WIC Shopping Tips
- Make sure the foods you buy with your WIC Bridge Card are WIC authorized
- For easier checkout, group your WIC foods together
- Choose lower priced foods when you shop
- Manufacturers’ and cents-off coupons may be used with your WIC Bridge Card
- Store promotions may be used with your WIC Bridge Card

About your MI WIC Bridge Card
- See your Michigan WIC Cardholder Training Brochure for important information
- If you have problems or questions 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
1-800-CALL-WIC
You have the right to complain about improper practices.
For questions about WIC foods or your next appointment contact your local WIC office.

Your Rights
In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.
To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.
### PEANUT BUTTER & BEAN CHOICES

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

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

**ALLOWED CANNED**
- 15-16 oz can
- Any type
- Brands – Bush’s, Flavorite, Great Value, Halsted Acres, IGA, Joan of Arc, Kroger, Meijer, Our Family, Progresso, Spartan, 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

### MILK

**No organic allowed**

**ALLOWED**
- Fat free milk (skim)
- Low fat milk (1%, 2%)
- Reduced fat milk (2%)
- Buttermilk

**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)
- Goat milk
- Lactose free milk (skim, 1%, 2%, whole)

**NOT ALLOWED**
- Chocolate or flavored milk
- Evaporated filled
- Nut or grain milk (like almond or rice)
- Guernsey
- Value added (Kid’s Milk, Fit Milk, Over the Moon)
- Vitamite
- Glass bottles
- Unhomogenized

### EGGS

**No organic allowed**

**ALLOWED**
- 1 dozen
- Grade A or AA
- Small, medium, large
- White ONLY

**NOT ALLOWED**
- Extra large
- Jumbo
- Free range, cage free, low cholesterol, Omega 3, pasteurized
- Eggland’s Best, Gold Circle Farms, Good News Eggs

### CHEESE

**No organic allowed**

- See your WIC Shopping List for allowed maximum cheese price per pound
- 8 oz and 16 oz block ONLY unless otherwise specified
- U.S. made prepackaged cheese
- Low sodium and low fat cheese of any allowed type

**ALLOWED**
- American (8 oz and 16 oz slices allowed without individual wrapping)
- Cheddar
- Colby
- Colby Jack (Cajack)
- Monterey Jack
- Muenster
- Swiss

**NOT ALLOWED**
- Imported cheese
- Sliced cheese, except American
- Individually wrapped cheese slices, sticks or strings
- Cheese foods, products, whips, spreads, Velveeta
- Shredded, grated, cubed, crumbles, shapes, curds
- Smoked cheese
- Variety wheels or variety packs
- Cracker Backers or Stackers
- Cheese with pimento, peppers, seeds, meat, etc.
- Soy or Farmers cheese
- Raw milk cheese

### SOY BEVERAGE

**Organic is allowed**

- 32 oz = 1 quart
- These brands and flavors ONLY

**ALLOWED ONLY IF ON YOUR WIC SHOPPING LIST**
- 32 oz or 64 oz container

- 8th Continent Original 64 oz (refrigerated)
- 8th Continent Vanilla 64 oz (refrigerated)
- Pacific Natural Foods Ultra Soy Plain 32 oz (shelf stable)
- Pacific Natural Foods Ultra Soy Vanilla 32 oz (shelf stable)

### BEANS, LENTILS & PEAS

**No organic allowed**

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

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

**ALLOWED CANNED**
- 15-16 oz can
- Any type
- Brands – Bush’s, Flavorite, Great Value, Halsted Acres, IGA, Joan of Arc, Kroger, Meijer, Our Family, Progresso, Spartan, 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

**No organic allowed**

- 18 oz jar ONLY
- Smooth, creamy, crunchy, extra crunchy

**NOT ALLOWED**
- Health Valley, 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

### 8th Continent

- Vanilla 64 oz (refrigerated)
- Original 64 oz (refrigerated)
- Ultra Soy Plain 32 oz (shelf stable)
- Ultra Soy Vanilla 32 oz (shelf stable)

- If your Shopping List shows: 1 JAR 18OZ PNUT BTR, LB DRY, 15-16OZCNBEAN you can buy

- OR 16 oz package dry beans, lentils, peas

- OR 4 cans 15-16 oz beans or peas
**FRESH FRUITS & VEGETABLES**

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

**JUICES FOR CHILDREN**

No organic allowed

**100% JUICE ONLY**

**64 oz PLASTIC**

- Added calcium allowed

- Juicy Juice: Any type except Harvest Surprise, Immunity, or Brain Development
- Campbell's Tomato Juice: Regular, Low Sodium, Healthy Request
- Everfresh: Apple, Kiwi, Strawberry, Orange, Paradise Fruit Punch
- Indian Summer: Apple Juice ONLY
- Old Orchard: Any flavor
- Welch's Grape Juice: Grape, White Grape, Red Grape ONLY (added calcium is NOT ALLOWED for Welch's)
- Store Brand Juice: Any flavor

