Fresh Fruits & Vegetables

* Choose lower priced foods

Organic is allowed

- Your WIC Shopping List shows your cash value benefit ($$$)
- You can pay for fruits and vegetables that cost more than your benefit

**ALLOWED**

- Any variety fresh fruit or vegetable without added sweetener or fat
- May be whole, cut, bagged or packaged
- Sweet potatoes and yams

**NOT ALLOWED**

- White potatoes, any variety like red skin, russet, Yukon Gold
- Fruit or vegetable party trays with dip, dressing or other added food items
- Fruit and nut mixtures
- Fruit baskets
- Fruits or vegetables from salad bars
- Herbs, spices, edible blossoms or flowers (broccoli, cauliflower, artichoke are allowed)
- Ornamental or decorative fruits or vegetables such as chili peppers or garlic on a string, gourds or painted pumpkins
- Salad kits with dressing or other added food items

---

**Health Bite!**

How can I help my child eat more fruits and vegetables?

- **Share the adventure.** Try new fruits and vegetables. Shop together and let your child choose.
- **Fix them together.** Teach your child to tear lettuce or add vegetable toppings to pizza.
- **Eat together.** Let your child see you enjoying fruits and vegetables at meals and snacks.
- **Take it with you.** Show your child how whole fruit is a great snack to eat at the park or in the shopping mall. Put apples, oranges, or bananas in your bag for quick snacks.
Whole Grains

1 lb Whole Grain = 1 Whole Grain Choice

If your Shopping List shows:

1 LB WHOLE GRAINS
you can buy ONE of the following...

• 1 loaf bread or 1 package buns
• 1 package tortillas
• 1 container oatmeal
• 14-16 oz bag/box brown rice

If your Shopping List shows:

2 LB WHOLE GRAINS
you can buy...

• Any TWO from the list to the left
  OR
• 28-32 oz bag/box brown rice
  (28-32 oz bag/box brown rice = 2 Whole Grain Choices)

Brown Rice

※ Choose lower priced foods

1 lb = 16 oz

› 14-16 oz bag/box
› 28-32 oz bag/box

ALLOWED

• Plain, dry brown rice without added herbs, seasonings or beans
• Regular, instant and boil-in-bag type
• Any brand

※ NOT ALLOWED

• White rice, frozen brown rice
• Flavored rice, wild rice, rice mixes
• Bulk, tubs, microwavable pouches
• Specialty brands, like Lundberg

Oatmeal

※ Choose lower priced foods

16 oz container

You may buy this as a whole grain choice NOT as a cereal.

Tortillas

※ Choose lower priced foods

1 lb package = 16 oz

• These brands and types ONLY

No organic allowed

Kroger
Whole Wheat 10 count

Meijer
Fajita Style Whole Wheat 8 count

Mission
Yellow Corn Extra Thin 24 count

Ortega
Whole Wheat 10 count

Hacienda
Whole Wheat Flour 12 count

Hacienda
Cornt Maiz 18 count

Kroger
Wheat 10 count

La Burrita
Corn 12 count

Don Marcos
White Corn 18 count

Don Pancho
Whole Wheat 10 count

Don Pancho
White Corn 18 count

Chi Chi’s
Whole Wheat Fajita Style 8 count

Continued on next page
Breads

* Choose lower priced foods

1 lb loaf = 16 oz

› These brands and types ONLY

No organic allowed

Aunt Millie’s Healthy Goodness Whole Grain White
Aunt Millie’s Swirl Whole Grain Cranberry-Apple
Aunt Millie’s Swirl Whole Grain Raisin with Cinnamon
Aunt Millie’s Swirl Whole Grain Cinnamon, No Raisins

Bimbo 100% Whole Wheat
Bunny 100% Whole Wheat
Family Choice 100% Whole Wheat

Healthy Life 100% Whole Wheat Whole Grain
Hearth Oven Bakers 100% Whole Wheat
Kroger 100% Whole Wheat
Meijer Whole Grain White

Meijer 100% Whole Wheat
Nickles Country Style 100% Whole Wheat
Our Family 100% Whole Wheat
Pepperidge Farm Jewish Rye Whole Grain Rye Seeded

