

EFFECTIVE  
MARCH  
2023



Colorado WIC

# FOOD LIST & SHOPPING GUIDE



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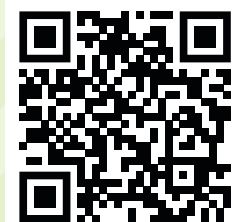
## WIC Shopping Tips

- Use the **WICShopper App** to know your WIC food balance when you go to the store.
- Use the WICShopper App or Food List to help you choose WIC foods.
- You may use coupons, store loyalty cards, buy one/get one offers and other sales when using your eWIC card to buy food.
- Substitutions are not allowed. You may only buy foods on your Family Food Benefits List and the Food List.
- WIC foods, formula or your eWIC card cannot be sold, traded or given away.
- WIC foods and formula cannot be returned or exchanged for cash, credit or other items.
- Rain checks and IOUs are not allowed.



Visit **wichealth.org** for recipe ideas and information!

New foods are added every **March** and **September**. For the latest list, scan the QR code.



# FRUITS & VEGETABLES

## AMOUNT

Your dollar amount is listed on your Family Food Benefits List or on the WICShopper App. If your purchase goes over that dollar amount, you can pay the difference.

## BRAND

Any brand

Buy fresh if specified on WIC Family Food Benefits List.

## FRESH & FROZEN

### Okay to Buy

- Any package size and type
- Plastic containers including bags, boxes and tubs
- Salad and mixed greens (with fruits and vegetables only)
- Whole, cut and sliced
- Organic
- Bulk
- Mixed fruits and vegetables
- Frozen smoothie mixes (with fruits and vegetables only)
- Basil, cilantro, garlic, ginger root, parsley

### Do Not Buy

- French fries, hash browns, tater tots with added sugar, fat or oil
- Items from deli or salad bar
- Party trays
- Fruit baskets, decorative fruits or vegetables
- Dried fruit or vegetables
- Nuts (including peanuts, fruit/nut mixtures)
- Certain herbs and spices (including rosemary, thyme, dill)
- Added sauce, meat, pasta, rice or noodles
- Added syrup, sweetener, flavoring, sugar, fat or oil
- Added dressing, croutons or cheese (such as in salad kits)

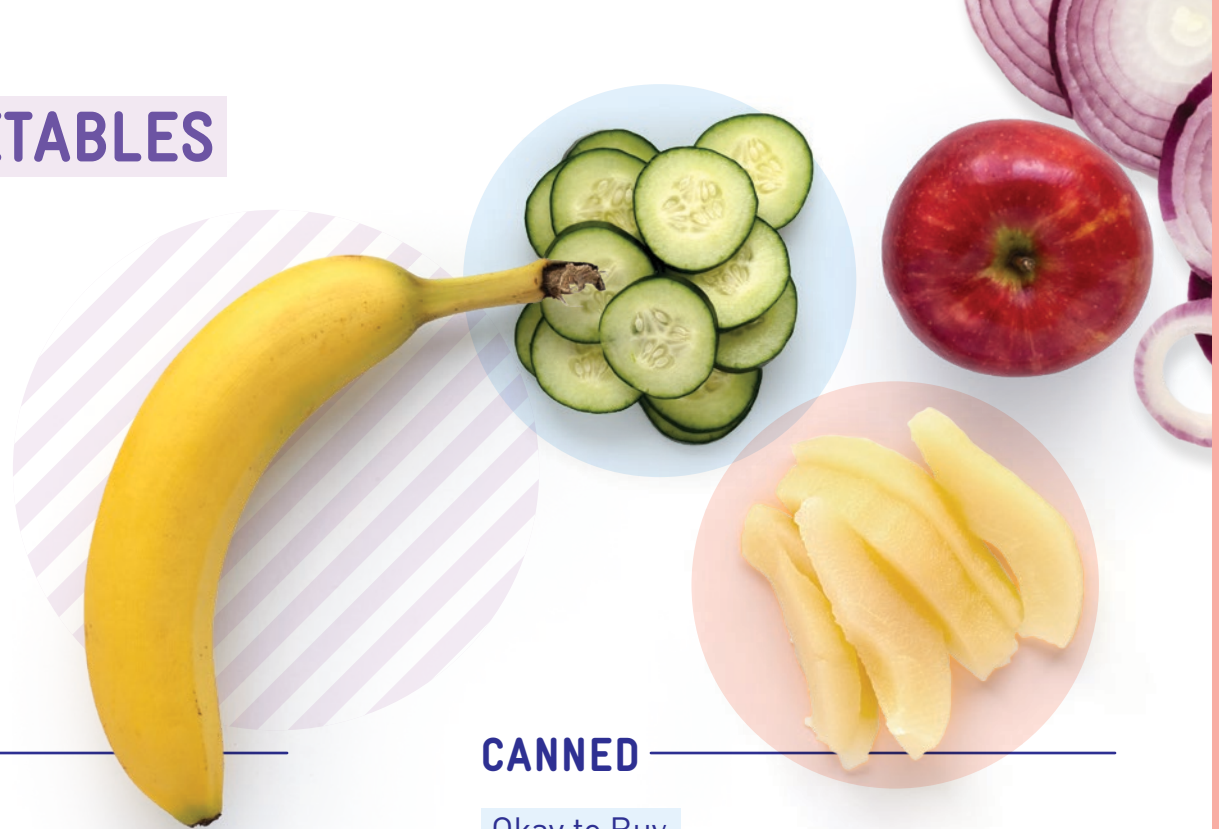
## CANNED

### Okay to Buy

- Cans, jars, pouches and single serve packages
- Any size
- Packed in water or natural fruit juice
- Applesauce (unsweetened and cinnamon)
- Organic
- Includes shelf-stable containers or pouches
- Regular or low sodium
- Pastes, purees, whole, diced and crushed tomatoes
- Salsa