**JUICES FOR WOMEN**

No organic allowed

**100% JUICE ONLY**

**46 oz or 48 oz PLASTIC**

- Added calcium allowed

- Juicy Juice: Any type except Harvest Surprise, Immunity, or Brain Development
- Campbell's Tomato Juice: Regular, Low Sodium, Healthy Request
- Indian Summer: Apple Juice ONLY
- Welch's Grape Juice: Grape, White Grape, ORANGE ONLY (added calcium is NOT ALLOWED for Welch's)
- Old Orchard: Grape Juice, White Grape Juice, Red Grape Juice

**46 oz CAN**

- Added calcium allowed

- V8 Original ONLY
- Campbell's Tomato Juice: Regular, Low Sodium, Healthy Request
- Canned Orange Juice: Any brand
- Canned Grapefruit Juice: Any brand or variety
- Dole Pineapple Juice
# Whole Grains

## BREAD & BUNS

1 lb loaf = 16 oz

- 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
- Bunny 100% Whole Wheat
- Spartan Whole Grain White
- Spartan 100% Whole 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
- Sara Lee Classic 100% Whole Wheat
- Spartan Whole Grain White
- Wonder Soft 100% Whole Wheat
- Hearth Oven Bakers 100% Whole Wheat Hamburger Buns
- Hearth Oven Bakers 100% Whole Wheat Hot Dog Buns

- These brands and types ONLY

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## 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 oz or 16 oz box/bag brown rice

- If your Shopping List shows: 2 LB WHOLE GRAINS
  - You can buy:
    - Any TWO from the list above OR
    - 28 oz or 32 oz box/bag brown rice

(28 oz or 32 oz box/bag brown rice = 2 Whole Grain Choices)

## BROWN RICE

No organic allowed

- 14 oz or 16 oz box or bag
- 28 oz or 32 oz box or bag

**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

No organic allowed

- 16 oz container

**Malt-O-Meal**

- Mom's Best Naturals Quick Oats

You may buy this as a whole grain choice NOT as a cereal.
Doctors strongly recommend breastfeeding as the healthiest way to feed babies. Mother’s milk has everything a baby needs to grow and stay healthy. Provide breastmilk for the first year or longer if desired.

Did you know?
Babies have tiny tummies! Moms make just the right amount of milk for their baby. Feeding only your milk tells your body to make more milk for your growing baby.

Parents have questions!
Help is available at your local WIC clinic. WIC can also share information about expressing your milk to feed your baby.

TORTILLAS
No organic allowed

- 1 lb package = 16 oz
- These brands and types ONLY

- Chi Chi’s Whole Wheat Fajita Style 8 count
- Don Marcos White Corn 18 count
- Don Pancho Whole Wheat 10 count
- Don Pancho White Corn 18 count
- Hacienda Whole Wheat Flour 12 count
- Hacienda Corn Maiz 18 count
- La Burrita Corn 12 count
- La Michoacana Corn 18 count
- Meijer Fajita Style Whole Wheat 8 count
- Meijer Soft Taco Size White Corn 18 count
- Mission Yellow Corn Extra Thin 24 count
- Mission Whole Wheat 10 count
- Ortega Whole Wheat 10 count
- Pepito White Corn 21 count
- Pepito Soft Taco Size Whole Wheat Flour 11 count

CANNED FISH
No organic allowed

- Only for breastfeeding women whose infants are NOT receiving formula from WIC

- Any Brand Chunk light tuna in water or oil 5 oz can
- Bumble Bee Pink Salmon 5 oz can
- Chicken of the Sea Pink Salmon 5 oz can

- 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

INFANT CEREAL
No organic allowed

- 8 oz or 16 oz box/container

- ALLOWED
  - Beech-Nut, Gerber, Nature’s Goodness
  - Dry infant cereal WITHOUT fruit, formula or DHA/ARA
  - CHOOSE ONLY rice, oatmeal, barley, mixed grain, multigrain or whole wheat

INFANT FRUITS & VEGETABLES
No organic allowed

- For infants 6 thru 11 months ONLY

- ALLOWED
  - 4 oz glass jars or plastic tubs ONLY (multipacks allowed)
  - Stage 2 or 2nd foods ONLY
  - Any variety single fruit or vegetable (example: apple sauce or sweet peas)
  - Any variety mixed fruits and/or vegetables (example: apples and bananas, mixed vegetables, sweet potatoes and apples)

- NOT ALLOWED
  - Dinners, added meats, added sugar or salt, added DHA, added cereal, desserts

INFANT MEAT
No organic allowed

- Only for breastfeeding infants 6 thru 11 months who are NOT receiving formula from WIC
- 2.5 oz glass jars ONLY (multipacks allowed)
- Single meat varieties ONLY

- ALLOWED
  - Beech-Nut – beef & beef broth, chicken & chicken broth, turkey & turkey broth
  - Gerber – beef & beef gravy, chicken & chicken gravy, ham & ham gravy, turkey & turkey gravy
  - Nature’s Goodness – beef & beef gravy, chicken & chicken gravy, turkey & turkey gravy