Florida WIC Foods

July 2016

Florida HEALTH

This institution is an equal opportunity provider.

Whole Grains

100% Whole Wheat Bread

16 oz (1 lb) loaf only. Allowed brands:

- Bimbo
- Nature's Own Sugar Free
- Nature's Own with Honey
- Pepperidge Farm Light Style, Stone Ground, or Very Thin
- Roman Meal Sungrain
- Sara Lee
- Wonder

100% Whole Wheat Pasta

16 oz (1 lb) size only.

ANY BRAND, ANY SHAPE

100% whole wheat pasta (macaroni product). "Whole wheat flour" and/or "whole durum wheat flour" must be the only flours listed in the ingredient list.

No added vegetables, sugars, fats, oils, or salt (sodium).

100% Whole Wheat Tortillas

16 oz (1 lb) bag only.

ANY BRAND

100% whole wheat tortillas

"Whole wheat flour" must be the only flour listed in the ingredient list.

Corn Tortillas

16 oz (1 lb) bag only.

Allowed brands:

- Best Choice
- Celia's
- Chi-Chi's
- Daisy
- Don Pancho
- Essential Everyday
- Guerrero
- La Autentica
- La Banderita
- La Burrita
- La Guera
- La Real
- Mi Panchito
- Mi Tia
- Mission
- Pepito
- ShurFine

No taco shells or tortilla chips.

Brown Rice

ANY BRAND

14 to 16 oz (1 lb) bag or box.

Regular, Instant, or Boil-in-Bag

No white rice or wild rice.
No added ingredients such as seasonings.
No rice in jars. No frozen rice.

100% Fruit Juice

Children receive juice in 64 oz bottles (btl), cartons, or jugs.
A gallon size (128 oz) bottle of juice will count as 2 (two) 64 oz bottles.
A 16 oz can of juice concentrate can be bought instead of a 64 oz bottle.

Women receive juice in 48 oz bottles (btl). A 96 oz bottle of juice will count as 2 (two) 48 oz bottles. An 11.5 or 12 oz can of juice concentrate can be bought instead of a 48 oz bottle.

Apple, Grape, Pineapple, and White Grape Juices must be labeled as 120% or more vitamin C per 8 oz serving. May buy juice that has added calcium or vitamin D.

No added sugar or syrup. No juice drinks, beverages, cocktails, or "light" juice. No juice blends.

Plastic Bottles or Jugs

ANY BRAND 48 oz, 64 oz, 96 oz, and Gallon (128 oz) sizes.

Apple and Orange are the only allowed flavors of Juicy Juice.

Note: Other Juicy Juice products such as Grape, White Grape, and Orange Tangerine are not allowed because they are juice blends.

- Apple
- Grape
- Orange
- Pineapple
- White Grape
- White Grapefruit

No Apple Cider or Natural Apple Juice. No Kedem Juice. No Welch's 96 oz size. No Welch's with Fiber or with Calcium.

Refrigerated Plastic Jugs or Cartons

◆ **LEAST EXPENSIVE BRAND**

Gallon (128 oz)

- ◆ Orange

Half-gallon (64 oz)

- ◆ Orange
- ◆ Pink Grapefruit
- ◆ Ruby Red Grapefruit
- ◆ White Grapefruit

Frozen Concentrate

◆ **LEAST EXPENSIVE BRAND 11.5 oz, 12 oz, and 16 oz sizes.**

Note: 11.5 & 12 oz sizes are considered to be the same size when comparing prices.

- ◆ Apple
- ◆ Grape
- ◆ Orange
- ◆ Pineapple
- ◆ White Grape
- ◆ White Grapefruit

Non-Frozen Concentrate

11.5 oz size.

- Welch's Grape

Welch's frozen and non-frozen concentrate must have yellow top.

Breakfast Cereal

11 to 36 oz box or bag. **Allowed items are only those listed.** *Cereals with ★ contain 51% or more whole grain.* *GF = Gluten Free*

No other sizes, flavors, or varieties are allowed.