### Do Not Buy

- Sauerkraut
- Pickles, pickled vegetables or creamed vegetables (including corn)
- Ketchup, relish, olives
- Products with added meats, sugar, fats or oils
- Products with added oats, nuts, seeds or condiments
- Products packed in syrup (heavy, light, naturally light, extra light, etc.)
- Soups, sauces (pizza or spaghetti)
- Home-canned or home-preserved fruits and vegetables
- Jams, jellies or preserves



# WHOLE GRAINS

## 100% WHOLE WHEAT BREAD

### SIZE

8, 12, 14, 16, 18, 20, 22, 24 or 32 ounces (oz)

### BRAND

Any brand

### Okay to Buy

- Must have "100% Whole Wheat" on the front label
- Loaves, rolls and buns

## WHOLE GRAIN BREAD

### BRAND

Specific items listed below



### NATURE'S OWN

- 100% Whole Grain
- Life Whole Grain Wheat Sugar Free



### OROWEAT

- Whole Grain 12 Grain
- Whole Grain Multigrain Bread



### PEPPERIDGE FARM

- Jewish Rye Whole Grain Seeded Bread
- Light Style Soft Wheat Bread
- Whole Grain 15 Grain
- Whole Grain German Dark Wheat Bread
- Whole Grain Honey Wheat
- Whole Grain Oatmeal
- Whole Grain Soft Sprouted Grain Bread

### Do Not Buy

- Deli
- Organic
- Bagels, pita bread, flat bread or English muffins

## CORN TORTILLAS

### SIZE

8, 16, 20, 24 or 32 ounces (oz)

### BRAND



Albuquerque Tortilla



Best Choice



Candy's



Chi-Chi's



Don Pancho



Food Club



Guerrero



Herdez



Kroger



La Banderita



La Burrita



La Favorita



La Tortilla Factory



Mission



Our Family



Santa Fe Tortilla



Shurfine

### Okay to Buy

- White corn
- Yellow corn
- Soft corn tortillas



# WHOLE GRAINS

## WHOLE WHEAT TORTILLAS

### SIZE

16 ounces (oz)

### BRAND



Best Choice



Don Poncho



Food Club



Great Value



Guerrero



Herdez



Kroger



La Banderita



La Favorita



La Tortilla  
Factory



Market Pantry



Mission



Ortega



Our Family



Santa Fe  
Tortilla



Shurfine



Signature  
Select



Tio Santi

### Do Not Buy

- Flour tortillas
- White flour
- Taco or tostada shells
- Flavored
- Tortilla chips
- Added modified food starch
- Organic
- Fried
- Bulk



## 100% WHOLE WHEAT PASTA

### SIZE

16 ounces (oz)

### BRAND



Barilla



Clearly Organic



Food Club



Full Circle  
Market



Good & Gather



Great Value



Hodgson Mill



Kroger



O Organics



Our Family



Raconto



Ronzoni



Shurfine



Signature  
Select



Simple Truth  
Organic



Western  
Family

### Okay to Buy

- Any shape including spaghetti, spirals, penne, rotini, elbows, macaroni and shells
- Organic

### Do Not Buy

- Added sugars, fats, oils or salt
- Pasta made from rice, quinoa, lentils, flax, corn or vegetables
- Bulk



# WHOLE GRAINS



## BROWN RICE

### SIZE

Regular Cooking: 16 or 32 ounces (oz)  
Instant and Quick Cooking: 14 or 28 ounces (oz)

### BRAND

Any brand

### Okay to Buy

- Regular, quick cooking and instant
- Natural
- Boil-in-bag
- Long, medium and short grain
- Bag and box
- Wild rice
- Organic

### Do Not Buy

- Red or black rice
- Pouches
- Added sugar, salt, flavoring, fat or oil

## OATS

### SIZE

16 or 32 ounces (oz)

### BRAND



Avelina Oats



Better Oats Organic



Bob's Red Mill



Bob's Red Mill (Organic)



Mom's Best



Ralston Foods

### Okay to Buy

- Quick, rolled and old-fashioned oats
- Organic

### Do Not Buy

- Instant or individual packets
- Steel cut oats
- Bulk
- Added sugar, fat, oil, salt or flavoring

## Is oatmeal a cereal or whole grain?

It's both! When shopping with WIC, remember:

- Use your cereal benefits to buy instant oatmeal in single-serving packets.
- Use your whole grain benefits to buy other types of oats (box, bag or tub).



