

Smart Shopping with your WIC EBT Card



**Florida Department of Health
WIC Program**



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.

Smart Shopping with your WIC EBT Card



- 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.



Smart Shopping with your WIC EBT Card

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**.
- To set up your PIN, you will put your 4-digit number into a PIN pad. You will have to enter it twice.
 - ✓ Don't write down your PIN on the EBT card.
 - ✓ Keep your PIN a secret.



Smart Shopping with your WIC EBT Card

In the WIC Office

- 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.



Florida WIC EBT Shopping List Page 1 of 1

Next appointment: _____
As of: July 25, 2013 1:34 PM
Authorized Representative Name: [REDACTED] Clinic#: 111120
Family ID#: 118681 Clinic Name: Miami-Dade North Miami Beach WIC Clinic
Phone #: (786) 236-1350

Your WIC foods for July 15, 2013 to August 14, 2013 are:

1 DOZ	108687711	
1 LB		CHEESE 16 OZ PACKAGE
1 DOZ		LARGE WHITE EGGS
36 OZ		BREAKFAST CEREAL 11-36 OZ PKG
1 JAR		PEANUT BUTTER 16-18 OZ JAR
2 LB		WHOLE GRAINS 14-16 OZ PKG
8 SSS		FRUITS + VEGETABLES
1 QT		1% FAT MILK-48 FLUIT QUART SIZE
1 GAL		1% OR FAT FREE MILK- REFROG OR DRY
2 BTL		JUCYSAUCE (128 OZ=2)

You can anticipate receiving the following WIC foods for August 15, 2013 to September 14, 2013.
However, if the WIC status of a family member changes before the benefits are available, the foods you receive may also change.

1 DOZ	108687711	
1 LB		CHEESE 16 OZ PACKAGE
1 DOZ		LARGE WHITE EGGS
36 OZ		BREAKFAST CEREAL 11-36 OZ PKG
1 JAR		PEANUT BUTTER 16-18 OZ JAR
2 LB		WHOLE GRAINS 14-16 OZ PKG
8 SSS		FRUITS + VEGETABLES
1 QT		1% FAT MILK-48 FLUIT QUART SIZE
1 GAL		1% OR FAT FREE MILK- REFROG OR DRY
2 BTL		JUCYSAUCE (128 OZ=2)

You can anticipate receiving the following WIC foods for September 15, 2013 to October 14, 2013.
However, if the WIC status of a family member changes before the benefits are available, the foods you receive may also change.

1 DOZ	108687711	
1 LB		CHEESE 16 OZ PACKAGE
1 DOZ		LARGE WHITE EGGS
36 OZ		BREAKFAST CEREAL 11-36 OZ PKG
1 JAR		PEANUT BUTTER 16-18 OZ JAR
2 LB		WHOLE GRAINS 14-16 OZ PKG
8 SSS		FRUITS + VEGETABLES
1 QT		1% FAT MILK-48 FLUIT QUART SIZE
1 GAL		1% OR FAT FREE MILK- REFROG OR DRY
2 BTL		JUCYSAUCE (128 OZ=2)

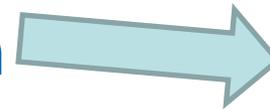
WIC is an equal opportunity provider.

Smart Shopping with your WIC EBT Card

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.



WIT WIC-1
2965 MUNICIPAL WAY, TALLAHASSEE, FL 32304
414-815-0000

STORE ID: FL1001
TERM ID: FL1001001
CLERK ID: 999
DATE & TIME: 02/25/2013 02:02 PM
SEQ NUMBER: 044
CARD: *****0000
AUTH CODE: 000064

WIC PURCHASE

QTY	UNITS	DESCRIPTION	PRICE
12.00	oz	KELL RICE KRISPIES GF	1.00
1.00	cb	1.00 @ \$1.00	1.00
1.00	cb	SENECA APPLE JUICE	3.49
1.00	Jar	1.00 @ \$3.49	3.49
1.00	Jar	JIF REG PMUT BUTTER_CRMV	2.99
1.00	oz	1.00 @ \$2.99	2.99
0.69	\$\$\$	Use W/ All Commodities	0.69
0.69	\$\$\$	0.69 @ \$1.00	0.69

