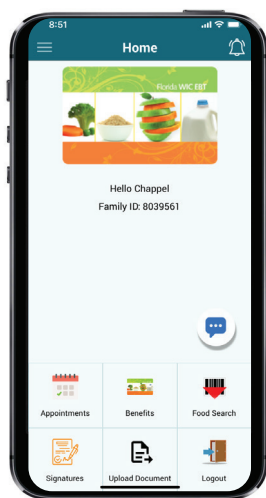


Smart Shopping with your WIC EBT Card



Florida WIC App

Use the Florida WIC App on your smartphone to view information about your WIC food benefits.



To get started, visit the App Store or Google Play to install the App or scan the QR code. Use your Florida WIC EBT card to register.



Canned Fish

Fish is a good source of protein.

- Women and children receive the following canned fish: light tuna, pink salmon, mackerel (Atlantic and Pacific Chub), and sardines.
- Plan your purchase of fish so you are able to use all of the ounces for the month.



FloridaWIC.org

When grocery shopping, always have:

1. **Your WIC EBT card** Make sure you know your PIN number.
2. **The Florida WIC Foods pamphlet** This lists the brands and sizes of foods that you are allowed to buy.
3. **Your WIC EBT shopping list**



This will tell you the foods that you are able to buy for your family each month. The food for everyone in your family will be added together. For example, if 3 people in your family each receive 36 oz of breakfast cereal each month, there will be 108 oz of breakfast cereal on your WIC EBT card.

You can choose how little or how much you want to buy each time you shop with your WIC EBT card. Make sure you buy all of the foods on your shopping list within the allowed dates.

Organic products are not allowed with any WIC purchases except when buying fruits and vegetables, baby foods, and tofu.

Dairy Products and Plant-Based Products

Dairy products and the WIC-allowed plant-based products 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.



CHEESE Buy any brand of 16 or 32 oz package of 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 Monterey Jack Muenster
Swiss Colby Mozzarella Provolone
Cheddar-mild, medium, sharp, and extra sharp



YOGURT Plan your yogurt purchases so you are able to use all of the ounces for the month.

- Yogurt for children 1 year of age includes lowfat, reduced fat, or whole milk yogurt.
- Yogurt for women and children 2 years of age and older includes nonfat, lowfat, or reduced fat yogurt.
- Check the Florida WIC App or Florida WIC Foods pamphlet for allowed sizes and types of yogurt.



PLANT-BASED MILK ALTERNATIVE Your WIC EBT shopping list will show you the container size, amount, and brands of **soymilk** and **pea & oatmilk blend** that you are able to buy. WIC only allows products that have 8 grams of protein per cup and also must be fortified to a specific amount of vitamins and minerals.

TOFU Any brand in a 14 to 16 oz package. Check the Florida WIC App or Florida WIC Foods pamphlet for calcium requirements for tofu.

Smart Shopping with your WIC EBT Card

Whole Grains

Eating whole grain foods that have fiber, as part of an overall healthy diet, can support healthy digestion.

- Whole grains may be purchased in 12 to 42 oz loaf, box, bag, or package. Plan your whole grain purchases so you are able to use all of the ounces for the month.
- WIC allows the following whole grain foods: whole wheat and whole grain breads, buns, and rolls; brown rice; whole wheat pasta; corn and whole wheat tortillas; oats or oatmeal; and bulgur.



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 WIC EBT card, you can buy either a 16 oz bag of dry beans OR four 15 to 16 oz cans of beans. If you have 2 bags of beans on your WIC EBT card, you can buy one 32 oz bag.
- 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
- When 0.75, 0.50, or 0.25 bag is left on your WIC EBT card, you can only buy canned beans.



Peanut Butter

Peanut butter is a good source of protein.

- Buy any brand of peanut butter in a 15.5 to 18 oz jar.
- Peanut butter spreads are not allowed.



Eggs

Eggs are a good source of protein.

- Buy any brand of white eggs in Medium or Large in one dozen (12 count) size.
- WIC clients who do not want or cannot eat eggs may request beans and/or peanut butter in place of eggs.



Fruits and Vegetables

Make half your plate fruits and vegetables.

- Choose **fresh, frozen, or canned fruits and vegetables**. Fresh herbs may also be purchased.
- Buy canned and frozen fruits with no added sugar, syrup, artificial sweeteners, or stevia. Choose vegetables with no added sugar, syrup, artificial sweeteners, stevia, fat, oil, or meat.
- If you choose to have \$3.00 removed from your **fruit and vegetable dollar amount**, you will be able to receive 64 fl oz juice per month.
- Juice recommendations are to have no more than these amounts per day:
 - 8 fl oz for adults
 - 4 fl oz for children 1 to 3 years of age
 - 4 to 6 fl oz for children 4 to 6 years of age
 - no juice for infants under 12 months of age



Breakfast Cereal

Buy cereals that are higher in whole grains. On the Florida WIC Foods pamphlet, breakfast cereals with a star ★ have whole grain as the first ingredient.

- Cereal is allowed in 9 oz or larger boxes or bags.
- 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, or 36 oz sizes of cereals, you will be more likely to use all of your cereal ounces.



Baby Foods

For babies who are only breastfed, wait until about 6 months to start solid foods. For other babies, you can begin solid foods at 4 to 6 months of age.

- At 6 months of age, most babies will receive **baby cereal** and **baby fruits and vegetables**. Babies who are fully breastfed will also receive **baby meats**.
- For your baby, you can choose one of the following: baby fruits and vegetables OR fruit and vegetable dollar amount OR half baby fruits and vegetables and half fruit and vegetable dollar amount.