Buns

* Choose lower priced foods

No organic allowed

Pepperidge Farm Light Style Soft Wheat
Pepperidge Farm Stone Ground 100% Whole Wheat
Pepperidge Farm Swirled 100% Whole Wheat Cinnamon with Raisins
Pepperidge Farm Very Thin Sliced Soft 100% Whole Wheat

Roman Meal Sungrain 100% Whole Wheat
Sara Lee Classic 100% Whole Wheat
Shurfresh 100% Whole Wheat
Soft and Good 100% Whole Wheat

Spartan 100% Whole Wheat Whole Grain White
Spartan Whole Grain White
Storns Kosher 100% Whole Wheat
Sunbeam 100% Whole Wheat

Village Hearth 100% Whole Wheat

Hearth Oven Bakers 100% Whole Wheat Hamburger Buns
Hearth Oven Bakers 100% Whole Wheat Hot Dog Buns
Cold Cereals

*Choose lower priced foods*  No organic allowed

All WIC cereals provide a good source of iron

- Cereals with this symbol provide 100% Daily Value folic acid
- Cereals with this symbol are made with whole grains and are a good source of fiber
- Cereals with this symbol are gluten free

These brands and flavors ONLY

16 oz Package or larger

- Cheerios
  - Plain
  - Multi Grain
- Dora the Explorer
- Kix
  - Plain
- Scooby-Doo!
- Mini-Wheats
  - Unfrosted
  - Frosted
- Mini-Wheats Frosted Big Bite
- Corn Flakes
  - Plain
- Special K
  - Original
- Life
  - Original
- Bran Flakes

Ways to buy up to 36 oz of hot and cold cereals

You may combine cereals up to a total of 36 ounces per month.

<table>
<thead>
<tr>
<th>18 oz</th>
<th>18 oz</th>
<th>12 oz</th>
<th>12 oz</th>
<th>12 oz</th>
<th>11.8 oz</th>
<th>24 oz</th>
<th>15.8 oz</th>
<th>16 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 oz</td>
<td>18 oz</td>
<td>12 oz</td>
<td>12 oz</td>
<td>12 oz</td>
<td>11.8 oz</td>
<td>24 oz</td>
<td>15.8 oz</td>
<td>16 oz</td>
</tr>
<tr>
<td>36 oz</td>
<td>36 oz</td>
<td>36 oz</td>
<td>36 oz</td>
<td>36 oz</td>
<td>36 oz</td>
<td>36 oz</td>
<td>36 oz</td>
<td>36 oz</td>
</tr>
</tbody>
</table>

Continued on next page
Cold Cereals Cont.

* Choose lower priced foods

No organic allowed

12 oz Package or larger

- Chex Rice
- Chex Wheat
- Chex Corn
- Great Grains Banana Nut Crunch
- Oatmeal Squares Honey Nut
- Oatmeal Squares Cinnamon
- Oatmeal Squares Brown Sugar
- Oatmeal Squares Golden Maple

Store Brands:
- Centrella
- Essential Everyday
- Great Value
- Kroger
- Meijer
- Spartan
- Our Family
- Hy-Top
- IGA
- Kiggins
- Parade
- Nature’s Crunch

Hot Cereals

* Choose lower priced foods

No organic allowed

These brands and flavors ONLY

11 oz Package or larger

- Cream of Wheat Original Flavor: 14 oz or 28 oz, Whole Grain: 18 oz, Instant Individual Packets: Regular or Healthy Grain 12 oz
- Cream of Rice Original
- Malt-O-Meal Original & Chocolate Flavor
- Quaker Instant Grits Original & Butter Flavor Individual Packets ONLY
- Quaker Instant Oatmeal Regular Flavor Individual Packets ONLY
- COCO Wheats
- Better Oats Oat Revolution Instant Classic
- Maypo Instant Oatmeal ONLY
- Store Brand Instant Oatmeal Regular Flavor Individual Packets ONLY: America’s Choice, Great Value, IGA, Essential Everyday, Kroger, Meijer, Our Family, Parade, Roundy’s, Spartan

All WIC cereals provide a good source of iron

- Cereals with this symbol provide 100% Daily Value folic acid
- Cereals with this symbol are made with whole grains and are a good source of fiber
- Cereals with this symbol are gluten free

Health Bite!

Breakfast starts the day!
Eating breakfast gives your child energy to learn. If they don’t eat, they get hungry and it is hard for them to think or listen.