TOTAL ITEMS SOLD = 3
\$0.69 - Fruits & Veggies

PURCHASE SUBTOTAL 8.17
DISCOUNTS APPLIED 0.00
APPROVED PURCHASE TOTAL 8.17

BALANCE DUE - \$0.00

BENEFITS EXPIRE ON 06-27-2013

QTY	UNITS	DESCRIPTION	PRICE
1.00	lb	Cheese 16 oz package	
1.00	doz	Large White Eggs	
36.00	oz	Breakfast Cereal	
1.00	Jar	Peanut Butter	
2.00	lb	Whole Grains	
1.00	qt	1% Fat Milk-REF/HT	
3.00	gal	1% or Fat Free Milk	
2.00	btl	Juice64oz (128 oz=2)	
6.00	\$\$\$	Fruits + Vegetables	

*** CASHIER COPY ***

Smart Shopping with your WIC EBT Card

- 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.

Smart Shopping with your WIC EBT Card

In the Check-Out Line

- Tell the cashier that you will be using a WIC EBT card.
- Give the cashier any coupons.
- Some stores may tell you to separate your WIC foods from other foods.



Smart Shopping with your WIC EBT Card



In the Check-Out Line

- Then the cashier will tell you when to swipe your EBT card and when to enter your PIN (4-digit secret number).
- 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.

WIT MIC-1
2965 MUNICIPAL WAY, TALLAHASSEE, FL 32304
414-815-0000

STORE ID: FLJ001
TERM ID: FLJ001001
CLERK ID: 999
DATE & TIME: 02/25/2013 02:02 PM
SEQ NUMBER: 044
CARD: *****0000
AUTH CODE: 000064

WIC PURCHASE

QTY	UNITS	DESCRIPTION	PRICE
12.00	oz	KELL RICE KRISPIES GF	
		1.00 @ \$1.00	1.00
1.00	cb	SENECA APPLE JUICE	
		1.00 @ \$3.49	3.49
1.00	Jar	JIF REG PNT BTTR DRRY	
		1.00 @ \$2.99	2.99
0.69	\$\$\$	Use W/ All Commodities	0.69

TOTAL ITEMS SOLD = 3

\$0.69 - Fruits & Veggies

PURCHASE SUBTOTAL 8.17
DISCOUNTS APPLIED 0.00
APPROVED PURCHASE TOTAL 8.17

BALANCE DUE = \$0.00

BENEFITS EXPIRE ON 06-27-2013

QTY	UNITS	DESCRIPTION
1.00	lb	Cheese 16 oz Package
1.00	doz	Large White Eggs
36.00	oz	Breakfast Cereal
1.00	Jar	Peanut Butter
2.00	lb	Whole Grains
1.00	qt	1% Fat Milk-Ref/UNT
3.00	gal	1% or Fat Free Milk
2.00	btl	Juice64oz (128 oz=2)
6.00	\$\$\$	Fruits + Vegetables

*** CARDHOLDER COPY ***

Smart Shopping with your WIC EBT 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 card so it does not get damaged or lost.
- If you lose your card, the card will no longer be able to be used even if you find it later. Also, there may be a delay in getting a new card.

Smart Shopping with your WIC EBT Card

Shopping for WIC Foods and Healthy Eating Tips



Breakfast Cereal



- **Buy cereals that are higher in whole grains like oatmeal, whole wheat, and whole grain corn.**
- Cereal is allowed in **11 to 36 oz sizes.**
- 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 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.

Smart Shopping with your WIC EBT Card



Dairy Foods

Try to make Dairy Foods such as milk, cheese, and yogurt a part of meals and snacks. Dairy Foods are packed with vitamins, minerals and protein for strong bones and healthy bodies.

Milk

- Your WIC EBT shopping list will show you the container size, amount, and type of milk you are able to buy.
- You must buy the **least expensive available** of the type and size of milk shown on your shopping list.



