHOLE GRAIN WAY

BREAD

Included

- Whole wheat/whole grain Bread, Buns, Pita, English Muffins, Bagels, Rolls, and Naan
- 12-ounce to 32-ounce packages

Not Included

- Breads that do not have whole grain as the primary ingredient
- Whole grain or multigrain breads from the bakery/deli counter
- Breads with additives such as herbs, spices, peppers, cheese, or tomatoes
- Organic



12-OUNCE TO 32-OUNCE PACKAGING

* = New

BAGELS

ARNOLD



WALNUT CREEK



KROGER



THOMAS



ENGLISH MUFFINS

THOMAS



DAVE'S KILLER BREAD



PITA

TOUFAYAN



PAPA PITA



CHECK THE WEBSITE FOR THE MOST CURRENT LIST

BUNS

ARNOLD



Whole Wheat
Hamburger Buns
16 oz

ARNOLD



Whole Wheat
Hotdog Buns
16 oz

GREAT VALUE



Whole Wheat
Hamburger Buns
14 oz

GREAT VALUE



Whole Wheat
Hotdog Buns
14 oz

KROGER



Whole Wheat
Slider Buns
12 oz

KROGER



Whole Wheat
Hamburger Buns
14 oz

KROGER



Whole Wheat
Hotdog Buns
13 oz

KROGER



Whole Wheat
Hoagie Rolls
14.5 oz

NATURE'S OWN



Whole Wheat
Hotdog Buns
13 oz

NATURE'S OWN



Whole Wheat
Hamburger Buns
15 oz

PEPPERIDGE FARM



Whole Wheat
Hamburger Buns
14.5 oz

SCHMIDT OLD TYME



Whole Wheat
Hamburger Rolls
15 oz

SCHMIDT OLD TYME



Whole Wheat
Hotdog Rolls
15 oz

WEIS QUALITY

No Image

weis
quality

Whole Wheat
Hamburger Rolls
16 oz

WEIS QUALITY

No Image

weis
quality

Whole Wheat
Hotdog Rolls
16 oz

BREAD

ARNOLD



Whole Grain
100% Whole
Wheat Bread
24 oz

BEST CHOICE



Whole Wheat
Bread
16 oz

ESSENTIAL EVERYDAY



Whole Wheat
Bread
16 & 24 oz

FOOD LION



Whole Wheat
Bread
16 oz

KROGER



Whole Wheat
Slider Buns
12 oz

KROGER



Whole Wheat
Hamburger Buns
14 oz

KROGER



Whole Wheat
Hotdog Buns
13 oz

KROGER



Whole Wheat
Hoagie Rolls
14.5 oz

GIANT



Whole Wheat
Bread
16 oz

GIANT EAGLE



Whole Wheat
Bread
16 oz

GREAT VALUE



Whole Wheat
Bread
20 oz

HEALTHY LIFE



Whole Wheat
Whole Grain Bread
16 oz

NATURE'S OWN



Whole Wheat
Hotdog Buns
13 oz

NATURE'S OWN



Whole Wheat
Hamburger Buns
15 oz

PEPPERIDGE FARM



Whole Wheat
Hamburger Buns
14.5 oz

SCHMIDT OLD TYME



Whole Wheat
Hamburger Rolls
15 oz

IGA



Whole Wheat
Bread
16 & 20 oz

KROGER



Whole Wheat
Bread
16 oz

KROGER



CarbMaster
Wheat Bread
20 oz

KROGER



Whole Wheat
Roundtop Bread
16 & 24 oz

LEWIS BAKE SHOP



Whole Wheat
Bread
16 oz

NATURE'S OWN



Whole Grain
Sugar Free Bread
16 oz

NATURE'S OWN



Whole Wheat
Bread w/ Honey
16 oz

NATURE'S OWN



Whole Wheat
Bread
20 oz

BREAD

NATURE'S OWN



Whole Grain Bread
20 oz

NICKLES



Whole Wheat Bread
16 & 24 oz

OUR FAMILY



Whole Wheat Bread
16 oz

PEPPERIDGE FARM



Whole Wheat Cinnamon Swirl w/ Raisins Bread
16 oz

PEPPERIDGE FARM