Let them help you plan breakfast and set the table!
Breastfeeding

Babies are Born to Breastfeed

**Your breast milk is all your baby needs!**

Did you know?

Babies have tiny tummies!
Moms make just the right amount of milk for their new baby.

Breastfeeding is convenient!
Always ready, no bottles or mixing required.

Exclusively breastfeeding mothers and their babies receive extra food benefits.

What WIC Clients Say About Breastfeeding…

“It was a way to be closer to my daughter when I went back to work.”

“I love the support the peer counselor gave me.”

“My last baby was premature and the doctors strongly recommended breastfeeding to get him off to a good start.”

Breastmilk has **all** the good things baby needs

*Infant formula increases the risk of sickness and childhood obesity.*

Michigan WIC has Breastfeeding Specialists and Peer Counselors to provide breastfeeding support at no cost. WIC can help with any of your questions or concerns.
**Beans, Lentils & Peas**

**Choose lower priced foods**

*NOT ALLOWED DRY*
- Barzi beans
- Dry beans with seasoning packets

**ALLOWED DRY**
- 16 oz (1 lb) package
- Any type

**ALLOWED CANNED**
- 15-16 oz can
- Any type
- Brands – Bush’s, Centrella, Essential Everyday, Goya, Great Value, Halstead Acres, IGA, Joan of Arc, Kroger, La Preferida, Meijer, Our Family, Progresso, Shurfine, Spartan, ValuTime, Wylwood
- Low sodium of any allowed brand

*NOT ALLOWED CANNED*
- Beans with added fat, oil, or meat
- Baked beans
- Pork and beans
- Chili beans
- Refried beans
- Green beans
- Snap beans
- Wax beans
- Yellow beans
- Green peas
- Sweet peas

---

**Peanut Butter**

**Choose lower priced foods**

*NOT ALLOWED*
- Specialty Brands, like Arrow Head Mills, Fifty50
- Peanut butter mixed with jelly, marshmallow, honey, other flavorings
- Reduced fat peanut butter
- Peanut spread
- Peanut butter with DHA or Omega 3

**ALLOWED**
- 16-18 oz jar
- Store brand ONLY
- Smooth, creamy, crunchy, extra crunchy

---

**Bean & Peanut Butter Choices:**

If your Shopping List shows:

1 JAR 16-18OZ PNUTBTR, LB DRY, 15-16OZ CN BEAN

you can buy...

16 oz package dry beans, lentils, peas

16-18 oz jar peanut butter

4 cans 15-16 oz beans or peas

---

**Canned Fish**

**Choose lower priced foods**

*NOT ALLOWED*
- Albacore tuna
- Low sodium tuna or salmon
- Foil packages or pouches
- Lunch packs, lunch kits
- Chunk white tuna
- Tuna with seasoning
- Prime or smoked salmon fillets

**ALLOWED**
- Any Brand
- Chunk light tuna in water or oil 5 oz can

---

**Health Bite!**

Tell them how foods help them grow and make them strong.
- Grains give them energy to grow and learn.
- Whole grains have fiber to keep them healthy inside.
- Vegetables and fruits help them fight sickness and stay fit.
- Milk makes their bones and teeth strong.
- Meats and beans give them healthy blood and strong muscles.

Best of all, show them by eating these foods yourself!
### Milk

*Choose lower priced foods*

<table>
<thead>
<tr>
<th>ALLOWED</th>
<th>NOT ALLOWED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat free milk (skim)</td>
<td>Chocolate or flavored milk</td>
</tr>
<tr>
<td>Low fat milk (½%, 1%)</td>
<td>Evaporated filled</td>
</tr>
<tr>
<td>Reduced fat milk (2%)</td>
<td>Nut or grain milk (like almond or rice)</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>Guernsey</td>
</tr>
<tr>
<td>Value added (Kid’s Milk, Fit Milk, Over the Moon)</td>
<td>Glasses bottles</td>
</tr>
<tr>
<td>Lactose free milk (skim, ½%, 1%, 2%, whole)</td>
<td>Unhomogenized</td>
</tr>
</tbody>
</table>

**Allowed only if on your WIC shopping list:**
- Whole milk
- Powdered milk (nonfat dry) 25.6 oz, 32 oz, 64 oz
- Evaporated milk (skim, 2%, whole)
- Lactose free milk (skim, ½%, 1%, 2%, whole)

