WHAT TO BRING TO WIC

All Certification appointments in WIC require proof of current income, address and identification. Documentation for the Mid Certification Assessment appointment is not required unless stated by your WIC clinic. Women, Infants and Children must be present for all WIC certification appointments.

**Please remember to have Medical Documentation forms/Health Referrals forms completely filled out if required for your appointments.

PROOF OF HOUSEHOLD INCOME (EXAMPLES)

- Most recent pay stubs for one month
- Medicaid (HBID) card
- SNAP certification letter/card
- Family First card
- Child support check
- Alimony payments
- Disability/Unemployment letter with amount
- Tax returns for prior year (accepted until April 30th of the current year)
- Social Security pay stub

PROOF OF RESIDENCY (ADDRESS) (EXAMPLES)

- Driver’s license
- State-issued ID
- Electric, gas or water bill
- Recent postmarked letter
- Rental Lease
- Bank statement (Bills, bank statements and letters should be no older than 30 days)

PROOF OF IDENTIFICATION (EXAMPLES)

For Women:
- Driver’s license
- Social Security card
- Birth certificate with seal
- Work or school ID
- Passport/Visa
- WIC ID folder (for Recert Appointment only)
- Green Card

For Infants and Children:
- Birth certificate with seal
- Baptismal record with seal
- Crib card
- Adoption papers
- U.S. Passport/Visa
- WIC ID folder (for Recert Appointment only)
- Custody Papers
- Hospital Records

IMMUNIZATION RECORD Bring your children’s immunization records.

MILK, SOY MILK, CHEESE, TOFU & EGGS

YOGURT

FRUITS & VEGETABLES

JUICE FOR WOMEN
MILK, SOY MILK, CHEESE, TOFU & EGGS

Milk

**ALLOWED**
- Plain pasteurized cow's milk only
- Type, size and amount listed on your WIC check

**STORE BRAND ONLY**
- Fluid

**ANY BRAND**
- Dry/Powdered (3 qt or 8 qt only)*
- Evaporated/Canned (12 oz. cans only)
- Lactose Reduced or 100% Lactose Free
- UHT Milk (shelf stable)
- Kosher*

**NOT ALLOWED**
- "Plus" milk, goat milk, rice milk, milk with added flavor or sugar like Nido, cultured buttermilk, acidophilus cultured milk, Kefir cultured milk, organic milk, Leche Klim, half and half, milk with added calcium, ultraskim and superskim milk products, vegan milk choices

Soy Milk

**ALLOWED**
- Size and amount are listed on your WIC check

**ANY BRAND**
- 8th Continent
  - Original
  - Vanilla
- Silk
  - Original

Cheese

**ALLOWED**
- Cheese made in the USA from 100% pasteurized cow's milk only
- Cheese labeled low or reduced cholesterol, low or reduced fat or low or light sodium
- Individual slices, blocked or shredded

**ANY BRAND**
16 oz. package only in the following varieties:
- American
  - Pasteurized Process
- Cheddar
- Colby
- Monterey Jack
- Muenster
- Mozzarella
  - Part Skim or Whole
- Provolone
- Swiss

**NOT ALLOWED**
- Individually wrapped slices, deli cheese, imported cheese, cheese food, cheese spread, cheese product, flavored cheese, string cheese, organic cheese

Tofu

**ALLOWED**
- 16 oz. only

**ANY BRAND**
- Azumaya Silken
- House Foods America
  - Firm
  - Medium Firm
  - Extra Firm

**NOT ALLOWED**
- Tofu with added fats, sugars, oils or sodium, organic tofu

Eggs

**ALLOWED**
- One dozen (12 eggs) carton only
- Grade A large only
- White only

**NOT ALLOWED**
- 1/2 dozen cartons (6 eggs), cooked eggs, jumbo eggs, extra large eggs, medium eggs, brown eggs, specialty eggs, low cholesterol eggs, organic eggs, Eggland's Best, cage-free/free range eggs, eggs with Omega-3