Farmhouse Whole Wheat Bread
24 oz

PEPPERIDGE FARM



Light Style Soft Wheat Bread
16 oz

PEPPERIDGE FARM



Light Style Whole Wheat Bread
16 oz

PEPPERIDGE FARM



Very Thin Whole Wheat Bread
16 oz

BREAD

PRIVATE SELECTION



Whole Wheat Bread
24 oz

SARA LEE



Whole Wheat Bread
16 & 20 oz

SCHMIDT OLD TIME



Whole Wheat Bread
16 oz

SCHWEBEL'S



Whole Wheat Bread
16 oz

WEIS QUALITY



Whole Wheat Bread
16 oz

WONDER



Whole Wheat Bread
16 oz

PEPPERIDGE FARM



Stone Ground Whole Wheat Bread
16 oz

PEPPERIDGE FARM



Whole Grain 15 Grain Bread
24 oz

PEPPERIDGE FARM



Whole Grain German Dark Wheat Bread
24 oz

PEPPERIDGE FARM



Whole Grain Honey Wheat Bread
24 oz

PEPPERIDGE FARM



Whole Grain Oatmeal Bread
24 oz

PEPPERIDGE FARM



Whole Grain 100% Whole Wheat Bread
24 oz

PEPPERIDGE FARM



Whole Grain Rye Seeded Bread
16 oz

PRIVATE SELECTION



Sugar Free Whole Wheat Bread
24 oz

WHOLESOME
GOODNESS
IN EVERY
SLICE

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TORTILLAS

(SOFT CORN OR WHOLE WHEAT)

Included

- Whole wheat tortillas with whole grain as the primary ingredient by weight
- Soft corn tortillas
- 12-ounce to 32-ounce packages

Not Included

- Tortillas with additives such as herbs, spices, peppers, cheese, or tomatoes
- Flour tortillas
- Flavored tortillas
- Organic, refrigerated, or frozen tortillas



12-OUNCE TO 32-OUNCE PACKAGING

SOFT CORN

PLEASE SEE THE LIST OF APPROVED STORE BRANDS/LABELS BELOW

= White
 = Yellow
 = Gluten-Free



CHECK THE WEBSITE FOR THE MOST CURRENT LIST

WHOLE WHEAT

PLEASE SEE THE LIST OF APPROVED STORE BRANDS/LABELS BELOW



NATURALLY
SOFT,
NATURALLY
HEALTHY





BROWN RICE

Included

- ANY BRAND
- May be instant, quick, boil-in-bag, or regular cooking
- 12-ounce to 32-ounce packages

Not Included

- Organic
- Basmati, wild, wehani, white, or jasmine rice
- Seasoned or flavored rice or with additives such as herbs, spices, peppers, cheese, or tomatoes
- No added sugars, fats, oils, or salt
- Refrigerated or frozen rice
- Ready to serve, precooked, or single-serve
- Brown rice mixed with any other rice



**SNACK
LIKE A
SUPER
HERO**

(ANY BRAND)

12-OUNCE TO 32-OUNCE BOXES OR BAGS



Instant
(Box or bag)



Quick
(Box or bag)



Boil-in-Bag
(Box or bag)



Regular
(Box or bag)



CHECK THE WEBSITE FOR THE MOST CURRENT LIST



QUINOA

Included

- ANY BRAND
- May be instant, quick, or regular cooking
- 12-ounce to 32-ounce packages

Not Included

- Whole grain barley, bulgar, farro, millet, triticale, amaranth, buckwheat, teff, kamut, or sorghum, wheat berries, and other intact whole grains (e.g., red rice, black rice, freekeh, spelt, etc.)



