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 ounces of breakfast cereal each month, there will be 108 ounces of breakfast cereal on your WIC EBT card.

4. **Your most recent store receipt from a WIC EBT purchase.** Keep your grocery store receipt each time you shop with your WIC EBT card. At the bottom of the receipt will be a list of the food left on your card for the current month. Look at your receipt to make sure it is correct before you leave the store.

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.

**Breakfast Cereal**
- Buy cereals that are higher in whole grains like oatmeal, whole wheat, and whole grain corn.
- On the Florida WIC Foods pamphlet, breakfast cereals higher in whole grains have a star (*).
- Cereal is allowed in 9 to 36-ounce 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, or 36-ounce sizes of cereals, you will be more likely to use all of your cereal ounces.

**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.

**Milk, Cheese & Yogurt**
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.

**CHEESE:** Buy any brand of 8 or 16-ounce 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:** Any brand, any flavor including Greek yogurt.
- Whole milk yogurt for children 1 year of age.
- Nonfat or lowfat yogurt for women and children 2 years of age and older.
- For each “tub” of yogurt on your shopping list, these sizes may be purchased: one 32-ounce tub OR one 32-ounce package with eight 4-ounce servings OR two 16-ounce packages with four 4-ounce servings.
**Fruits & Vegetables**
- **Choose fresh, frozen, or canned** fruits and vegetables 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-ounce jar.

**Eggs**
- **Eggs are a good source of protein.**
- Buy white eggs in large, extra large, or jumbo in one dozen or half dozen size.

**Light Tuna, Pink Salmon, Mackerel & Sardines**
- **Fish is a good source of protein.**
- Women who are fully breastfeeding or pregnant with more than one baby will receive fish.
- Fish may be purchased in cans or pouches up to 30 ounces. Plan your purchase of 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.*