



MICHIGAN WIC FOOD GUIDE



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>.

This institution is an equal opportunity provider.
(3) email: program.intake@usda.gov.

(2) fax: (833) 256-1665 or (202) 690-7442; or

Washington, D.C. 20250-9410;

1400 Independence Avenue, SW

Office of the Assistant Secretary for Civil Rights
U.S. Department of Agriculture

form or letter must be submitted to USDA by:

the nature and date of an alleged civil rights violation. The completed AD-3027

sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about number, and a written description of the alleged discriminatory action in

to USDA. The letter must contain the complainant's name, address, telephone

from any USDA office, by calling (866) 632-9992, or by writing a letter addressed

The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group on the basis of race, national origin, color, sex, disability, religion, age, height, weight, familial status, partisan considerations, or genetic information. Sex-based discrimination includes, but is not limited to, discrimination based on sexual orientation, gender identity, gender expression, sex characteristics, and pregnancy.



CONTENTS

Online Nutrition Education	1
Fruits & Vegetables	2
Whole Grains	4
Cereals	8
Eggs	11
Breastfeeding & Chestfeeding	12
Fish & Infant Meats	14
Infant Foods	15
Peanut Butter & Beans	16
Dairy Products	18
Juices	21
WIC Connect App & WIC Fraud	23
Michigan WIC EBT Card & Shopping Tips	24

The most up-to-date Food Guide can be found on our website at Michigan.gov/wicfoods or on the WIC Connect app under Resource Links.

- Choosing lower priced foods helps reduce cost for the WIC Program.
- Product availability can vary by store. Not all items can be found in all areas of the state.



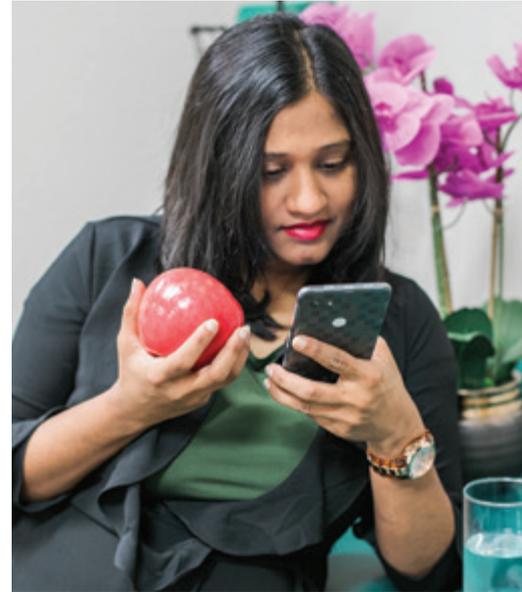
Online Nutrition Education

Find Lessons

Check out lessons on preparing for your newborn, meal planning, picky eating and more - all with the goal of making or keeping your family healthy and strong.

1. Go to www.wichealth.org.
2. Create an account.
3. Take a lesson. Be sure to fill out the survey!

Remember your username & password for next time!



Need Help?



Click the "Help" button on your screen. All questions are answered within 24 hours.

Sign up for wichealth text alerts, which will allow you to reset your password by text.

Find Recipes

Make meal planning with WIC foods easy! Health eKitchen helps you use what you have on hand to make meals your family will love.

It's easy to search our recipes to find:

- Simple and quick meals
- No cook options
- Snack ideas and more

Collect recipes and save resources all to your wichealth.org account!



Fruits & Vegetables

- Your WIC Shopping List shows the dollar amount you can spend on fruits and vegetables.
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.

Fresh

✓ ALLOWED

- Organic
- Any variety without added sugars, fats or oils
- Whole, cut, bagged or pre-packaged
- Fresh herbs
- Pie pumpkins



⊘ NOT ALLOWED

- Added preservatives (for example: sliced apples with ascorbic acid)
- Herb pastes, dried herbs or spices
- Potted plants or seeds
- Items from the salad bar, fruit baskets or edible flowers
- Fruit and nut mixtures
- Decorative foods such as chili peppers or garlic on a string, gourds or carving pumpkins

- Kits/bowls/trays with dips, dressings, sauces or other food items
- Salsa
- Juice* or smoothies

* Buy juice with your other WIC benefits.