(ANY BRAND)

12-OUNCE TO 32-OUNCE PACKAGES



Instant



Quick



Regular



CHECK THE WEBSITE FOR THE MOST CURRENT LIST



OATS

Included

- ANY BRAND
- Quick or regular cooking oats in 12-ounce to 32-ounce canister packages
- Without added sugars, fats, oils, or salt

Not Included

- Organic
- Steel Cut
- Instant
- No boxes
- No bags
- Granola or other whole unprocessed grains with added nuts, fruits, etc.
- No flavored oats



(ANY BRAND)

12-OUNCE TO 32-OUNCE BOXES OR BAGS



Old Fashioned Oats
(Canister)



Quick Cooking Rolled Oats
(Canister)



Quick Cooking Oats
(Canister)



CHECK THE WEBSITE FOR THE MOST CURRENT LIST



PASTA

Included

- ANY BRAND whole wheat or whole grain only
- ANY VARIETY (*shape*)
- 12-ounce to 32-ounce packages

Not Included

- No added sugars, fats, oils, or salt
- Pasta with additives such as herbs, spices, peppers, cheese, or tomatoes
- Refrigerated pasta



(ANY BRAND/VARIETY)

12-OUNCE TO 32-OUNCE PACKAGING

PLEASE SEE THE LIST OF SOME OF THE STORE BRANDS/LABELS BELOW



CHECK THE WEBSITE FOR THE MOST CURRENT LIST



FLOUR & CORNMEAL

(OPTIONS IN 12 TO 32-OUNCE PACKAGES)

Included

- Corn Masa Flour
- Cornmeal: yellow or blue

Not Included

- Whole grains with added sugars, fats, oils, or salt (*i.e.*, sodium)
- Other whole grain products such as whole wheat flour, whole corn flour, rye, or couscous

12-OUNCE TO 32-OUNCE PACKAGING

CORN MASA FLOUR

* = New
▲ = Gluten-Free

MASECA



CORNMEAL

GOYA



BOB'S RED MILL



BOB'S RED MILL



WATKIN'S



ADLUH



INDIAN HEAD



CLEAN
GRAINS
FOR
HEALTHY
COOKING



CHECK THE WEBSITE FOR THE MOST CURRENT LIST

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



2
loaves of
16 oz bread



2
bags of
16 oz buns



2
packages of
16 oz tortillas



2
bags of
16 oz brown rice



1
loaf of
16 oz bread



1
canister of
16 oz oats



1
canister of
16 oz oats



1
bag of
16 oz brown rice



1 + **1**
box of
16 oz pasta + canister of
16 oz oats



2
canisters of
16 oz oats



2
boxes of
16 oz pasta



2
packages of
16 oz quinoa



1
canister of
16 oz oats



1
package of
16 oz tortillas



1
bag of
20 oz bagels



1
package of
12 oz pita



1 + **1**
bag of
20 oz bagels + bag of
12 oz english
muffins



1 + **1**
loaf of
16 oz bread + package of
16 oz tortillas



1 + **1**
box of
16 oz brown rice + package of
16 oz tortillas



1 + **1**
loaf of
16 oz bread + bag of
16 oz brown rice



1
bag of
18 oz bagels



1
bag of
14 oz buns



1
loaf of
20 oz bread



1
package of
12 oz pita



1 + **1**
bag of
18 oz bagels + box of
14 oz brown rice



1 + **1**
loaf of
20 oz bread + bag of
12 oz buns



1 + **1**
box of
16 oz pasta + bag of
16 oz buns



1 + **1**
canister of
18 oz oats + bag of
14 oz buns



1
loaf of
20 oz bread



1
package of
12 oz quinoa



1
loaf of
20 oz bread



1
bag of
12 oz cornmeal



1 + **1**
package of
16 oz quinoa + bag of
16 oz buns



LEGUMES & PEANUT BUTTER

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 beans, including fat free refried beans, without added sugars, fats, oils, or meats
- May be low sodium or organic
- 15-ounce 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**.