* New Item

MILK, SOY MILK, CHEESE, TOFU & EGGS

YOGURT

FRUITS & VEGETABLES

JUICE FOR WOMEN
YOGURT

32 oz. containers only

ALLOWED
- Type listed on your check - whole fat, lowfat, non-fat

NOT ALLOWED
Greek, organic, drinkable yogurts, yogurt with artificial and non-nutritive sweeteners, yogurt with mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients

WHOLE FAT
- Dannon
  Plain
  Vanilla
- Foodtown
  Plain
  Vanilla
- Lucerne
  Plain
- ShopRite
  Plain

LOWFAT
- Best Yet
  Plain
  Vanilla
- Dannon
  Plain
  Vanilla
- Foodtown
  Plain
  Strawberry
  Vanilla
- Great Value
  Strawberry
  Vanilla
- Lucerne
  Strawberry
  Vanilla
- Mehadrin
  (Kosher)
  Plain
  Vanilla
- ShopRite
  Plain
  Vanilla
- Stop & Shop
  Plain
  Vanilla
- Weis
  Plain
  Vanilla
- White Rose
  Plain
  Vanilla
- Yoplait
  Strawberry
  Vanilla

NON-FAT
- Best Yet
  Plain
  Vanilla
- Dannon
  Plain
  Vanilla
- Foodtown
  Plain
  Vanilla
- Great Value
  Plain
  Vanilla
- J&J
  (Kosher)
  Plain
  Strawberry
  Vanilla
- Lucerne
  Plain
- ShopRite
  Plain
  Vanilla
- Stop & Shop
  Plain
  Vanilla
- Weis
  Plain
  Vanilla
- White Rose
  Plain
  Strawberry

YOGURT
FRUITS & VEGETABLES
JUICE FOR WOMEN
**Fruits & Vegetables**

### Fresh Fruits & Vegetables

**ALLOWED**
- Plain fruits and vegetables
- Any variety of fresh, whole or cut fruits and vegetables in a bag or container
- Plain salad mixes, coleslaw and greens in a bag or container
- Fruits and vegetables do not have to be locally grown
- Fresh potatoes
- Organic

**NOT ALLOWED**
- Items from the salad bar, party platters or trays, fruit baskets, decorative vegetables and fruits, dried fruit, dried vegetables, herbs and spices
- Nuts, including peanuts, fruit-nut mixtures
- Bagged fruits and vegetables with dips, dressings or other ingredients
- Herbs

### Frozen Fruits & Vegetables

**ALLOWED**
- Any brand (frozen fruits cannot have added sugar)
- Any plain or plain mixed vegetables
- Plain mashed potatoes
- Any package type (bag, box)
- Any size (except single serving packages)
- Potatoes are allowed with or without salt
- Organic

**NOT ALLOWED**
- Vegetables with sauces, like cheese sauce or any other type of sauce
- Seasoned, flavored or breaded
- Products with added sugar, fats, oils or condiments
- Vegetables mixed with pasta, rice or any other ingredient
- Single serving packages
- Prepared or frozen tater tots, french fries
- Dehydrated potatoes
- Fruits packed in syrup (heavy, light, naturally light, extra light, etc.)

### Canned Fruits & Vegetables

**ALLOWED**
- Any brand and any size
- Any plain or plain mixed vegetables and fruits
- Packed in water or natural fruit juice
- Applesauce (unsweetened)
- Organic

**NOT ALLOWED**
- Sauerkraut
- Pickles or creamed vegetables (including corn)
- Baked beans, pork and beans, black beans, black-eyed peas, garbanzo beans, kidney beans, lima beans, pinto beans, navy beans, soybeans, split peas, lentils, or other mature legumes
- Ketchup, relish, olives

- Includes all shelf-stable containers or pouches
- Any size (except single serving packages)
- Regular or low sodium
- Pastes, purees, whole, crushed tomatoes