1 quart = 32 oz  
2 quarts = half gallon  
3 quarts = 96 ounces  
4 quarts = 1 gallon

### Soy Beverage

*Choose lower priced foods*

<table>
<thead>
<tr>
<th>ALLOWED</th>
<th>NOT ALLOWED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Silk Original 32 oz (refrigerated)</td>
<td>No organic allowed</td>
</tr>
<tr>
<td>Pacific Natural Foods Ultra Soy Original 32 oz (shelf stable)</td>
<td>See your WIC Shopping List for allowed maximum cheese price</td>
</tr>
<tr>
<td>Pacific Natural Foods Ultra Soy Vanilla 32 oz (shelf stable)</td>
<td>16 oz ONLY</td>
</tr>
</tbody>
</table>

**Choose lower priced foods**

- 32 oz or 64 oz container
- These brands and flavors ONLY

### Cheese

*Choose lower priced foods*

<table>
<thead>
<tr>
<th>ALLOWED</th>
<th>NOT ALLOWED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheddar</td>
<td>Imported cheese</td>
</tr>
<tr>
<td>Colby</td>
<td>Sliced cheese, except American</td>
</tr>
<tr>
<td>Mozzarella</td>
<td>Individually wrapped cheese slices, sticks or strings</td>
</tr>
<tr>
<td>Colby Jack (Cojack)</td>
<td>Cheese foods, products, whips, spreads, Velveeta</td>
</tr>
<tr>
<td>Monterey Jack</td>
<td>Shredded, grated, cubed, crumbles, shapes, curds</td>
</tr>
<tr>
<td>Muenster</td>
<td>Smoked cheese or raw milk cheese</td>
</tr>
<tr>
<td>Swiss</td>
<td>Variety wheels or variety packs</td>
</tr>
<tr>
<td>Without individual wrapping:</td>
<td>Cracker Backers or Stackers</td>
</tr>
<tr>
<td>American</td>
<td>Cheese with pimento, peppers, seeds, meat, etc.</td>
</tr>
<tr>
<td>String</td>
<td>Soy, farmer or goat cheese</td>
</tr>
</tbody>
</table>

**Health Bite!**

Did you know? Milk like skim, ½%, 1% or 2% has the same amount of Vitamin D as whole milk!

### Eggs

*Choose lower priced foods*

<table>
<thead>
<tr>
<th>ALLOWED</th>
<th>NOT ALLOWED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade A or AA</td>
<td>Extra large or jumbo</td>
</tr>
<tr>
<td>Medium or large</td>
<td>Free range, cage free, low cholesterol, Omega 3, pasteurized</td>
</tr>
<tr>
<td>White ONLY</td>
<td>Eggland’s Best, Gold Circle Farms, Good News Eggs</td>
</tr>
</tbody>
</table>

**Choose lower priced foods**

- 1 dozen

| 8th Continent 32 oz or 64 oz container | 8th Continent 32 oz or 64 oz container |
| Silk 32 oz (refrigerated) | Silk 32 oz (refrigerated) |
| WestSoy Organic Plus Plain 32 & 64 oz (shelf stable) | WestSoy Organic Plus Vanilla 32 & 64 oz (shelf stable) |

<table>
<thead>
<tr>
<th>No organic allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra large or jumbo</td>
</tr>
<tr>
<td>Free range, cage free, low cholesterol, Omega 3, pasteurized</td>
</tr>
<tr>
<td>Eggland’s Best, Gold Circle Farms, Good News Eggs</td>
</tr>
</tbody>
</table>
**Juices for Children**

*Choose lower priced foods*

**64 oz PLASTIC**

100% Juice & 120% Vitamin C

› Added calcium allowed

---

**Tips for choosing a WIC juice**

Is it one of the fruit or vegetable juices listed on these pages?

Is it a 48 or 64 oz container, or an 11.5 to 12 oz concentrate?

Is it 100% juice?

Does it have at least 120% Vitamin C?

---

**Juices for Women**

*Choose lower priced foods*

**48 oz PLASTIC**

100% Juice & 120% Vitamin C

› Added calcium allowed

---

**Health Bite!**

**Why fruit juice?**

Juice is one way to add some of the vitamins and energy you and your children need throughout the day.

Limit your child’s intake of juice so he eats well and grows well!