NOTE: Canned beans may be chosen for dried beans as listed on eWIC Benefit Balance.



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-ounce to 18-ounce jars **only**

Not Included

- Organic or natural varieties
- Whipped peanut butter; combinations including those with palm oil, jelly, honey, chocolate, marshmallow, or flavors added
- 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*

16 oz bag = 1 container



1 JAR*

16-18 oz jar = 1 container

**Legumes and peanut butter may be substituted for eggs when deciding your food package with your WIC nutritionist.*



4 CANS

15-16 oz cans = 1 container



3 CANS

15-16 oz cans = .75 container



2 CANS

15-16 oz cans = .50 container



1 CAN

15-16 oz can = .25 container



CHECK THE WEBSITE FOR THE MOST CURRENT LIST



FISH

Included

- ANY BRAND Tuna, Pink Salmon, or Mackerel in
 - 2.5-ounce to 11-ounce pouches
 - 5-ounce to 15-ounce cans
- May be regular or lower in sodium content
- Added sauces and flavorings are allowed (e.g., tomato sauce, mustard, lemon)

Not Included

- Jack Mackerel
- Salmon: Blueback, Sockeye, Red, King, Coho; Flake and flakes; Grated; Select, fancy, and solid salmon; Gourmet, filet, fresh, dried, frozen, or smoked salmon
- Sardines
- Tuna: Albacore, Yellow Fin, Chunk White, Solid White, Tongol, or other specialty tuna; Flake and flakes; Grated; Select, fancy, and solid tuna; Gourmet, filet, fresh, dried, frozen, or smoked tuna
- Organic varieties; foil packets; fish and cracker combinations

Children: 6-ounces (oz)

Combinations:

- Two 2.5 oz pouches
- One 5 oz can

Pregnant/Postpartum: 10-ounces (oz)

Combinations:

- Two 5 oz cans
- Two 2.5 oz pouches + One 5 oz can

Mostly Breastfeeding: 15-ounces (oz)

Combinations:

- One 15 oz can
- Three 5 oz cans
- Six 2.5 oz pouches

Fully Breastfeeding: 20-ounces (oz)

Combinations:

- 4-pack of 5 oz cans
- Four 5 oz cans
- Eight 2.5 oz pouches

Disclaimer: Some combinations do not equal full prescribed amount due to available package sizes.



2.5 oz
(pouch)



4-pack of 5 oz
(20 oz pack, cans)



5 oz
(can)



12 oz
(can)



14.75 oz
(can)



15 oz
(can)



CHECK THE WEBSITE FOR THE MOST CURRENT LIST



WEST VIRGINIA WIC AND FARMERS MARKET NUTRITION PROGRAM PARTICIPANT AGREEMENT

What does WIC expect from me?

- **Buy WIC approved foods:** I will buy only the foods listed on my benefits 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 courtesies:** I will treat WIC and grocery store staff with courtesy and respect. I understand that if I, my caretaker, my children, or anyone purchasing benefits on my behalf verbally abuse, harass, threaten, damage clinic property, or physically harm a WIC staff member, grocery store staff, or WIC facilities, 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 and/or farmers market. 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 Office 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 at **350 Capitol Street, Room 515, Charleston, WV 25301**, by phone at **(304) 558-0030**, or submit a comment online or through the **WICShopper™** app ("Get Help" section).



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/SNAP/WVWORKS, 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 and/or lead levels. 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?

Please call **304-558-0030** or contact your local WIC clinic.

To see all local WIC clinic information please visit dhhr.wv.gov/WIC/pages/Clinic-Results.aspx or scan the QR code:



CONTACT US

**Office of Nutrition Services
West Virginia WIC Program**



304-558-0030



dhhrwic@wv.gov



dhhr.wv.gov/wic





SCAN ME!

Scan this code with your phone's camera to learn more about WIC.
(No special app needed.)

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To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. Fax: (202) 690-7442; or
3. Email: program.intake@usda.gov.

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