# BREAKFAST CEREAL

## COLD CEREAL

### SIZE

8 ounces (oz) or larger

\* = Whole grain cereals

### BRAND

#### GENERAL MILLS



Cheerios\*



Multi Grain Cheerios\*



Multi Grain Cheerios with Real Strawberries



Cheerios Oat Crunch Berry



Chex Blueberry



Chex Cinnamon



Chex Corn



Chex Rice



Chex Wheat\*



Fiber One Honey Clusters\*



Kix\*



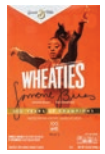
Berry Berry Kix\*



Honey Kix\*



Total Whole Grain\*



Wheaties\*

#### KELLOGGS



All-Bran Complete Wheat Flakes\*



Corn Flakes



Crispix



Special K Original

#### POST



Grape-nuts Original\*



Grape-nuts Flakes\*



Great Grains Banana Nut Crunch\*



Great Grains Crunchy Pecan

#### Honey Bunches of Oats:



Almonds



Cinnamon Bunches



Honey Roasted



Pecan & Maple Brown Sugar



Vanilla

#### QUAKER

#### Oatmeal Squares:



Life\*



Brown Sugar\*



Cinnamon\*



Honey Nut

#### STORE BRAND



crispy rice

#### BRAND

Always Save, Best Choice, Food Club, Great Value, Kiggins, Kroger, Malt-O-Meal, Market Pantry, Our Family, Ralston, Shurfine, Signature Select, That's Smart, Western Family



frosted shredded wheat

#### \* BRAND

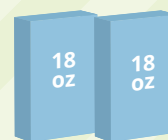
Always Save, Best Choice, Food Club, Great Value, Kiggins, Malt-O-Meal (Frosted Mini-Spooners), Our Family, Ralston, Shurfine, Western Family

#### Do Not Buy

- Single-serving packets (except oatmeal, see note on page 11)
- Organic
- Flavors not listed

#### Shopping Tip

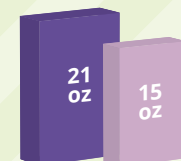
Choose any combination of WIC approved cereals up to the total listed on your benefit balance. See these examples.



Totals 36 oz



Totals 36 oz



Totals 36 oz

# BREAKFAST CEREAL

## HOT CEREAL

### CREAM OF RICE



Stovetop



Instant



### CREAM OF WHEAT



Original  
1 minute



Original  
2½ minutes



Original  
Instant



Whole Grain  
2½ minutes\*

### MALT-O-MEAL



Unflavored

### MAYPO



Maple Flavored\*

### QUAKER



Instant Grits  
Original

### OATMEAL

oatmeal



#### BRAND

Individual packets, plain, unflavored\*

Best Choice, Food Club, Kroger, McCann's Irish Oatmeal, Our Family, Quaker, Ralston, Shurfine, Signature Select, Western Family

See note on page 11.

#### Do Not Buy

- Single-serving packets (except oatmeal)
- Organic
- Flavors not listed

# MILK

#### SIZE

Quart, half-gallon or gallon

#### BRAND

Any brand

#### Buy fat content listed on Family Food Benefits List:

- 1% (Lowfat) or Skim (Fat Free)
- Whole

#### Okay to Buy

- Fresh, canned, powdered
- Plastic and paper cartons
- UHT long-life
- Buttermilk
- Added calcium
- Lactose-free (any brand)
- Meyenberg Goat Milk
- Organic

#### Do Not Buy

- Flavored milk
- Fairlife, Ripple and A2 brands
- Raw milk
- "Milk" beverages made from nut, coconut, rice, oat or other grains

#### Shopping Tip

#### FRESH OR UHT MILK



1 GALLON  
= 1.0 gallon



½ GALLON +  
1 QUART  
= 0.75 gallons



½ GALLON  
= 0.5 gallons



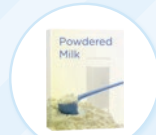
1 QUART  
= 0.25 gallons

#### CANNED MILK



12 OZ CAN  
= 0.25 gallons

#### POWDERED MILK



12 OZ CAN POWDERED  
MEYENBERG GOAT MILK

4 POUNDS (64 OZ) = 5.0 gallons

32 OZ BOX = 2.5 gallons

25.6 OZ BOX = 2.0 gallons

9.6 OZ PACKAGE = 0.75 gallons

3.2 OZ PACKAGE = 0.25 gallons



# YOGURT

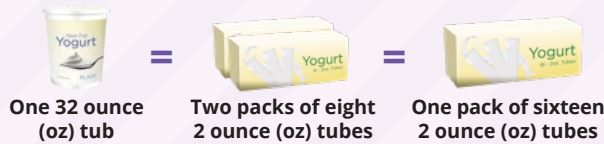
## SIZE

- 32 ounce (oz) tub
- 8-packs of 2 ounce (oz) tubes
- 16-packs of 2 ounce (oz) tubes

Buy fat content listed on Family Food Benefits List or on the WICShopper App:

- Nonfat or lowfat
- Whole

## Shopping Tip



## BRAND WHOLE

**BROWN COW**

- Plain
- Vanilla

**Chobani**

- Plain

**DANNON**

- Plain
- Vanilla

**food club**

- Greek Vanilla

**Good & Gather**

- Greek Plain
- Vanilla Honey

**Great Value**

- Plain

**Kroger**

- Greek Plain
- Greek Vanilla
- Plain
- Vanilla

**Lucerne**

- Plain
- Strawberry
- Vanilla

**100% GRASSFED MAPLE HILL organic**

- Plain
- Vanilla

**MOUNTAIN HIGH**

- Plain
- Strawberry
- Vanilla

**Nancy's**

- Plain
- Vanilla

**NOSTIMO**

- Plain
- Vanilla

**OIKOS**

- Plain

**OPEN NATURE**

- Greek Plain

**organics**

- Greek Plain
- Plain
- Vanilla

**Our Family's**

- Greek Plain
- Plain

**simple truth organic**

- Greek Plain
- Greek Vanilla
- Greek Vanilla Bean

**Stonyfield ORGANIC**

- Plain
- Strawberry
- Vanilla
- Tubes: any flavor

## NONFAT AND LOWFAT

**Best Choice**

- Greek Plain Nonfat
- Greek Vanilla Nonfat
- Plain Nonfat
- Strawberry Lowfat
- Vanilla Lowfat