- Products with added sugar, fats, oils, or condiments
- Products packed in syrup (heavy, light, naturally light, extra light, etc.)
- Added spices
- Soups, sauces (pizza, spaghetti or tomato), stewed tomatoes, diced tomatoes, salsa
- Single serving packages

* New Item
11.5-12 oz. Frozen Concentrate
100% Juice Only

- Any Brand
  - Orange (regular, w/ calcium, w/ pulp, etc.)
  - Grapefruit
- Best Yet
  - Apple
- Essential Everyday
  - Apple
  - Grape
- Great Value
  - Apple
  - Grape
- Hannaford Brothers Co.
  - Apple (from concentrate)
- Market Pantry
  - Apple
  - Grape
- My Essentials
  - Apple (from concentrate)
- Old Orchard*
  - Apple
  - Grape
  - Pineapple
  - White Grape
- Parade
  - Apple
- ShopRite
  - Apple
- Signature Select
  - Apple

48 oz. Non-Refrigerated & Refrigerated Containers - NEW ITEM
100% Juice Only

- Apple & Eve
  - Apple
  - Cranberry Apple
  - Cranberry Raspberry
  - Naturally Cranberry
- Juicy Juice
  - Apple
  - Cherry
  - Fruit Punch
  - Grape
  - Kiwi Strawberry
  - Orange Tangerine
- Northland
  - Cranberry
- Ruby Kist
  - Apple
  - Orange
  - Pineapple
  - White Grape
- Seneca
  - Apple

NOT ALLOWED
Juices not listed above, sizes not listed above, organic juices, products that are not 100% juice (drinks, ades, nectars, coolers, beverages, Hi-C, cocktails, twisters, splashes, punches, juices with added sugar, sugar substitute or DHA/ARA, baby juices)
## Juice for Children

### 64 oz. Non-Refrigerated & Refrigerated Containers

100% Juice Only

<table>
<thead>
<tr>
<th>Brand</th>
<th>Variants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any Brand Orange</td>
<td>Orange (regular, w/ calcium, w/ pulp, etc.)</td>
</tr>
<tr>
<td>Any Brand Grapefruit</td>
<td></td>
</tr>
<tr>
<td>Apple &amp; Eve*</td>
<td>Apple Natural Style Apple</td>
</tr>
<tr>
<td></td>
<td>Naturally Cranberry Apple</td>
</tr>
<tr>
<td></td>
<td>Cranberry Apple</td>
</tr>
<tr>
<td></td>
<td>Cranberry Raspberry</td>
</tr>
<tr>
<td></td>
<td>Cranberry Grape</td>
</tr>
<tr>
<td></td>
<td>Cranberry Pomegranate</td>
</tr>
<tr>
<td>Best Yet</td>
<td>Apple Cranberry</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td></td>
<td>Pineapple</td>
</tr>
<tr>
<td></td>
<td>Purple Grape</td>
</tr>
<tr>
<td></td>
<td>Vegetable</td>
</tr>
<tr>
<td></td>
<td>White Grape</td>
</tr>
<tr>
<td>Diane's Garden Vegetable</td>
<td>Vegetable (from concentrate)</td>
</tr>
<tr>
<td>Essential Everyday</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Apple w/ Calcium</td>
</tr>
<tr>
<td></td>
<td>Apple w/ Vitamin D</td>
</tr>
<tr>
<td></td>
<td>Cranberry Grape</td>
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<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td>Foodtown</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td>Great Value (Walmart)</td>
<td>Cranberry Grape*</td>
</tr>
<tr>
<td></td>
<td>Tomato</td>
</tr>
<tr>
<td></td>
<td>Vegetable</td>
</tr>
<tr>
<td>Hannaford Brothers Co.</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td>Harvest Hill (Juicy Juice)</td>
<td>Juicy 100% Juice (Any flavor)</td>
</tr>
<tr>
<td>Hy-Top</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td></td>
<td>Cranberry Grape</td>
</tr>
<tr>
<td></td>
<td>Tomato</td>
</tr>
<tr>
<td></td>
<td>Vegetable</td>
</tr>
<tr>
<td>IGA</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td>Key Food</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Cranberry</td>
</tr>
<tr>
<td></td>
<td>Apple Cranberry</td>
</tr>
<tr>
<td></td>
<td>Pineapple Grape</td>
</tr>
<tr>
<td></td>
<td>Cranberry White Grape</td>
</tr>
<tr>
<td>Krasdale</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Cranberry</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td>Market Pantry (Target)</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
<tr>
<td></td>
<td>Tomato</td>
</tr>
<tr>
<td>My Essentials</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Grape</td>
</tr>
</tbody>
</table>