General Mills

- Cheerios ★ *GF*
- Cheerios+ Ancient Grains ★
- MultiGrain Cheerios ★ *GF*
- Corn Chex *GF*
- Rice Chex *GF*
- Wheat Chex ★
- Wheaties ★
- Total Whole Grain ★
- Dora the Explorer
- Berry Berry Kix ★
- Honey Kix ★
- Kix ★

Kellogg's

- All Bran Complete Wheat Flakes ★
- Corn Flakes
- Rice Krispies
- Frosted Mini-Wheats:
  - Original ★
  - Little Bites ★
- Mini-Wheats Unfrosted ★

Post

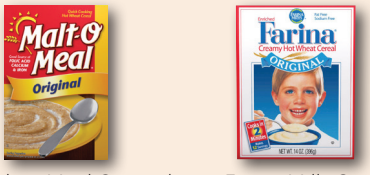
- Alpha-Bits ★
- Bran Flakes ★
- Grape-Nuts ★
- Grape-Nuts Flakes ★
- Honey Nut Shredded Wheat ★
- Honey Bunches of Oats Whole Grain:
  - Honey Crunch ★
  - Vanilla Bunches ★

Quaker

- Instant Grits Original
- Instant Oatmeal Original ★
- Life Original ★
- Oatmeal Squares:
  - Brown Sugar ★
  - Cinnamon ★

Malt-o-Meal

- Corn Flakes
- Crispy Rice *GF*
- Scooters ★



- Malt-o-Meal Original Hot Wheat
- Farina Mills Original Hot Wheat Farina

- Frosted Mini Spooners ★
- Strawberry Cream Mini Spooners ★

- Blueberry Mini Spooners ★

Any Store Brand or Ralston Foods Brand of the following:

- Bran Flakes ★
- Corn Crisps or Bites
- Corn Flakes
- Crisp or Crispy Rice
- Crunchy Nuggets ★
- Crunchy Oat Squares ★
- Crunchy Wheat ★
- Crunchy Wheat & Barley ★
- Frosted Shredded Wheat ★
- Frosted Strawberry Shredded Wheat ★
- Frosted Strawberry Cream Shredded Wheat ★
- Frosted Wheat ★
- Happy O's ★
- Instant Grits Original
- Instant Oatmeal Original or Regular ★
- Krunch Nutties ★
- Live Life 100% Oat Cereal ★
- Lively Oats/Live It Up! ★
- MultiGrain Flakes
- MultiGrain Medley ★
- MultiGrain Tasteeos ★
- MultiGrain Toasted Cereal ★
- Nutty Nuggets ★
- Oat Cereal (square-shaped) ★
- Oat Squares/Oat Wise ★
- Original Oat Crunch ★
- Rice Crisps or Toasted Rice (no flakes)
- Rice or Corn Biscuits/Squares
- Square-Shaped Rice or Corn
- Square-Shaped Wheat ★
- Tasteeos ★
- Toasted Corn
- Toasted Multi-Grain Spins ★
- Toasted Whole-Grain Oat Spins ★
- Toasted Oats or Crispy Oats ★
- Toasted Rollin' Oats ★
- Toasted Wheat ★
- Wheat Biscuits/Squares/Crisps ★
- Wheat & Crunchy ★
- Wheat Flakes

B & G Foods

- Cream of Rice (Crema de Arroz) *GF*
- Cream of Rice Instant *GF*
- Cream of Wheat Whole Grain ★
- Cream of Wheat Instant Whole Grain ★

Keep track of the cereal balance left on your WIC EBT card. Plan your cereal purchase so you are able to use all of the ounces (oz) for the month. If you buy 12, 18, 24, and 36 oz sizes of cereals, you will be more likely to use all of your cereal ounces.

Milk

◆ **LEAST EXPENSIVE BRAND**

Your shopping list will state the allowed fat level, quantity, size, and type of milk that you may purchase.

May buy calcium fortified/enriched milk or milk with probiotics such as acidophilus or bifidus if it is the LEAST EXPENSIVE AVAILABLE of that size and fat level.

No goat's milk, nut milk, rice milk, or other grain milks.
No flavored milk, kefir, or buttermilk.

Whole Milk (for children 1 year of age)

1% Lowfat or Fat Free Milk (for women and children 2 years of age and older)

2% Reduced Fat Milk (under special circumstances for women and children)

Refrigerated milk
◆ Gallon = gal ◆ Half-gallon = hgl ◆ Quart = qt
◆ 2 pack of gallon size

The following types of milk may only be purchased when listed on the shopping list:

Evaporated Milk
◆ 12 oz can evaporated milk (whole)
◆ 12 oz can fat free evaporated milk (skim)
No filled milk. No "2% lowfat" evaporated milk.