**Chobani**

- Greek Blended Peach Nonfat
- Greek Blended Strawberry Nonfat
- Greek Plain Lowfat
- Greek Plain Nonfat
- Greek Vanilla Nonfat

**COBURN FARMS**

- Greek Plain Nonfat
- Plain Lowfat
- Vanilla Lowfat

**DANNON**

- Plain Lowfat
- Plain Nonfat
- Vanilla Lowfat

**DANNON LIGHT + FIT**

- Greek Plain Nonfat



- Plain Lowfat
- Raspberry Lowfat
- Strawberry Lowfat
- Vanilla Lowfat



- Blended Strawberry Lowfat
- Blended Vanilla Lowfat
- Greek Plain Nonfat
- Peach Lowfat
- Plain Lowfat
- Plain Nonfat
- Raspberry Lowfat



- Any flavor (tubes)



- Greek Plain Nonfat
- Greek Vanilla Nonfat



- Greek Plain Nonfat
- Greek Vanilla Nonfat
- Peach Lowfat
- Plain Nonfat
- Strawberry Lowfat
- Strawberry-Banana Lowfat
- Vanilla Lowfat
- Tubes: any flavor



- Blended Vanilla Lowfat
- Greek Plain Nonfat
- Plain Lowfat
- Plain Nonfat
- Vanilla Lowfat
- Tubes: any flavor



- Plain Lowfat
- Vanilla Lowfat



- Greek Plain Nonfat
- Greek Vanilla Nonfat
- Peach Lowfat
- Plain Nonfat
- Strawberry Lowfat
- Vanilla Lowfat
- Vanilla Nonfat



- Plain Lowfat
- Plain Nonfat
- Vanilla Lowfat
- Vanilla Nonfat



- Plain Lowfat
- Plain Nonfat
- Vanilla Nonfat



- Greek Plain Nonfat
- Greek Vanilla Nonfat



- Plain Nonfat
- Vanilla Nonfat



- Greek Plain Nonfat
- Greek Plain Nonfat
- Greek Strawberry Nonfat
- Greek Vanilla Nonfat



- Greek Plain Nonfat
- Greek Vanilla Nonfat



- Blueberry Lowfat
- Greek Plain Nonfat
- Greek Vanilla Nonfat
- Peach Lowfat
- Plain Nonfat
- Strawberry Lowfat
- Vanilla Lowfat
- Vanilla Nonfat



- Blended Vanilla Lowfat
- Plain Lowfat
- Plain Nonfat
- Vanilla Lowfat
- Vanilla Nonfat



- Greek Vanilla Bean Nonfat
- Plain Lowfat
- Vanilla Lowfat
- Tubes: any flavor



- Greek Plain Nonfat
- Greek Vanilla Nonfat



- Greek Plain Nonfat
- Plain Lowfat
- Plain Nonfat
- Vanilla Lowfat
- Vanilla Nonfat
- Tubes: any flavor



- Plain Lowfat
- Strawberry Lowfat
- Vanilla Bean Lowfat



- Plain Nonfat



- western family**
- Plain Lowfat
  - Strawberry Lowfat
  - Vanilla Lowfat



- Yoplait**
- Blueberry Lowfat
  - Peach Lowfat
  - Plain Nonfat
  - Strawberry Lowfat
  - Strawberry-Banana Lowfat
  - Vanilla Lowfat

## Do Not Buy

- Goat, soy or non-dairy
- Mix-in's or added ingredients such as granola, nuts or candy pieces
- Drinkables
- Artificial sweeteners (including stevia, sucralose or acesulfame)
- Multipacks and individual cups

# CHEESE

## BLOCK, SLICED, STRING AND SHREDED

### SIZE

8 ounce (oz), 16 ounce (oz) and 32 ounce (oz) packages

### BRAND

Any brand

### Okay to Buy

- American (white, yellow, sliced)
- Cheddar
- Colby
- Colby Jack
- Monterey Jack
- Mozzarella (whole, part skim)
- Muenster
- Provolone
- Swiss
- Blends of cheeses listed
- Organic

### Do Not Buy

- Cheese food, product or spread
- Individually wrapped cheese (except string cheese)
- Flavored, imported or deli cheese
- Pepper Jack
- Mexican or fiesta blends

### Shopping Tip

Ways to buy cheese:



### Shopping Tip

When shopping for string cheese, look for these common brands:



# EGGS

### SIZE

Half dozen (6 count) or dozen (12 count)

### BRAND

Any brand

### Okay to Buy

- Small, medium, large, extra large or jumbo
- Grade A and AA white and brown eggs
- Organic, free range or cage free
- Specialty eggs (including pasteurized or fortified/enriched with vitamin E, DHA or omega 3)
- If specified on WIC benefits, purchase hard boiled eggs.