*New Item*
### JUICE FOR CHILDREN (Continued)

<table>
<thead>
<tr>
<th>Juice Brand</th>
<th>Flavors/Types</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nature’s Own</td>
<td>Apple, Grape</td>
</tr>
<tr>
<td>Northland*</td>
<td>Blueberry Blackberry, Acai, Cranberry, Blackberry, Cranberry Cherry, Cranberry Grape</td>
</tr>
<tr>
<td>Cranberry Mango</td>
<td>Cranberry Pomegranate, Blueberry Raspberry, Blueberry Raspberry</td>
</tr>
<tr>
<td>Old Orchard*</td>
<td>Acai Pomegranate, Apple, Apple Cranberry, Berry Blend, Cherry Cranberry, Blueberry Pomegranate, Cherry Pomegranate, Cranberry Pomegranate</td>
</tr>
<tr>
<td>Parade</td>
<td>Apple, Grape</td>
</tr>
<tr>
<td>PriceRite*</td>
<td>Apple, Cranberry, Apple, Cranberry Apple, Cranberry Grape</td>
</tr>
<tr>
<td>Ruby Kist*</td>
<td>Apple, Grape, Pearl, Tomato, White Grape</td>
</tr>
<tr>
<td>Seneca*</td>
<td>Apple, Grape, Pineapple, Tomato, White Grape, White Grape</td>
</tr>
<tr>
<td>Sesame Street*</td>
<td>Big Bird’s Apple, Cookie Monster’s Berry, Elmo’s Punch, Grover’s White Grape</td>
</tr>
<tr>
<td>ShopRite</td>
<td>Tomato, Vegetable (low sodium)</td>
</tr>
<tr>
<td>Signature Select (Acme)</td>
<td>Apple, Cranberry, Cranberry Grape, Cranberry Pomegranate, Cranberry Raspberry</td>
</tr>
<tr>
<td>Stop &amp; Shop</td>
<td>Apple, Cranberry, Grape, Tomato, Vegetable</td>
</tr>
<tr>
<td>Tipton Grove</td>
<td>Apple, Grape</td>
</tr>
<tr>
<td>Wegmans</td>
<td>Apple, Cranberry, Cranberry Apple, Cranberry Concord, Grape, Cranberry Raspberry, Grape</td>
</tr>
<tr>
<td>Welch’s*</td>
<td>Grape, Grape w/ Calcium, Red Grape, Super Berry, White Grape, White Grape Peach</td>
</tr>
</tbody>
</table>

### NOT ALLOWED
Juices not listed above, sizes not listed above, organic juices, products that are not 100% juice (drinks, ades, nectars, coolers, beverages, Hi-C, cocktails, twistes, splashes, punches, juices with added sugar, sugar substitute or DHA/ARA, baby juices)

* New Item
COLD CEREAL

18 up to 36 oz. only

General Mills

Cheerios
Multi Grain Cheerios*
Kix
Berry Berry Kix*
Honey Kix*
Corn Chex*
Rice Chex*

Crispix*
Frosted Mini Wheats*
Rice Krispies
Special K
Special K Protein
Honey Almond Ancient Grains
Special K Protein
Original Multi Grain Touch of Cinnamon*