Lactose Free Milk
◆ Half-gallon = 0.50 gal
◆ 96 oz = 0.75 gal
◆ Quart = 0.25 gal

UHT Milk
◆ Quart = qt

Nonfat Dry Milk
◆ 3.2 oz pouch (makes 1 qt) = 0.25 gal
◆ 9.6 oz box/pouch (makes 3 qt) = 0.75 gal
◆ 16 oz box (makes 5 qt) = 1.25 gal
◆ 25.6 oz box/pouch (makes 8 qt) = 2.00 gal
◆ 32 oz box (makes 10 qt) = 2.50 gal
◆ 64 oz box (makes 20 qt) = 5.00 gal

Soymilk
Allowed refrigerated brands: 8th Continent Original Soymilk, Great Value Soymilk, or Silk Original Soymilk
◆ Half gallon (hgl)
◆ 2 pack of half gallon size

Allowed shelf-stable brand:
Emily's Table Original Soymilk in half gallon
No quart (32 oz) size.
No fat free or light.
No vanilla, chocolate, or other flavors.

Cheese

◆ **LEAST EXPENSIVE BRAND**
No other sizes, flavors, or varieties.
No cheese with added ingredients.

◆ **Deluxe American Cheese Slices** 16 oz (1 lb) package.
No cheese product or cheese food. No individually-wrapped slices.
No 2% reduced fat American.

◆ **Mild or Medium Cheddar Cheese in Slices, Shredded, or Block** 8 oz or 16 oz (1 lb) package. No 2% reduced fat, fat free, or white Cheddar.

◆ **Part Skim Mozzarella Cheese in Slices, Shredded, Block, or Round** 8 oz or 16 oz (1 lb) package.
No whole milk, 2% reduced fat, or fat free Mozzarella.

Fruits and Vegetables

Fresh
- **ANY BRAND**, variety, size, or mixture of fresh fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, or oil.
- Whole or cut up.
- Loose or packed in bags or plastic containers.
- Fresh garlic, onions, scallions, cassava, and yuca are allowed.

Canned (also includes plastic or glass containers)
- **ANY BRAND**, variety, size, or mixture of canned fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.
- Canned fruit must be packed in water or fruit juice and may not have added salt.
- Canned vegetables may be with or without salt and may have added seasonings or spices.
- Applesauce with no sugar added and applesauce/fruit blends with no sugar added.
- Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, diced tomatoes, and salsa with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.
- Canned beans and peas such as green peas, green beans, wax beans, snap beans, and snap peas are allowed. *Note: Canned green peas and whole kernel corn may have added sugar. Mixed vegetables may include any type of bean.*

Frozen
- **ANY BRAND**, variety, size, or mixture of frozen fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, meat, pasta, rice, or sauce. Frozen vegetables may be with or without salt.
- Any frozen beans or peas such as lima beans and blackeye peas are allowed.

All types of fresh, frozen, and canned potatoes are allowed as long as they have no added sugar, syrup, artificial sweeteners, fat, oil or meat.

No items from the salad bar, party trays, or fruit baskets.
No decorative fruits or vegetables, painted pumpkins, or gourds.
No herbs and spices. No minced garlic in jars. No ginger root.
No edible blossoms, flowers, or plants.
No dried or dehydrated fruits or vegetables.
No baby and toddler fruits and vegetables.
No pouches of fruit purees or fruit pulps. No frozen fruit bars.
No beverages such as fruit juice, tomato juice, and vegetable juice.
No nuts, coconuts, or fruit-nut mixtures.
No ketchup, relishes, pickles, olives, sauerkraut, or mustard.
No jelly, jams, fruit preserves, or apple butter.
No dry or canned beans/peas that are allowed in Bean category.

If the total price of the allowed fruits and vegetables selected by the WIC customer is more than the dollar limit of **Fruits and Vegetables**, the customer can choose to pay the difference in cash or another form of acceptable payment at check-out time. Or, the WIC customer can remove some of the fruits and vegetables from the purchase so that the cost is less than or equal to the dollar limit. If the dollar amount of the purchase is less than the dollar limit, no change is to be given to the WIC customer.

Organic products are not allowed with any WIC purchases except when buying Fruits and Vegetables.

When added sugar or syrup is not allowed, this includes: sugar, sucrose, corn syrup, high-fructose corn syrup, maltose, dextrose, honey, and maple syrup. When added artificial sweeteners are not allowed, they include: Splenda®, NutraSweet®, Equal®, aspartame, saccharin, sucralose, and acesulfame-K.

Baby Foods

Allowed items are only those listed.

Baby Cereal

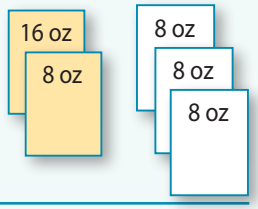
8 oz or 16 oz box or plastic container.

Beech-Nut, Gerber, Parent's Choice, Tippy Toes, Up & Up

- MultiGrain
- Oatmeal
- Rice
- Whole Wheat

No added ingredients such as fruit, formula, yogurt, or DHA.