# SOY



## SIZE

Quart, half-gallon

## BRAND



**8th Continent**  
Original  
(half-gallon)  
Refrigerated



**8th Continent**  
Vanilla  
(half-gallon)  
Refrigerated



**Great Value**  
Original  
(half-gallon)  
Refrigerated



**Pacific**  
Ultra Soy Original  
(quart)  
Shelf Stable



**Silk**  
Original  
(quart and half-gallon)  
Refrigerated and shelf stable

## Do Not Buy

- Flavors not pictured
- Light
- Organic

# TOFU



## SIZE

1 pound (16 ounces (oz))

## BRAND



**Azumaya**  
- Extra Firm  
- Firm



**Franklin Farms**  
- Extra Firm  
- Firm  
- Medium Firm  
- Soft



**House Premium**  
- Extra Firm  
- Firm  
- Medium Firm



**Nasoya Organic**  
- Silken  
- Super Firm



**Simple Truth Organic**  
- Silken

## Okay to Buy

- Fresh
- Refrigerated
- Water-packed
- Organic

## Do Not Buy

- Added salt, flavoring, fat or oil

# CANNED FISH



## SIZE

2.5 ounces (oz) to 30 ounces (oz)

## BRAND

Any Brand

## Okay to Buy

### CHUNK LIGHT TUNA & PINK SALMON

- Cans or pouches
- Multipacks
- Packed in water or oil

### SARDINES

- Cans
- Multipacks
- Added flavorings (including mustard, lemon and tomato sauce)

## Do Not Buy

- Albacore, Chunk White or Solid White Tuna
- Blueback, Sockeye, Red King or Coho Salmon
- Organic

# PEANUT BUTTER

## SIZE

16 to 18 ounces (oz)

## BRAND

Any Brand

## Okay to Buy

- Crunchy, extra crunchy, creamy and smooth
- Whipped
- Natural
- Regular, low-salt and reduced salt
- Regular, low-sugar and reduced sugar
- Organic

## Do Not Buy

- Spreads
- Reduced fat
- Added flavoring, honey or jelly
- Squeeze tubes
- Other nut or seed butters (including almond or cashew butter)



# BEANS

## DRY BEANS

### SIZE

1 pound (16 oz) or  
2 pound (32 oz) bags

### BRAND

Any Brand

## Okay to Buy

- Any type of unflavored dry beans, peas and lentils
- Organic

## Do Not Buy

- Added flavoring
- Soup or soup mix



## CANNED BEANS

### SIZE

15 to 16 ounces (oz)

### BRAND

Any Brand

## Okay to Buy

- Regular, low-salt and no-salt
- Black beans
- Black-eyed peas
- Butter beans
- Cow peas
- Garbanzo beans (chickpeas)
- Great Northern beans
- Kidney beans (white, red)
- Mung beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Red beans
- Refried beans (no fat, fat free)
- Split peas
- Soybeans
- Organic

## Do Not Buy

- Baked beans or chili beans
- Soup or soup mix
- Added flavoring, fat, oil or meat

## Shopping Tip

Ways to buy peanut butter and beans:



# 100% JUICE

## 12 OZ FROZEN CANS

### SIZE

11.5 or 12 ounce (oz) frozen cans

### BRAND

Specific items listed below



#### Always Save

- Apple
- Grape
- Orange



#### Best Choice

- Apple
- Grape
- Orange



#### Dole

- Pineapple
- Pineapple-Orange



#### Food Club

- Apple
- Grape
- Orange



#### Freedom's Choice

- Apple
- Orange



#### Great Value

- Apple
- Grape
- Grapefruit
- Orange



#### Kroger

- Apple
- Grape
- Grapefruit
- Orange
- Pineapple



#### Langers

- Apple
- Grape
- Pineapple



#### Market Pantry

- Apple
- Grape
- Orange



#### Minute Maid

- Orange



#### Old Orchard

- Apple
- Grape
- Orange
- Pineapple
- Pineapple-Orange



#### Our Family

- Orange



#### Seneca

- Apple
- Grape



#### Shurfine

- Apple
- Orange



#### Signature Select

- Apple
- Orange



#### Tipton Grove

- Apple
- Orange



#### Tree Top

- Apple



#### Tropicana

- Orange



#### Western Family

- Apple
- Grape
- Orange

## 48 OZ BOTTLES

### SIZE

48 ounce (oz) plastic bottles



#### Apple & Eve

- Apple



#### Food Club

- Apple
- Orange
- Pineapple
- Pineapple-Orange



#### Freedom's Choice

- Apple



#### Juicy Juice

- Apple
- Cherry
- Grape
- Kiwi
- Strawberry
- Orange
- Tangerine
- Punch



#### Our Family

- Pineapple



#### Ruby Kist

- Apple
- Grape
- Orange
- Pineapple



#### Seneca

- Apple



#### Shurfine

- Vegetable

### Okay to Buy

- Frozen in 11.5-12 ounce (oz) cans
- Added calcium or vitamin D
- Pulp and pulp-free
- White, pink, red and ruby red grapefruit
- Purple, red and white grape
- Vegetable in regular, spicy or low-sodium

### Do Not Buy

- Less than 100% juice
- Cocktail juices
- Glass bottles
- Organic
- Juice blends not listed
- Unpasteurized

# 100% JUICE

## 64 OZ BOTTLES

### SIZE

64 ounce (oz) plastic bottles

### BRAND

Specific items listed below



**Always Save**  
 • Apple  
 • Grape  
 • Orange



**Apple & Eve**  
 • Apple  
 • Cranberry  
 • Cranberry Apple  
 • Cranberry Grape  
 • Cranberry Pomegranate  
 • Cranberry Raspberry  
 • Grape  
 • Pineapple Tangerine  
 • Strawberry Passion  
 • Watermelon Grape



**Best Choice**  
 • Apple  
 • Apple Cider  
 • Berry  
 • Cherry  
 • Grape  
 • Pineapple  
 • Punch  
 • Tomato  
 • Vegetable



**Campbell's**  
 • Tomato



**Diane's Garden**  
 • Vegetable



**Donald Duck**  
 • Orange



**Food Club**  
 • Apple  
 • Apple Cider  
 • Grape  
 • Grapefruit  
 • Orange  
 • Pineapple  
 • Tomato  
 • Vegetable



