Smart Shopping with your WIC EBT Card

Florida Department of Health
WIC Program

This institution is an equal opportunity provider.
• **EBT** stands for **Electronic Benefits Transfer**.

• EBT is a simple, secure, and convenient way to buy your WIC foods.
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• 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.
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.
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.
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.
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.
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.
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.
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.
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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 9 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.
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.
Cheese

- ANY BRAND
- 8 oz or 16 oz (1 lb) package slices, shredded, block, round, string, or cubes of cheeses listed below. Whole milk, part skim, reduced fat, lowfat, and any blends of the cheeses listed below are allowed. Non-smoked and smoked cheeses are allowed.

  - **American Deluxe**
  - **Cheddar** - mild, medium, sharp & extra sharp
  - **Colby**
  - **Monterey Jack**
  - **Mozzarella**
  - **Muenster**
  - **Provolone**
  - **Swiss**
Yogurt

- ANY BRAND, ANY FLAVOR including Greek Yogurt
- Whole Milk Yogurt (for children 1 year of age)
- Nonfat or Lowfat Yogurt (0 to 2% fat) (for women and children 2 years of age and older)
- 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 size of 100% whole wheat bread, pasta, or tortillas
• 14-16 oz bag or box brown rice (28-32 oz bag or box = 2 lb)
• 16 oz bag of corn tortillas
• 16 oz bag, box or container of oatmeal, oats, bulgur, or cracked wheat (32 oz bag, box or container = 2 lb)
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
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, & Mackerel

• 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 15 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. Babies who are fully breastfed will also receive baby meats.
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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