Frozen

✓ ALLOWED

- Organic
- Whole, cut or mixed fruits or vegetables
- Beans or peas such as lima beans and black-eyed peas
- Any brand or package size/type



⊘ NOT ALLOWED

- Added sugar, breading, butter, sauce, fat, oil or seasoning
- Added meat, rice or pasta
- Fries or tater tots
- Juice*
- Smoothie mixtures with non-fruit or non-vegetable ingredients
- Soup
- Home-canned and home-preserved

Fruits & Vegetables - Canned

✓ ALLOWED

- Organic
- Any size metal, glass, plastic or pouch containers
- Individual servings or multi-packs
- Regular or low sodium
- Any variety of fruits (including applesauce) packed in juice or water without added sugars, fats, oils or salt
- Any variety of vegetables (including tomatoes) without added sugars, fats or oils
- Tomato paste, puree or sauce
- Green beans and green peas



⊘ NOT ALLOWED

- Fruits packed in syrup
- Added meat, rice or pasta
- Artificial sweetener
- Minced or pickled vegetables, relishes or ketchup
- Cranberry sauce or pie filling
- Creamed vegetables (creamed corn & spinach)
- Salsa
- Pizza or pasta sauce
- Juice* or smoothies
- Beans* or baked beans
- Pouches labeled as infant/toddler food
- Home-canned and home-preserved

* Buy juice and beans with your other WIC benefits.



All fruits and vegetables are filled with nutrients and are good for you.

It doesn't matter if they are fresh, frozen or canned. As long as you eat them, you are making a healthy choice!

Fresh: Eat "as is" for snacks or meals, with little to no prep needed.

Canned & Frozen: Easy to store and stock up, with a long shelf life.

Fun fact: Frozen fruits and vegetables are picked at the peak of ripeness, saving all the flavor and nutrients for when you are ready to eat them!

Take it with you: Consider fresh options or fruit cups when eating on the go!

Whole Grains



If your WIC Shopping List shows 1 LB of whole grain, you can choose...

- 1 loaf bread **or**
- 1 package buns **or**
- 1 package tortillas **or**
- 1 package pasta **or**
- 1 container oatmeal **or**
- 1 bag/box rice (14-16 oz)

Oatmeal

- 16 oz container = 1 LB
- No organic allowed

* These brands and types **ONLY**



Best Choice
Quick Oats



Best Choice
Old Fashioned Oats



Hodgson Mill
Quick Rolled Oats



Hodgson Mill
Thick Cut Rolled Oats



Mom's Best Cereals
Old Fashioned Oats



Mom's Best Cereals
Quick Oats

These oatmeals are a whole grain choice, **NOT** a cereal choice.

Brown Rice

- 14-16 oz bag/box = 1 LB
- 28-32 oz bag/box = 2 LB

ALLOWED

- Plain, dry brown rice
- Regular, instant and boil-in-bag

NOT ALLOWED

- Organic
- Added herbs, seasonings or beans
- Added sugars, fats, oils or salt
- White rice
- Frozen brown rice
- Flavored rice, wild rice or rice mixes
- Bulk, tubs or microwavable pouches
- Premium brands, like Lundberg



Pasta

- 16 oz package = 1 LB

✓ ALLOWED

- Organic
- Whole Wheat/Whole Grain ONLY
- Any shape such as elbows, penne, rotini, spaghetti or spirals

* These brands and types **ONLY**



- Whole Grain



- Whole Wheat



- Whole Wheat



- Whole Wheat



- Whole Wheat



- Whole Wheat



- Whole Wheat



- Whole Wheat



- Whole Wheat



- Whole Grain



- Whole Grain



- Whole Grain



- Whole Wheat



- Whole Wheat

✗ NOT ALLOWED

- Pasta with added sugar, fats, oils or salts
- Pasta made from rice, quinoa, flax, corn or vegetables
- Pasta that is refrigerated or frozen
- Microwavable pouches



Give yourself and those you love the goodness of whole grains.

Whole grains are good for your heart and digestion.

They can help you maintain a healthy weight and overall good health. Make half of the grains you eat whole grains.