**Freedom's Choice**  
 • Apple  
 • Grape



**Good & Gather**  
 • Orange



**Great Value**  
 • Apple  
 • Cranberry  
 • Cranberry Grape  
 • Cranberry Pomegranate  
 • Grape  
 • Mango  
 • Orange  
 • Pear  
 • Pineapple  
 • Tomato  
 • Vegetable  
 • White Grape  
 Peach



**Juicy Juice**  
 • Apple  
 • Apple Raspberry  
 • Berry  
 • Cherry  
 • Grape  
 • Kiwi Strawberry  
 • Mango  
 • Orange  
 • Orange Tangerine  
 • Peach Apple  
 • Punch  
 • Strawberry Banana  
 • Strawberry Watermelon  
 • Tropical



**Kroger**  
 • Apple  
 • Apple Cider  
 • Cranberry  
 • Grape  
 • Grapefruit  
 • Orange  
 • Pineapple  
 • Vegetable



**Langers**  
 • Apple  
 • Grape  
 • Grapefruit  
 • Orange  
 • Orange Tangerine  
 • Pineapple  
 • Tomato  
 • Vegetable



**Libby's**  
 • Pineapple



**Market Pantry**  
 • Apple  
 • Grape  
 • Orange  
 • Tomato  
 • Vegetable



**Motts**  
 • Apple  
 • Apple Cherry  
 • Apple Grape  
 • Apple Mango



**Northland**  
 • Blueberry  
 • Blackberry Acai  
 • Cranberry  
 • Cranberry Blackberry  
 • Cranberry Cherry  
 • Cranberry Grape  
 • Cranberry Pomegranate  
 • Cranberry Raspberry  
 • Pomegranate  
 • Blueberry



**Ocean Spray**  
 • Apple  
 • Cranberry  
 • Cranberry Blackberry  
 • Cranberry Cherry  
 • Cranberry Grape  
 • Cranberry Mango  
 • Cranberry Pineapple  
 • Cranberry Pomegranate  
 • Cranberry Raspberry  
 • Cranberry Watermelon  
 • Cranberry Elderberry  
 • Grape  
 • Grapefruit



**Old Orchard**  
 • Apple  
 • Apple Cranberry  
 • Berry Blend  
 • Black Cherry Cranberry  
 • Blueberry Pomegranate  
 • Cranberry Pomegranate  
 • Grape  
 • Immune Health Citrus  
 • Immune Health Super Fruit  
 • Immune Health Tropical Fruit  
 • Kiwi Strawberry  
 • Orange  
 • Orange Tangerine  
 • Peach Mango  
 • Pineapple  
 • Red Raspberry  
 • Strawberry Watermelon  
 • Wild Cherry

CONTINUED ON NEXT PAGE

## 64 OZ BOTTLES (CONTINUED)



- Our Family**
- Apple
  - Apple Cider
  - Cranberry
  - Cranberry Grape
  - Cranberry Raspberry
  - Grape
  - Orange
  - Vegetable



- Ruby Kist**
- Apple
  - Grape
  - Orange
  - Vegetable



- Seneca**
- Apple



- Sesame Street**
- Apple
  - Elmo's Punch
  - Grape Berry Apple
  - Strawberry



- Shurfine**
- Apple
  - Grape
  - Grapefruit
  - Orange
  - Pineapple
  - Tomato
  - Vegetable



- Signature Select**
- Apple
  - Apple Cider
  - Cranberry
  - Cranberry Grape
  - Cranberry Raspberry
  - Grape
  - Grapefruit
  - Pineapple
  - Tomato
  - Vegetable



- That's Smart**
- Grape



- Tipton Grove**
- Apple
  - Grape
  - Grapefruit
  - Orange
  - Pineapple
  - Vegetable



- Tree Top**
- Apple



- Tropicana**
- Orange



- V8**
- Vegetable



- Welch's**
- Grape
  - Orange
  - Pineapple
  - Apple
  - White Grape
  - Cherry
  - White Grape
  - Peach



- Western Family**
- Apple
  - Grape
  - Grapefruit
  - Orange
  - Pineapple
  - Vegetable

### Okay to Buy

- 64 ounce (oz) orange or grapefruit juice in refrigerated plastic bottles or refrigerated cartons
- Added calcium, vitamin D or fiber
- Pulp and pulp-free
- White, pink, red and ruby red grapefruit
- Purple, red and white grape
- Vegetable and tomato in regular, spicy or low-sodium

### Do Not Buy

- Less than 100% juice
- Cocktail juices
- Glass bottles
- Organic
- Juice blends not listed
- Unpasteurized

**If your WIC benefits include “juice-convenient pack”, purchase individual servings (cans, bottles or boxes) of:**

- Apple, grape or orange-pineapple (Welch's)
- Orange, grapefruit or orange-grapefruit (any brand)
- Pineapple (Dole)
- Pineapple-banana (Dole)
- Pineapple-mango (Dole)
- Pineapple-orange (Dole)
- Vegetable (V8)



# BABY FOOD

## INFANT FORMULA

Purchase the size, brand and form (powdered, concentrate or ready-to-feed) of iron-fortified formula on the WIC Family Food Benefits List or on the WICshopper App.

No substitutions.