Examples of how to buy 24 oz baby cereal:



Baby Fruits and Vegetables

ANY BRAND of baby fruits, vegetables, or fruit & vegetable combinations in only these sizes:

Jar: 4 oz Package: 8 oz with two 4 oz containers

Regular and Organic are allowed including Baby Basics, Beech-Nut, Earth's Best, Full Circle, Gerber, and Wild Harvest. No pouches.

No added ingredients such as DHA, sugars, starches, salt, sodium, meat, poultry, cereal, noodles, rice, yogurt, raisins, granola, oatmeal, chia, quinoa, or amaranth. No desserts, dinners, or casseroles. No toddler foods.

You can buy your baby fruits and vegetables with any combination of packages or jars that add up to the total ounces (oz) you receive per month. Here are some examples of how to buy:

64 oz: 16 - 4 oz jars OR 8 - 8 oz packages
128 oz: 32 - 4 oz jars OR 16 - 8 oz packages
256 oz: 64 - 4 oz jars OR 32 - 8 oz packages

Baby Meats

For breastfed babies who receive no formula from WIC.

2.5 oz jar only.

Baby Basics, Beech-Nut, Gerber, Tippy Toes

- Beef & Beef Broth/Gravy
- Chicken & Chicken Broth/Gravy
- Ham & Ham Gravy
- Turkey & Turkey Broth/Gravy

No meat sticks.

Yogurt

For women and children 2 years of age and older.

ANY BRAND, ANY FLAVOR

Nonfat or Lowfat Yogurt (0 to 2% fat) with no more than 40 grams sugar per 8 oz serving or 20 grams sugar per 4 oz serving. "Greek" yogurt is allowed.

For each "tub" on shopping list, these sizes may be purchased:

- one 32 oz (2 lb) tub OR
- one 32 oz (2 lb) package with eight 4 oz servings OR
- two 16 oz (1 lb) packages with four 4 oz servings

No yogurt with artificial sweeteners or stevia—many of these yogurts are called "LIGHT" yogurt. No smoothies.

Eggs

◆ **LEAST EXPENSIVE BRAND**

1 dozen (doz) white chicken eggs in
◆ large OR ◆ extra large OR ◆ jumbo

Half dozen size may be purchased.

No specialty or low cholesterol eggs. No brown eggs.

Peanut Butter

16 to 18 oz jar only.

ANY BRAND Peanut Butter
Creamy, Crunchy, Chunky, Extra Crunchy, Smooth, Super Chunk, or Natural

No spreads, whipped, or reduced fat.
No Peter Pan Plus, Jif Omega 3, or Simply Jif.
No Natural Jif, Peter Pan, or Skippy (these are spreads).
No added artificial sweeteners, honey, marshmallow, chocolate, or jelly.

Light Tuna & Pink Salmon

For women who are fully breastfeeding or pregnant with more than one baby.

5 to 14.75 oz can only.
ANY BRAND light tuna and/or pink salmon packed in water, spring water, or oil.

No white, albacore, or yellow fin tuna. No sockeye or red salmon. No pouches. No olive oil, lemon, flavored, gourmet, smoked, grilled, blackened, or added ingredients. No low or less sodium.

Beans

For each bag of beans on your EBT card, you can buy either a 16 oz bag of dry beans OR 4 (four) 15 to 16 oz cans of beans.

Each can of beans counts as 0.25 bag.
1.00 bag = 4 cans 0.50 bag = 2 cans
0.75 bag = 3 cans 0.25 bag = 1 can

Examples of beans include, but are not limited to: black beans, blackeye peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, lima beans, navy beans, pink beans, pinto beans, pigeon peas, red beans, soybeans, split peas, and white beans.

Dry Beans 16 oz (1 lb) bag only.
ANY BRAND is allowed.
No smaller sizes. No flavored, seasoned, gourmet, or soup mixes.

Canned Beans 15 to 16 oz can only.
ANY BRAND is allowed. May be with salt or reduced sodium. May have added sugar, syrup, or dextrose. No canned green peas, green beans, wax beans, or snap beans. No soups. No chili beans, seasoned beans, refried beans, or baked beans. No added meat, fat, oil, or artificial sweeteners.

At the store, always have:

1. Your WIC EBT card
2. The Florida WIC Foods pamphlet
3. The WIC EBT shopping list
4. Most recent store receipt from a WIC EBT purchase

At the bottom of the store receipt you will see how much food is left on your card for the current month.