Breads

• 16 oz package = 1 LB

• Whole Wheat/Whole Grain ONLY

•  No organic allowed

* These brands and types **ONLY**



Aunt Millie's
Healthy Goodness
Whole Grain White



Best Choice
100% Whole Wheat



Bimbo
100% Whole Wheat



Bunny
100% Whole Wheat



Healthy Life
100% Whole Wheat



Kordas' Hearth Oven
100% Whole Wheat



Kroger
100% Whole Wheat



Lewis Bakeries
100% Whole Wheat



Nickles
Country Style
100% Whole Wheat



Our Family
100% Whole Wheat



Pepperidge Farm
Light Style Soft Wheat



Pepperidge Farm
Swirl 100% Whole Wheat
Cinnamon with Raisins



Pepperidge Farm
Very Thin Sliced
Soft 100% Whole Wheat



Roman Meal Sungrain
100% Whole Wheat



Sara Lee
100% Whole Wheat



Sterns Kosher
100% Whole Wheat



Village Hearth
100% Whole Wheat

Buns

• 16 oz package = 1 LB

• Whole Wheat/Whole Grain ONLY

•  No organic allowed

* These brands and types **ONLY**



Brownberry
100% Whole Wheat
Hamburger Rolls



Brownberry
100% Whole Wheat
Hot Dog Rolls



Kordas' Hearth Oven Bakers
100% Whole Wheat
Hamburger Buns



Kordas' Hearth Oven Bakers
100% Whole Wheat
Hot Dog Buns

Tortillas

• 16 oz package = 1 LB

• Whole Wheat/Whole Grain or Corn ONLY

•  No organic allowed

* These brands and types **ONLY**



Best Choice
Corn Taco Size 24 count



Best Choice
Whole Wheat Soft Taco Size 12 count
Whole Wheat Fajita Style 8 count



Chi Chi's
Whole Wheat Fajita Style
8 count



Don Marcos
White Corn
18 count



Essential Everyday
Whole Wheat Flour
10 count



Frescados
Whole grain
10 count



Great Value
Whole Wheat Flour
10 count



Hacienda
Corn Maiz
18 count



Hacienda
Whole Wheat Flour
12 count



IGA
White Corn
21 count



Kroger
Whole Wheat Soft Taco Size
10 count



Kroger
Yellow Corn
24 count



La Banderita
Whole Wheat Fajita 16 count
Whole Wheat Soft Taco 10 count



La Banderita
White Corn 18 count
Yellow Corn 18 count



Meijer
Soft Taco Whole Wheat
10 count



Mission
Yellow Corn Extra Thin
24 count



Mission
Whole Wheat 10 count
Whole Wheat Fajita Style 16 count



Tio Santi
Whole Wheat
10 count



Tortillas Tita
Corn 18 count
Corn Enchilada Style 18 count

Cereals

Cold Cereals

- 12-36 oz box/bag
-  No organic allowed

 Cereals with this symbol are made with whole grains and are a good source of fiber.

* These brands and flavors **ONLY**

General Mills



Cheerios

Plain , Oat Crunch Berry , Multi Grain ,
Veggie Blends: Apple Strawberry , Blueberry Banana 



Chex

Blueberry, Cinnamon, Corn, Rice, Wheat 



Fiber One

Honey Clusters 



Kix

Plain , Honey , Berry 



Total

Whole Grain 



Wheaties

Original 

Kellogg's



Corn Flakes

Plain, Cinnamon



Crispix

Original 



Frosted Mini-Wheats

Original , Little Bites Original , Little Bites Chocolate ,
Blueberry Muffin , Cinnamon Roll , Golden Honey , Strawberry 



Rice Krispies

Original



Special K

Original, Original Multi-Grain
Touch of Cinnamon 

Cold Cereals (continued)

Malt-O-Meal



Crispy Rice
Original



Mini Spooners
Frosted 🌾, Strawberry Cream 🌾

Cereal is not just for breakfast!



Cereals are an easy snack and can be paired with milk, yogurt or fresh fruit. This can be a great way to get extra nutrients that may be missing at meals.

Post



Grape-Nuts
Flakes 🌾, Original 🌾



Great Grains
Banana Nut Crunch 🌾, Crunchy Pecan 🌾



Honey Bunches of Oats
Almonds, Cinnamon Bunches, Honey Roasted, Maple and Pecan, Vanilla

Quaker



Life
Original 🌾, Vanilla 🌾



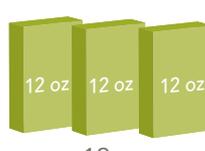
Oatmeal Squares
Brown Sugar 🌾, Cinnamon 🌾, Honey Nut 🌾

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

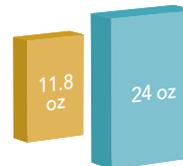
You may combine cereals up to a total of 36 ounces per month.



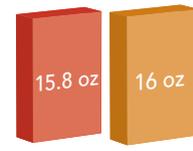
$$\begin{array}{r} 18 \text{ oz} \\ + 18 \text{ oz} \\ \hline 36 \text{ oz} \end{array}$$



$$\begin{array}{r} 12 \text{ oz} \\ 12 \text{ oz} \\ + 12 \text{ oz} \\ \hline 36 \text{ oz} \end{array}$$



$$\begin{array}{r} 11.8 \text{ oz} \\ + 24.0 \text{ oz} \\ \hline 35.8 \text{ oz} \end{array}$$



$$\begin{array}{r} 15.8 \text{ oz} \\ + 16.0 \text{ oz} \\ \hline 31.8 \text{ oz} \end{array}$$