## INFANT FRUITS & VEGETABLES

### SIZE

4 ounces (oz)

### BRAND



Beech-Nut  
Nothing Artificial  
Added



Beech-Nut  
Organic



Beech-Nut  
Naturals



Earth's Best  
Organic



Gerber



Gerber  
Natural



Gerber  
Organic



Happy Baby  
Organics



O Organics



Simple Truth  
Organic



Tippy Toes



Tippy Toes  
Organic

### Okay to Buy

- Organic
- Mixed fruits and vegetables
- In glass or in plastic

- Multi-packs (for example:  
2-pack = 2 jars)

### Do Not Buy

- Added DHA or ARA
- Added sugar, salt, starches, flour, cereal, rice, pasta, noodles or meat
- Graduates, dinners or 3rd foods
- Desserts, custard or yogurt
- Pouches

## INFANT CEREAL

### SIZE

8 ounces (oz)

### BRAND



Beech-Nut



Earth's Best  
Organic



Gerber

### Okay to Buy

- Organic
- Oatmeal
- Whole Wheat
- Mixed Grains
- Multigrain
- Barley

### Do Not Buy

- Added fruit or formula
- In jars
- Added DHA or ARA
- Rice

## INFANT MEATS

### SIZE

2.5 ounces (oz)

### BRAND



Beech-Nut  
Nothing Artificial  
Added



Earth's Best  
Organic



Gerber



O Organics



Tippy Toes



Tippy Toes Organic

### Okay to Buy

- Organic
- With broth or gravy
- In glass or in plastic

- Multi-packs (for example:  
2-pack = 2 jars)

### Do Not Buy

- Added DHA or ARA
- Added sugar, salt, rice, pasta, noodles, fruits or vegetables
- Graduates, dinners or 3rd foods
- Pouches





## Shopping with your eWIC card

### GETTING STARTED

Select a 4-digit Personal Identification Number (PIN) before using your card.

To select your PIN:

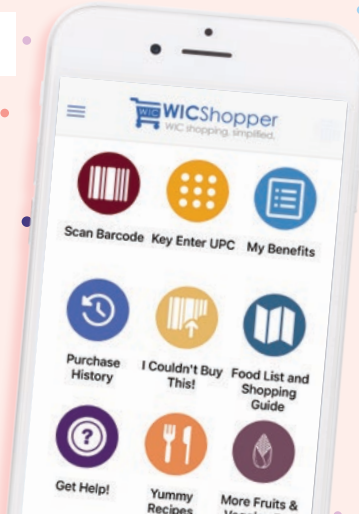
- Log onto [www.ebtedge.com](http://www.ebtedge.com) and enter your 16-digit card number

or

- Call the automated phone line at 1-844-234-4950

## Download the free WICShopper App

The free WICShopper App lets you review available food benefits, scan products to identify WIC-allowed foods, find WIC clinics and WIC-approved stores on your smartphone.



1

Download the WICShopper App from the app store



2

Select Colorado as your WIC agency

3

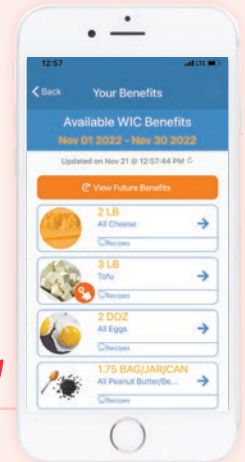
Register your eWIC card

Register using the 16-digit number on the front of your eWIC card.

4

View your benefits

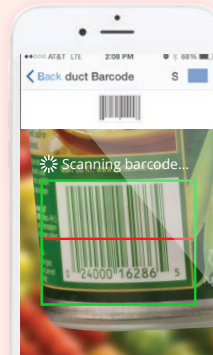
View your current and future benefits, shopping history and most recent Food List and more right from the app!



5

Scan products

Scan product bar codes to identify WIC-allowed foods as you shop.



# Know your WIC food balance

## WHAT FOOD BENEFITS ARE AVAILABLE?

The Family Food Benefits List shows your family's food benefits for each month.

Month	WIC Approved Foods	Amount	
7/1/2022-7/31/2022	Tofu	3 Pound	
	Eggs	1 Dozen	
	Breakfast Cereal	36 Ounce	
	Peanut Butter/Beans	1 Jar/Bag/Can	
	WW Bread or Whole Grains	32 Ounce	
	Fruit and Vegetables	9 \$\$\$\$	
	Soy Milk	3.25 Gallon	
	64-oz Juice	2 Bottle	
	6/1/2022-6/30/2022	Cheese	0 Pound
		Tofu	3 Pound
Eggs		1 Dozen	
Breakfast Cereal		36 Ounce	
Peanut Butter/Beans		1 Jar/Bag/Can	
WW Bread or Whole Grains		32 Ounce	
Fruit and Vegetables		9 \$\$\$\$	
Whole Milk - All auth		0 Gallon	
Soy Milk		3.25 Gallon	
64-oz Juice		2 Bottle	
5/1/2022-5/31/2022	Cheese	0 Pound	
	Tofu	3 Pound	
	Eggs	1 Dozen	
	Breakfast Cereal	36 Ounce	
	Peanut Butter/Beans	1 Jar/Bag/Can	
	WW Bread or Whole Grains	32 Ounce	
	Fruit and Vegetables	9 \$\$\$\$	
	Whole Milk - All auth	0 Gallon	
	Soy Milk	3.25 Gallon	
	64-oz Juice	2 Bottle	

Alice Carlson. This participant's certification ends on 9/30/2022.  
Amanda Perez Olivas. This participant's certification ends on 10/31/2022.



Your food benefits become available on the first day of the month at 12:01 am and expire at midnight on the last day of the month.