Malt-O-Meal

Crispy Rice
Frosted Mini Spooners*

Kelloggs

All Bran Complete Wheat Flakes
Corn Flakes

Post

Grape Nut Flakes
Honey Bunches of Oats with Almonds
Honey Bunches of Oats with Cinnamon Bunches
Honey Bunches of Oats Honey Roasted
Honey Bunches of Oats Honey Tasteeos

Avenue A*
Corn Flakes

Hy-Top
Corn Flakes
Kiggins
Corn Flakes
Ralston
Corn Flakes

Best Yet
Bite Size Frosted Shredded Wheat Corn Flakes
IGA
Corn Flakes
Krasdale
Corn Flakes
Red & White
Corn Flakes

Signature Select (Acme)*
Corn Flakes

Foodtown
Corn Flakes

Gray Value
Cereal (Walmart)
Corn Flakes
Crisp Rice Tasteeos

Kemach
Bran Flakes
Crisp Rice
Parade
Corn Flakes
Shurfine
Corn Flakes

Stop & Shop
Corn Flakes Frosted Shredded Wheat

Wegmans
Corn Flakes Multi-Grain Toasted

Weis
Corn Flakes Crisp Rice Frosted Shredded Wheat Wheat Flakes

NOT ALLOWED
Cereals not listed, organic cereals, sizes not listed

* New Item
WHOLE GRAINS

100% Whole Wheat Pasta
16 oz. package only

- Allegra
  Spaghetti
- Barilla
  Angel Hair
  Elbows
  Linguine
  Medium Shells
  Penne
  Rotini
  Spaghetti
  Thin Spaghetti
- Bionaturae Organic
  Fettuccine
  Fusilli
  Penne Rigate
  Rigatoni
  Spaghetti
- Essential Everyday
  Penne Rigate
  Rotini
  Spaghetti
  Thin Spaghetti
- Gia Russa
  Angel Hair
  Linguine
  Penne Rigate
  Rotini
  Spaghetti
- Great Value
  (Walmart)
  Thin Spaghetti
- Heartland
  Elbow
  Rotini
- Hodgson Mill
  Angel Hair
  Elbows
  Spirals
  Thin Spaghetti
- Ronzoni
  Linguine
  Penne Rigate
  Rotini
  Spaghetti
  Thin Spaghetti
- ShopRite
  Penne Rigate
  Rotini
  Spaghetti
- Via Roma
  Penne Rigatoni
  Spaghetti
- Weis
  Angel Hair
  Penne Rigate
  Rotini
  Spaghetti

100% Whole Wheat Bread
16 oz. package only

- America Choice
- Bimbo
- Gold Medal
- Hannaford Brothers Co.
- Pepperidge Farm
  Light Style
  Very Thin*
  Stone Ground
- Stern’s
  100% Whole Wheat Rolls
  (9 count)
- Sungrain
- Wonder

* New Item

WHOLE GRAINS
WHOLE GRAINS
BEANS, PEAS, LENTILS, PEANUT BUTTER & CANNED FISH
INFANT FOOD
**Whole Grains**

100% Whole Grain Tortillas
16 oz. package only

- America’s Choice: Whole Wheat
- Carlita: Whole Wheat Soft White Corn
- Celia’s: Whole Wheat Yellow Corn
- Chi Chi’s: Whole Wheat White Corn
- Don Pancho: Whole Wheat White Corn
- Herdez: Whole Wheat Corn
- Key Food: Whole Wheat White Corn
- La Banderita: Corn
- La Burrita: Corn
- Mayan Farm: Whole Wheat
- Mex-America: Whole Wheat w/ Honey
- Mission: Whole Wheat Yellow Corn

---

**Brown Rice**
16 oz. package

**Allowed**
- Plain brown rice packed in boxes or bags
- May be instant, quick or regular cooking

**Any Brand**

**Not Allowed**
- Brown rice with added sugars, fats or salt, brown rice with other added ingredients, organic brown rice