Cold Cereals - Store Brands

* These brands and flavors **ONLY**

• 12-36 oz box/bag

•  No organic allowed

Always Save

Corn Flakes
Crisp Rice
Frosted Shredded Wheat 
Toasted Oats

Best Choice

Bran Flakes 
Crispy Rice
Crispy Rice Squares
Crispy Corn and Rice Cereal
Corn Crisp
Corn Flakes
Crunchy Corn Squares
Crunchy Wheat Biscuits 
Frosted Shredded Wheat 
Happy O's 
Maple Brown Sugar Frosted Bites 
Rice Crisp
Strawberry Frosted Mini Wheats 
Wheat Crisps 
Wheat Flakes 

Essential Everyday

Bran Flakes 
Corn Flakes
Crunchy Corn Squares
Crunchy Oats 

Crispy Rice
Crispy Rice Squares
Crispy Hexagons
Frosted Shredded Wheat
Strawberry Cream 
Honey Oats and Flakes
Toasted Oats 

Freedom's Choice

Bran Flakes 
Corn Flakes
Crisp Rice
Crispy Honey Oats
Frosted Shredded Wheat 
Toasted Oats 
Wheat Flakes 

Great Value

Corn Squares
Corn Flakes
Frosted Shredded Wheat 
Rice Squares
Rice Crispers

IGA

Bran Flakes 
Corn Flakes
Crispy Rice
Frosted Shredded Wheat 

Shredded Wheat 
Toasted Oats 

Kiggins

Bran Flakes 
Corn Flakes
Crispy Rice
Rolling Oats 

Kroger

Corn Flakes
Crispy Rice
Honey Crisp Medley with Almonds
Oat Squares 
Rice Bitz
Toasted Oats 

Meijer

Bran Flakes 
Corn Flakes
Corn Squares
Crispy Rice
Crispy Rice Squares

Crunchy Corn Squares
Crunchy Wheat Squares 
Frosted Shredded Wheat 
Multigrain Squares 
Toasted Oats 

Our Family

Bran Flakes 
Corn Flakes
Corn Biscuits
Crispy Hexagons
Crispy Rice
Crispy Rice Squares
Crunchy Corn Squares
Frosted Shredded Wheat 
Oats and More with Almonds
Oats and More with Honey
Rice Biscuits
Toasted Oats 
Wheat Flakes 

Parade

Corn Flakes
Crisp Rice
Toasted Oats

Shopper's Value

Corn Flakes
Crisp Rice

That's Smart

Crisp Rice

Hot Cereals

• 9 oz or larger

•  No organic allowed

 Cereals with this symbol are made with whole grains and are a good source of fiber.

* These brands and flavors **ONLY**



COCO Wheats
Original



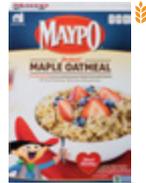
Cream of Rice
Original
Packets allowed



Cream of Wheat
Original &
Whole Grain
Packets allowed



Malt-O-Meal
Original & Chocolate



Maypo
Instant Oatmeal
Maple



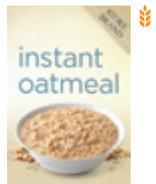
Quaker Instant Grits
Original & Butter
Packets **ONLY**



Quaker Instant Oatmeal
Original
Packets **ONLY**



Store Brand Instant Grits
Regular Flavor
Packets **ONLY**:
Essential Everyday
Great Value



Store Brand Instant Oatmeal
Regular Flavor
Packets **ONLY**:
America's Choice,
Best Choice, Essential
Everyday, Great Value,
Hy-Top, IGA, Kroger,
Meijer, Our Family, Parade

Eggs

- One dozen package

✓ ALLOWED

- Any brand or size of egg
- May be cage-free
- White shells only



✗ NOT ALLOWED

- Organic
- Free range or pasture raised
- Low cholesterol
- Pasteurized
- Fortified/enriched with omega-3, DHA or vitamin E



Eggs are packed with protein and other key nutrients, like vitamin A, folic acid (folate), B vitamins and choline. Enjoy them in different ways – scrambled, hard-boiled, baked or poached – for a healthy, tasty meal or snack.

Children Who Stay on WIC Until Age 5:

1. Receive fruits and vegetables, milk and other healthy foods.
2. Have better growth and development.
3. Are well-prepared for school.
4. Develop healthy eating habits.
5. Have more links to health care and other helpful services.



Breastfeeding and Chestfeeding Give Babies a Healthy Start in Life



- Feeding a baby is easier with a team. Support from partners, family and friends can help you reach your goals.
- WIC is here to help every step of the way with resources, support and answers.
- Ask for a peer counselor – a parent in the community with personal breastfeeding or chestfeeding experience who is trained to give information and support to new parents.