---

**Juice Concentrates for Women**

*Choose lower priced foods*

100% Juice & 120% Vitamin C

› Added calcium allowed

---

**Frozen - 11.5 oz and 12 oz**

- Orange Juice
  - Any brand

- Grapefruit Juice
  - Any brand or variety

- Dole
  - Any flavor

- Old Orchard
  - Any flavor with green peel strip

- Welch’s
  - Any flavor with yellow peel strip

---

**Non-Frozen - 11.5 oz**

- Old Orchard
  - Any flavor

- Welch’s
  - Any flavor with yellow peel band
WIC Shopping Tips

- Take your MI-WIC Shopping List with you, or print a balance inquiry at the store.
- Make sure the foods you buy with your WIC Bridge Card are WIC authorized.
- For easier checkout, group your WIC foods together.
- Choosing lower priced foods helps reduce costs and serve more WIC clients.
- Manufacturers’ and cents-off coupons may be used with your WIC Bridge Card.
- Store promotions may be used with your WIC Bridge Card.
- Make sure the foods you buy match your shopping list!

<table>
<thead>
<tr>
<th>If Your Shopping List Shows:</th>
<th>BUY</th>
<th>DON’T BUY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 GAL SKIM, ½%, 1%, 2% MILK</td>
<td>1 gallon of skim, ½%, 1% or 2% milk</td>
<td>1 gallon of whole milk</td>
</tr>
<tr>
<td>1 HGL SKIM, ½%, 1%, 2%, OR BUTTERMILK</td>
<td>½ gallon skim, ½%, 1%, 2% milk or buttermilk</td>
<td>½ gallon of whole milk</td>
</tr>
<tr>
<td>1 GAL WHOLE MILK</td>
<td>1 gallon of whole milk</td>
<td>1 gallon of skim, ½%, 1% or 2% milk</td>
</tr>
</tbody>
</table>

About your MI WIC Bridge Card

- See your Michigan WIC Cardholder Training Brochure for important information.
- For problems, questions, or balance inquiries, call 1-888-678-8914 or visit www.ebt.acs-inc.com.
- WIC foods cannot be purchased before the Starting Date or after midnight Eastern Standard Time on the Expiration Date of your WIC benefit period.

WIC Fraud or Abuse Line

WIC FRAUD IS A VERY SERIOUS MATTER

Fraud in the WIC Program takes away food and services from all WIC clients. Buying or selling a WIC EBT card or benefits is against the law. You may be prosecuted for buying or selling, or attempting to buy or sell either a WIC EBT card or food benefits.

Help put a stop to WIC fraud. Please report any WIC client or grocer whom you suspect of buying or selling WIC EBT cards or benefits, or any suspicious activity involving the WIC Program.

Call the WIC Fraud or Abuse line at 1-800-CALL-WIC (1-800-225-5942)
Do your nutrition education online!

How to get started:
1. Go to wichealth.org
2. Create an account and set up your profile
3. Choose a lesson from one of the 5 categories
4. Complete the lesson
5. Fill out the survey

Examples of lessons available:
- Eat Well – Spend Less!
- Preparing for a Healthy Pregnancy
- Starting Your Infant on Solid Foods
- Make Meals & Snacks Simple
- Secrets For Feeding Picky Eaters

*Over 20 lessons available in English and Spanish!

Use a computer or your smart phone!

ONLINE NUTRITION EDUCATION

Do your nutrition education online!

How to get started:
1. Go to wichealth.org
2. Create an account and set up your profile
3. Choose a lesson from one of the 5 categories
4. Complete the lesson
5. Fill out the survey

Examples of lessons available:
- Eat Well – Spend Less!
- Preparing for a Healthy Pregnancy
- Starting Your Infant on Solid Foods
- Make Meals & Snacks Simple
- Secrets For Feeding Picky Eaters

Do it at any time, and anywhere you have internet access

This counts as your nutrition education!

wichealth problems?
Try clicking the blue “Help” tab on the top left of any page to submit a message. All questions are answered within 24 hours.

Use a computer or your smart phone!

What WIC Clients are Saying…

Awesome website!! Lots of great information and very easy to follow!

I can learn at my own pace, in the comfort of my own home.

I like that I get to choose the topic, and that I can do it anytime day or night.
YOUR RIGHTS
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