Smart Shopping with your WIC EBT Card

Cheese

- Buy the **least expensive available** of  of cheese allowed
- **Deluxe American Cheese Slices** 16 oz (1 lb) package.
- **Mild or Medium Cheddar Cheese** in Slices, Shredded, or Block 8 oz or 16 oz (1 lb) package.
- **Part Skim Mozzarella Cheese** in Slices, Shredded, Block, or Round 8 oz or 16 oz (1 lb) package.

Smart Shopping with your WIC EBT Card

Yogurt

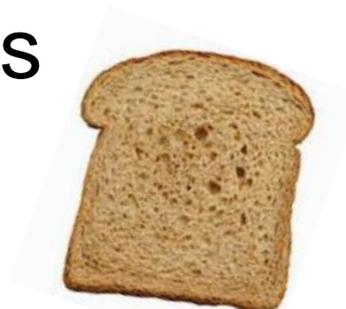


- **For women and children 2 years of age and older.**
- **Any Brand, Any Flavor** Nonfat or Lowfat Yogurt (0 to 2% fat) with no more than 40 grams sugar per 8 oz serving or 20 grams sugar per 4 oz serving. “Greek” yogurt is allowed.
- **For each “tub” on shopping list, these sizes may be purchased:**
 - 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

Whole Grains

Buy one of the following for each 1 pound (lb) of whole grains that is listed on your shopping list:

- 16 oz package of 100% whole wheat bread, pasta, or tortillas
- 14 to 16 oz box or bag of brown rice
- 16 oz bag of corn tortillas



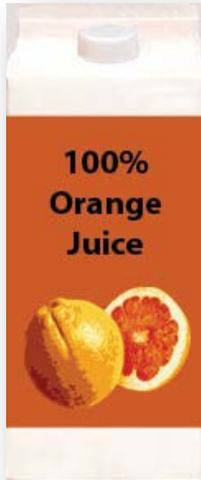
Beans



- **Dry or canned beans, peas, and lentils are very good sources of fiber and protein. Plan a few meals a week with these foods.**
- 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



Fruit Juice



- **100% fruit juices are excellent sources of vitamin C.**
- **Young children should have no more than 4 to 6 oz of juice per day.**
- **Children receive 64 oz bottles, cartons, or jugs**
Gallon size bottle = 2 - 64 oz bottles
- **Women receive 48 oz bottles**
96 oz bottle = 2 - 48 oz bottles
11.5-12 oz can juice concentrate = 48 oz bottle
- Buy the **least expensive available** of the size and flavor of refrigerated juice and frozen juice that you select.

Fruits & Vegetables



- Choose **fresh, frozen, or canned** fruits and vegetables (regular and organic) when using the **fruit and vegetable dollar amount** on your WIC EBT shopping list.
- Buy only those canned and frozen fruits with no added sugar, syrup, or artificial sweeteners.
- Choose vegetables with no fat or oil.

Peanut Butter



- **Peanut butter is a good source of protein.**
- Buy any brand of peanut butter in a 16 to 18 oz jar.

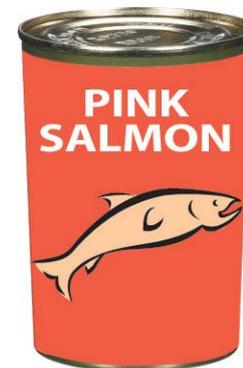
Eggs



- Eggs are a good source of protein.
- Buy the **least expensive available.**
- **1 dozen (doz) white chicken eggs in large OR extra large OR jumbo**
- Half dozen size may be purchased.

Light Tuna & Pink Salmon

- Women who are fully breastfeeding or pregnant with more than one baby will receive canned fish.
- Canned fish may be purchased in can sizes from 5 to 14.75 oz.
- Plan your purchase of canned fish so you are able to use all of the ounces for the month.



Baby Foods



- Buy the baby foods on your WIC EBT shopping list and feed these foods to your baby **from 6 months until 1 year of age.**
- Most babies will receive **baby cereal** and **baby fruits and vegetables** (regular and organic). Babies who are fully breastfed will also receive **baby meats.**
- At 9 months, you can choose fruit and vegetable dollars in place of half of the baby fruits and vegetables.

WIC EBT Customer Service

1-866-629-1095 OR

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 you have other questions**