It's not just good for babies, it's good for you too!

- Babies receiving human milk have lower risk of certain infections and diseases.
- Babies can easily digest human milk.
- Babies feel safe, warm, secure and loved when held skin-to-skin.
- Good hormones released while breastfeeding and chestfeeding help parents feel relaxed, peaceful and loving.
- Breastfeeding and chestfeeding lower parents' risks of breast and ovarian cancer.
- It also helps parents recover from childbirth more quickly and easily.

For more information, go to <https://wicbreastfeeding.fns.usda.gov/>.

How Does WIC Support Breastfeeding and Chestfeeding?

- Peer counselors are available when you need them, by phone or text, including outside of regular clinic hours.
- All WIC staff are trained to support lactating families.
- WIC clients have free, unlimited access to lactation consultants and peer counselors.
- Breastfeeding and chestfeeding parents are able to stay on the program longer and get more food, including canned fish.
- At 6 months, babies fed only human milk receive infant meats and more fruits and vegetables.



Fish & Infant Meats

Fish

- **ONLY for exclusively breastfeeding and chestfeeding clients**
 - Any size, can or foil pouch, up to a total of 30 oz per month

✓ ALLOWED

- Any brand or type of chunk light tuna, mackerel, sardines or pink salmon
- Packed in water or oil
- Added sauces and flavorings, such as tomato sauce, mustard or lemon
- May include bones or skin

⊘ NOT ALLOWED

- Organic
- Albacore/solid white tuna, Atlantic or sockeye (red or blueback) salmon, prime or smoked salmon fillets, king mackerel
- Added crackers, condiments or utensils
- Added grains or beans
- Premium brands, like Blue Harbor, Private Selection and Wild Planet
- Fresh or frozen

You may combine fish types, packages and sizes.



Infant Meats

- **ONLY for breastfeeding and chestfeeding infants** 6 months or older who are NOT receiving formula from WIC

✓ ALLOWED

- Organic
- 2.5 oz containers ONLY (multi-packs allowed)
- Single meat varieties, with broth or gravy
- These brands **ONLY**



⊘ NOT ALLOWED

- Added sugar or salt
- Added fruit, vegetables, rice or pasta (for example: dinners, casseroles, soups or stews)
- Meat sticks
- Squeeze pouches

Infant Foods

For infants 6 months or older

Infant Cereals

✓ ALLOWED

- Organic
- 8 oz or 16 oz container

* These brands and types **ONLY**



Corn
Multigrain
Oatmeal



Multigrain
Oatmeal
Rice



Multigrain Oatmeal,
Oatmeal, Millet, Quinoa,
Whole Wheat, Rice

✗ NOT ALLOWED

- Added fruit, formula, DHA/ARA, probiotics or other non-cereal ingredients

Infant Fruits & Vegetables

✓ ALLOWED

- Organic
- Single 4 oz container & Multi-packs of 1 oz, 2 oz or 4 oz
- Glass jars or plastic tubs **ONLY** (multi-packs allowed)
- Any variety single fruit or vegetable, including mature beans
- Any variety mixed fruits and/or vegetables (for example: apples and bananas, mixed vegetables, sweet potatoes and apples)

* These brands **ONLY**



✗ NOT ALLOWED

- Squeeze pouches
- Added cereal, meat, flour, starches, sugar, salt or DHA
- Yogurt blends
- Dinners and desserts (for example: pudding or cobbler)
- Parent's Choice Sweet Potato

Infant Fruits and Vegetables Mix & Match based on your allowance!



4 oz glass jar

= 4 oz 1 jar



2 pack 2 oz plastic tubs



= 4 oz 1 jar



2 pack 4 oz plastic tubs



= 8 oz 2 jars

For example, if you are allowed 32 jars, you might purchase:

8 + 8 + 8 = 32 jars

Peanut Butter & Beans

If your WIC Shopping List shows: **1 JAR 16-18 oz Peanut Butter, LB Dry, 15-16 oz Can Bean**

You can choose...



16-18 oz jar
peanut butter

or



1 LB (16 oz) package
dry beans, lentils or peas

or



4 cans/jars 15-16 oz
beans or peas

Beans, Lentils & Peas



✓ ALLOWED - DRY

- 16 oz (1 LB) package
- Any brand or type

✗ NOT ALLOWED - DRY

- Organic
- Premium brands, like Barzi beans
- Dry beans with seasoning packets

✓ ALLOWED - CANS/JARS

- 15-16 oz can/jar (multi-packs allowed)
- Any brand or type, including fat free refried beans
- Low sodium



✗ NOT ALLOWED - CANS/JARS

- Organic
- Beans with added fat, oil, meat, fruits, vegetables or sugars
- Baked beans
- Pork and beans
- Chili beans or soups
- Green beans, snap, wax or yellow beans*
- Green or sweet peas*



Beans and legumes come in many different colors, shapes and sizes. They contain a protein-packed punch in both sweet and savory recipes. One cup of black beans contains 13 grams of protein as well as fiber, folate, iron and other important minerals. Try some beans or legumes with rice or in tortillas, salads and salsa.