EXAMPLE
Bottom of Store Receipt from WIC Purchase

QTY	UNITS	DESCRIPTION
1.00	lb	Cheese 16 oz package
2.00	doz	Large White Eggs
72.00	oz	Breakfast Cereal
2.00	jar	Peanut Butter
2.00	lb	Whole Grains
4.00	gal	1% or Fat Free Milk
4.00	btl	Juice64oz (128 oz=2)
12.00	$$$	Fruits + Vegetables

******* CARDHOLDER COPY ********

WIC EBT Customer Service
1.866.629.1095
www.FloridaWIC.org

Call the toll-free number or visit the website:

- If you lose your WIC EBT card
- If you forget your 4-digit secret PIN
- If you do not know what foods are available on your WIC EBT card
- If your card won't work
- If you have other questions

Florida Department of Health
WIC Program
1.800.342.3556

- Cashiers must honor all store or manufacturer promotions such as buy one, get one free; buy one, get one at a reduced price; manufacturer cents-off coupons; and store savings card or customer reward card presented by the WIC customer. If a cents-off coupon makes a product the least expensive brand, the WIC customer may choose that brand.

- WIC customers may never receive cash refunds, gift cards, change, rain checks, or IOUs in exchange for a WIC EBT card or food/formula obtained with a WIC EBT card. WIC customers are not to exchange foods obtained with a WIC EBT card, except for exchanges of an identical item when the original item is defective, spoiled, or outdated. Baby formula purchased with a WIC EBT card may not be exchanged for another brand or type of formula. Formula can only be exchanged for a different brand or type at the WIC office. WIC customers can be taken off of the WIC program for selling WIC foods or trying to get a cash refund for WIC foods. This includes selling on eBay, Craigslist, other websites or in person.

Smart Shopping with your WIC EBT Card

EBT stands for **Electronic Benefits Transfer**. EBT is a simple, secure, and convenient way to buy your WIC foods. All of the foods for your family will be together on one card. There will be a begin date and end date to buy your family's food each month. You can choose how little or how much you want to buy each time you go grocery shopping with your WIC EBT card. Make sure you buy all of the foods on your shopping list within the allowed dates. Benefits will be in your food account at 12:00 midnight on the beginning date and will expire at 12:00 midnight on the ending date.

In the WIC Office

You will receive your WIC EBT card. To use your new EBT card, you will need to have a 4-digit secret code called a PIN which stands for Personal Identification Number. WIC staff will give you information about how to set up your PIN. When choosing a PIN, choose 4 numbers that are easy for you to remember, but hard for someone else to figure out. Don't use the same number, like 1111, or a sequence of numbers, like 1234, for your PIN. Keep your PIN a secret.

You will receive a Florida WIC EBT Shopping List. The shopping list shows all of your family's WIC foods for each month.

You will receive a list of stores where you can use your WIC EBT card.

In the Check-Out Line

- Give the cashier any coupons.
- Some stores may tell you to separate your WIC foods from other foods.
- Then the cashier will tell you when to swipe your EBT card and when to enter your PIN. Note: Once you swipe your card and select "yes," the transaction cannot be canceled or voided.
- The cashier will then give you a receipt.
- The receipt will tell you what foods you bought with your WIC EBT card and what foods you have left on your card.

Returning to the WIC Office

- Keep your WIC EBT card and bring it with you each time you come to the WIC office.
- You will get your WIC foods for each month put on the same card.

Take Care of your WIC EBT Card

- DO NOT write your PIN on your card.
- DO NOT keep your PIN in your purse or wallet.
- DO NOT give your PIN to anyone that you do not want to use your card.
- DO NOT bend your card.
- DO NOT place your card in direct sunlight, such as on a car's dashboard.
- Keep your card safe and clean.
- Keep your card away from items such as magnets, cell phones, TVs, and microwaves.

What should I do if my card is lost or stolen?

Call **Customer Service** at **1.866.629.1095**. Then you will need to contact your local WIC office about getting a replacement card. If you lose your card, the card will no longer be able to be used even if you find it later.

What if I enter the wrong PIN?

If the correct PIN is not entered by the third try, your PIN will be locked to prevent someone from guessing your PIN and getting your food benefits. Your account will unlock after midnight. After that you will get one more try to enter your PIN correctly. If locked out again, call **1.866.629.1095**.

What should I do if someone finds out my PIN?

If someone has your PIN who should not have it, immediately call **Customer Service** at **1.866.629.1095** and change your PIN.

How will I know my food account balance?

The receipt from every purchase shows the balance, so the easiest way to know your account balance is to **keep your receipt.** If you don't have your last receipt, get your balance from **Customer Service** at **1.866.629.1095** or go to the WIC EBT website at **www.FloridaWIC.org** or from a WIC EBT **Point-of-Sale (POS)** machine. You should always check the amount of approved foods remaining before you shop.