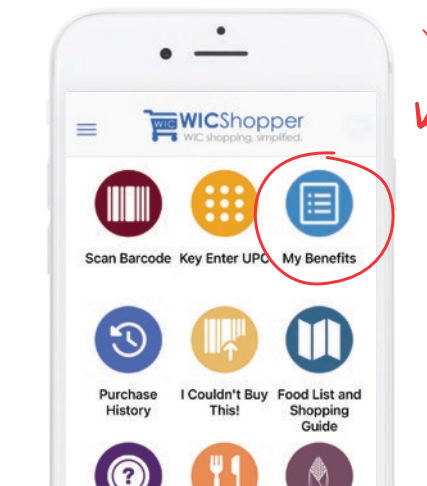
Food benefits that have not been spent **do not** carry over to the next month.

## HOW CAN I KNOW MY MOST UP-TO-DATE FOOD BALANCE?

Look at the bottom of **your last WIC shopping receipt**. It shows your remaining food benefits and expiration date.

OR

Use the "My Benefits" option in the **WICShopper App**.



OR

Check your food balance at [www.ebtedge.com](http://www.ebtedge.com).

OR

Call **1-844-234-4950**.

OR

Ask a cashier to check your food balance.



## At the checkout

- ✓ You do not need to separate your WIC foods from your other groceries, but this will help you know which foods WIC paid for and which foods need another form of payment.
- ✓ Use your eWIC card before all other forms of payment, including your SNAP card.
- ✓ Swipe your eWIC card and enter your PIN when asked.
- ✓ Check that your WIC purchase is correct.
- ✓ Keep your receipt. It shows your remaining food benefit balance, and it can help your WIC office if issues arise.

## Reading your receipt

COLORADO GROCERY STORE  
100 SW COLORADO STREET  
DENVER, CO 80246

STORE ID: WICW006  
TERM ID: WIC006001  
CLERK ID: 999  
DATE & TIME: 4/22/2023 10:10AM  
SEQ NUMBER: 034  
CARD: \*\*\*\*\*00007  
AUTH CODE: 123499

**WIC PURCHASE**

QTY	UNITS	DESCRIPTION	PRICE
18	OZ	Breakfast Cereal	\$4.99
2.50	\$\$	Fruits & Veg	\$2.50
PURCHASE SUBTOTAL			7.49
DISCOUNT APPLIED			0.00
APPROVED PURCHASE TOTAL			7.49
BALANCE DUE - 0.00			
WIC EBT BENEFIT BALANCE			
QTY	UNITS	DESCRIPTION	
1	LB	Cheese	
1	DOZ	Eggs	
24	OZ	Breakfast Cereal	
1	JBC	Peanut Butter/Beans	
32	OZ	WW Bread or Whole Grains	
2.75	GAL	1%/Skim milk - all auth	
2	BTL	64-oz Juice	
3.50	SSS	Fruit and Vegetables	
1	QT	Yogurt - nonfat/lowfat	
BENEFITS EXPIRE AT MIDNIGHT ON 4-30-23			
....CARD HOLDER COPY....			
....PLEASE SAVE THIS RECEIPT....			

- 1 List of foods you just bought.
- 2 WIC purchase subtotal and any discounts that have been applied (coupon, store discount, etc.).
- 3 The WIC foods you have left to buy this month.
- 4 The last day you can buy the rest of your WIC foods for the month.

## Protect your card

### KEEP YOUR PIN SAFE

- ✓ Do not write your PIN on your card or on anything you keep with your card.
- ✓ Share your PIN — and your eWIC card — only with someone you trust to shop for you.
- ✓ If you forgot your PIN, call **1-844-234-4950** or visit [www.ebtedge.com](http://www.ebtedge.com) to change it before your card locks.



### KEEP YOUR CARD SAFE


- ✓ Keep your card; future WIC benefits will be added to your card.
- ✓ Bring your card each time you come to the WIC office.
- ✓ Keep your card away from magnets and electronics such as cell phones.
- ✓ If your card is lost, stolen or damaged, first change your PIN, and then contact your WIC clinic for a replacement card.

## HANDLING PIN AND CARD ISSUES

### What if my PIN doesn't work?

- Call **1-844-234-4950** or visit [www.ebtedge.com](http://www.ebtedge.com) to change your PIN.
- If you entered the wrong PIN four times in a row your card will be locked until midnight.
- Call your WIC clinic if you have questions.

### What if an item is not ringing up as a WIC food?

- Check the WICShopper App or Food List to make sure the food is allowed and you have the correct size or brand.
- Check your remaining balance to see if you have enough food benefits left.
- If you think the food should be allowed but it's not going through, you can use the  **I Couldn't Buy This** feature on the **WICShopper App** to submit the food for review, or contact your local WIC clinic.
- If a food rings up and is not WIC allowed, ask to have the item voided or purchase the item with a different form of payment. If you choose to purchase these foods on your own, WIC cannot reimburse you.
- Contact your **local WIC clinic** if you have questions.



## CALL YOUR WIC CLINIC IF:

- You need to make or change your appointment.
- Your eWIC card is lost, stolen or damaged.
- You have questions about WIC foods or amounts.
- You move or change your address.

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Report concerns of possible WIC Program  
Fraud and Abuse, at **1-800-424-9121** or  
**[usdaoig.oversight.gov](https://www.usda.gov/oversight)**

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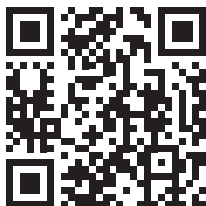
To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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Health & Environment



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- Visit [wichealth.org](https://wichealth.org) for nutrition information and recipes