*Buy these canned vegetables with your fruits and vegetables benefit.

Peanut Butter

✓ ALLOWED

- 16-18 oz jar
- Smooth, creamy, crunchy or extra crunchy



✗ NOT ALLOWED

- Organic
- Premium brands, like Frederik's, Fifty50, Justin's and Private Selection
- Peanut butter mixed with jelly, marshmallow, honey, chocolate or other flavorings
- Peanut spread or reduced fat peanut butter
- Peanut butter with DHA or Omega 3
- Whipped



Iron in WIC Foods

Everyone needs iron for growth and development, especially children with developing brains! The WIC Food Package includes many foods high in iron, like breakfast cereal and white beans. Many other WIC foods are good sources of iron as well. These include lentils, spinach, kidney beans, sardines, chickpeas, canned stewed tomatoes and baked potatoes (medium, skin on).

Eating foods containing iron and vitamin C together can help your body better absorb the iron. Your food package has lots of foods filled with vitamin C, especially fruits like oranges, strawberries and mangoes, and vegetables like broccoli, bell peppers and tomatoes.

MEAL IDEAS:

- Offer orange slices or juice with cereal.
- Make a yogurt fruit smoothie with fresh or frozen spinach.
- Cook eggs with spinach and bell peppers.
- Enjoy a bean & cheese taco or quesadilla with tomatoes and peppers.



Dairy Products

Milk

Purchase type and size shown on your WIC Shopping List.

✓ ALLOWED

- Fat free milk (skim)
- Lowfat milk (1/2%, 1%)
- Buttermilk
- Reduced fat milk (2%)
- Whole milk
- Powdered milk (nonfat dry) 25.6 oz, 32 oz or 64 oz
- Evaporated milk (skim, 2% or whole) 12 oz
- Lactose free milk (skim, 1%, 2% or whole)

✗ NOT ALLOWED

- Organic
- A2 milk
- Chocolate or flavored milk
- Evaporated filled milk
- Nut or grain milk (like almond or rice)
- Guernsey
- Value added (Kid's Milk, Fairlife or Fit Milk)
- Glass bottles
- Unhomogenized
- UHT milk

If your Shopping List shows 'QT or Equiv,' use this guide.

 1 quart = 32 oz	 3 quarts = 96 oz
 2 quarts = half gallon (64 oz)	 4 quarts = 1 gallon (128 oz)



Did you know? Skim, 1% or 2% milk has the same amount of vitamin D, calcium and protein as whole milk. It just has less fat and fewer calories!

Yogurt

- 32 oz tubs
- 4 oz 4-pack (16 oz total)
- 4 oz 8-pack (32 oz total)
- 2 oz tube 8-pack (16 oz total)
- 2 oz tube 16-pack (32 oz total)

✓ ALLOWED

- Nonfat or low fat ONLY
- Plain or any flavor
- Fruit on the bottom



* These brands **ONLY**



⊘ NOT ALLOWED

- Organic
- 2% or whole milk yogurt
- Greek yogurt
- Activia Fusion brand
- Yogurt in bottles (drinkable) or pouches
- Yogurts with separate mix-in items such as candy, granola, honey or nuts
- Artificial sweeteners (for example: aspartame, Stevia, sucralose or saccharine)



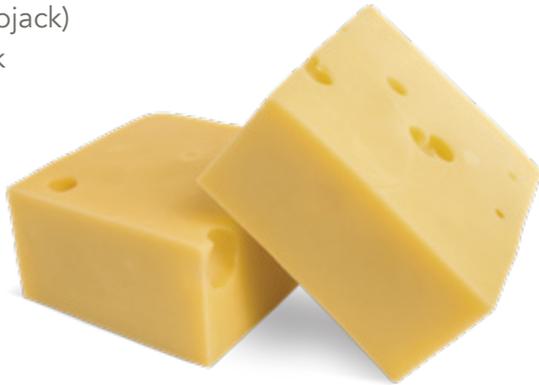
Cheese

See your WIC Shopping List for allowed maximum cheese price.

- 16 oz (1 LB) ONLY
- U.S. made prepackaged cheese

✓ ALLOWED

- String (without individual wrapping)
- American (without individual wrapping)
- Cheddar
- Colby
- Colby Jack (Cojack)
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss



⊘ NOT ALLOWED

- Organic
- Shredded, grated, cubed, crumbles, shapes or curds
- Sliced cheese, except American
- Individually wrapped cheese slices (singles), sticks or strings
- Cheese foods (for example: Velveeta)
- Cheese products, whips or spreads
- Smoked cheese or raw milk cheese
- Variety wheels or variety packs
- Cracker backers or stackers
- Cheese with pimento, peppers, seeds, meat, etc.
- Soy, farmer or goat cheese
- Fresh mozzarella
- Imported cheese

Soy Beverage

If your WIC Shopping List shows: **QT or Equiv Soy Beverage**
you can buy...

- 1 quart = 32 oz, **or**
- 2 quarts = 64 oz

* These brands and flavors **ONLY**



8th Continent
Original
32 & 64 oz
(refrigerated)



Silk
Original
32 & 64 oz
(refrigerated & shelf stable)



Pacific Foods
Ultra Soy Original
32 oz
(shelf stable)



Juices

Juices – 64 oz

Purchase size shown on your WIC Shopping List.

- 100% Juice & 80% Vitamin C
- Added Calcium & Fiber Allowed
-  No organic allowed



Apple & Eve

Apple, Cookie Monster's Berry Cranberry, Cranberry Apple, Cranberry Raspberry, Cranberry Grape, Cranberry Pomegranate, Sesame Street: Big Bird Apple, Elmo's Punch, Grover's White Grape, Elmo & Abby Mango Strawberry



Campbell's Tomato Juice

Regular, Low Sodium, Healthy Request



Everfresh

Apple, Kiwi Strawberry, Orange



Indian Summer

Apple

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 **80%** vitamin C?



Juicy Juice

Any flavor



Mott's

Apple, Apple White Grape, Apple Mango, Apple Cherry, Sensibles Apple Cranberry, Sensibles Apple Pineapple, Sensibles Apple Raspberry



Northland

Blueberry Blackberry Acai, Cranberry (Traditional), Cranberry Grape, Cranberry Raspberry, Cranberry Mango, Cranberry Pomegranate, Pomegranate Blueberry, Raspberry Blueberry



Ocean Spray

Apple, Concord Grape, Cranberry, Cranberry Blackberry, Cranberry Cherry, Cranberry Concord Grape, Cranberry Elderberry, Cranberry Mango, Cranberry Pineapple, Cranberry Pomegranate, Cranberry Raspberry, Cranberry Watermelon

Nutrition Facts

8 servings per container
Serving size 8 fl oz (240mL)

Amount per serving
Calories 110

% Daily Value

Total Fat 0g 0%

Sodium 30 mg 1%

Total Carbohydrate 28g 10%

Dietary Fiber 0g

Total Sugars 28g

Includes 0g Added Sugars

Protein 0g 0%

Potassium 260 mg 6%

Vitamin C 72mg **80%**

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium and iron.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Old Orchard

Any flavor



Tree Top

Apple



V8

Original, Low Sodium, Spicy Hot



Welch's

Grape, Red Grape, Orange Pineapple Apple, White Grape



Small amounts of WIC juice are a good source of vitamin C. Be sure to eat plenty of fresh fruits and vegetables to get more fiber in your diet.

This **100%** juice example has **80%** vitamin C; this item is allowed.

Juices - 64 oz - Store Brands

Any Store Brand

May be refrigerated
Orange
Grapefruit

Always Save

Apple
Grape

Best Choice

Apple
Apple Cider
Berry
Cherry
Fruit Punch
Grape
Pineapple
Tomato
Vegetable
White Grape

Busch's

Apple

Essential Everyday

Apple

Apple Cider
Cranberry
Grape
Pineapple
Tomato
Vegetable (includes
Low Sodium)
White Grape
White Grape Peach

Freedom's Choice

Apple
Grape
Tomato

Great Value

Apple
Cranberry
Cranberry Concord
Grape
Cranberry
Pomegranate
Grape
Mango

Pear
Pineapple
Ruby Red Grapefruit
Tomato
Vegetable
White Grape
White Grape Peach

Hy Top

Apple

IGA

Apple
Grape
Pineapple
Tomato
White Grape

Kroger

Apple
Berry
Cranberry
Cranberry Raspberry
Fruit Punch
Grape

Pineapple
Vegetable (includes
Low Sodium and
Spicy)
White Grape
White Grapefruit

Langer

Apple
Apple Berry Cherry
Apple Cranberry
Apple Grape
Apple Orange
Pineapple
Apple Peach Mango
Cranberry Plus
Cranberry Raspberry
Plus
Grape
Pineapple

Meijer

Apple
Berry

Cherry
Cranberry
Cranberry Grape
Grape
Pineapple
Tomato
Vegetable (includes
Low Sodium and
Spicy)
White Grape
White Grape Peach

Nature's Nectar

Apple
Grape

Our Family

Apple
Apple Cider
Berry
Cherry Punch
Cranberry
Cranberry Grape
Cranberry Raspberry

Fruit Punch Grape
Grape
Pineapple
Tomato
Vegetable
White Grape

Smart Sense

Apple
Grape
Vegetable

Smart Way

Apple

That's Smart

Grape

Tipton Grove

Apple
Cranberry
Grape

Value Time

Grape

Juices - 48 oz or 11.5 & 12 oz

Purchase size shown on your WIC Shopping List.

• 100% Juice & 80% Vitamin C

• Added Calcium & Fiber Allowed

•  No organic allowed



Any Store Brand
Orange or grapefruit



Apple & Eve
Apple



Essential Everyday
Pineapple



Freedom's Choice
Apple



Juicy Juice
Any flavor



Mott's
Apple, Fruit Punch



Our Family
Apple Cider
Pineapple

Frozen - 11.5 and 12 oz



Any Store Brand
Orange, Grapefruit



Store Brand - Apple
Always Save, Best
Choice, Essential
Everyday, Freedom's
Choice, Our Family



Dole
Any flavor



Great Value
Apple, Grape



Kroger
Apple, Grape,
Pineapple,
Pineapple Orange



Old Orchard
Any flavor



Seneca
Apple



Welch's
Any flavor with
yellow band

WIC CONNECT APP

Download the WIC Connect app to:



iOS



Android

Get started with WIC

- See if you're eligible.
- Request an appointment.

Stay connected with support

- Find nearby WIC clinics.
- Update your contact information.
- Get appointment reminders on your phone.

Get help with shopping

- Find nearby WIC stores.
- See your up-to-date benefit balance and WIC Shopping List.
- Scan any item to see if it is WIC-approved.



WIC Connect is the only app approved by the Michigan WIC Program to show your correct benefit information.

Help us look out for WIC fraud.

If you see something, please say something.

Offering to trade, sell, transfer or exchange WIC foods (including formula) and/or EBT cards verbally, in print or online is a crime.

Please let Michigan WIC know by:

Calling 800-CALL-WIC (800-225-5942) or

Emailing wicfraudinvestigations@michigan.gov

About your Michigan WIC EBT Card

- See **Welcome to Michigan WIC Electronic Benefits Transfer (EBT)** brochure found on www.michigan.gov/wicfoods for important information.
- For card replacement, problems, questions or balance inquiries, call **888-678-8914** or visit www.ebtedge.com.

Shopping Tips

Things to bring with you to shop with WIC:

- 1) **WIC EBT Card** (photos or written card numbers will not be accepted).
- 2) **WIC Shopping List** – to see which foods you can buy.
- 3) **WIC Food Guide** – to find WIC-approved foods.
- 4) **The WIC Connect** mobile app – use the scanning feature to see if items are WIC-approved, and look at your Shopping List and Food Guide!

Knowledge is power! See what you can buy with your WIC benefits by:

- 1) Using the WIC Connect mobile app.
- 2) Calling 1-888-678-8914 (this number is also on the back of your WIC EBT Card).
- 3) Running a balance inquiry at the store. You can ask a cashier for help if needed.



When paying with WIC, expect fair treatment.

Store deals and discounts are for everyone, regardless of whether using WIC or not.

Use it or lose it! Plan your WIC shopping to make the most of your benefits.

WIC benefits DO NOT roll over from month to month. Make sure to finish your WIC shopping before midnight Eastern Time on the end date of your benefit period.

Having trouble using your WIC benefits at the store or being asked to pay out-of-pocket?

A store should not be asking you to pay out of pocket for WIC foods covered by your available benefit balance. You can ask for the item to be removed so you do not have to pay for the unexpected costs. The cashier's register can show error messages that help find the reason behind the unexpected out-of-pocket cost. If the item shows as:

- Not WIC Approved: This is likely the wrong item or not in the store's system. You can ask store staff to help troubleshoot or find the correct item.
- Not Available to Cardholder: This item is WIC-approved but is not covered by your specific WIC benefits.

Still need help? Let us know. We are here to help.

Including the following information will help us better assist you:

- Take pictures of both the front and back of items you believe should be purchasable but is not working.
- Include the barcode so we know exactly which item to investigate.
- Keep your receipt for us to see the purchase details and follow up with the store if we need to.
- Then visit www.Michigan.gov/WIC and click "Submit a Complaint" or contact your local WIC clinic for help.