---

**Whole Grains**

 Beans, Peas, Lentils, Peanut Butter & Canned Fish

 Infant Food
**BEANS, PEAS, LENTILS, & PEANUT BUTTER**

**Beans, Peas & Lentils**

**ALLOWED**
- DRY (varieties of mature beans, peas or lentils - 16 oz. only)
- CANNED regular and low sodium (varieties of mature beans, peas or lentils - 15.5-16 oz. only)

**ANY BRAND**

**NOT ALLOWED**
Green beans, green peas, snap beans, orange beans, wax beans, baked beans, pork and beans, beans with meat (such as franks and beans), canned beans with added sugars, fats, meat or oils, organic beans, soups

**Peanut Butter**

16-18 oz. only

**ALLOWED**
- Creamy or crunchy
- Reduced/Lowfat
- Natural

**BRANDS**
- Store brand
- Skippy
- Jif

**NOT ALLOWED**
Organic peanut butter, peanut spread, freshly ground or whipped peanut butter, peanut butter mixed with jelly, marshmallow, chocolate or honey, peanut butter with added vitamins and minerals

---

**CANNED FISH**

**FOR EXCLUSIVELY BREASTFEEDING WOMEN**

Up to 30 oz.

**ALLOWED**
- Any combination up to amount listed on WIC check

**ANY BRAND**

Iberia Jack Mackerel Only
15 oz. cans packed in water or oil only, may contain bones and skin, plain varieties only

Light Tuna
Minimum 5 oz. cans packed water only, plain varieties only

Pink Salmon
7.5 oz. and 14.75 oz. cans packed in water or oil only, plain varieties only

Sardines
3.75 oz. cans packed in water or oil only (may contain bones and skin, plain varieties only)

**WAYS TO BUY**

- Six 5 oz. cans
- Two 15 oz. cans
- Eight 3.75 oz. cans
- Two 14.75 oz. cans
- One 15 oz can and three 5 oz cans

You can mix and match canned fish of any variety up to 30 ounces.

**NOT ALLOWED**
Albacore tuna, blueback salmon, red salmon, flavored fish, fish with added ingredients, organic fish, fish in pouches, fish in individual serving size containers
**INFANT FOOD**

**Infant Formula**

**ALLOWED**
Brand, size and amount listed on your WIC check

---

**Cereal**

8 oz. containers only

**ALLOWED**
- Brand, size and amount listed on your WIC check
- Plain varieties only
- Rice, Oatmeal, Mixed Grains, Whole Wheat

**NOT ALLOWED**
Organic infant cereal, infant cereal with extra ingredients such as DHA, formula, fruit, yogurt or added protein

---

**Meats**

For exclusively breastfeeding infants 6 through 11 months old

**ALLOWED**
- Amount and size listed on your WIC check
- Single meat or poultry varieties w/ broth or gravy

**ANY BRAND**

---

**Fruits & Vegetables**

**ALLOWED**
- Amount and size listed on your WIC check
- Variety of single ingredient commercial infant food fruit
- Variety of single ingredient commercial infant food vegetable
- Combination of plain single ingredients such as peas & carrots or apples & bananas
- Two (4 oz.) packs and 4 oz. individual containers
- One 2 pack counts as 2 (4 oz.) individual containers

**ANY BRAND**

**NOT ALLOWED**
Baby foods with added sugars, starches or salt, baby food mixtures with cereal or infant food dessert (such as peach cobbler), organic baby food, any variety of baby foods that contain DHA or yogurt

---

**WAYS TO BUY**

**128 OZ.**
- 32 - 4oz. jars
- 16 - 4oz. two pack

**96 OZ.**
- 24 - 4oz. jars
- 12 - 4oz. two pack

**64 OZ.**
- 16 - 4oz. jars
- 8 - 4oz. two pack
MOTHER'S MILK IS A BABY'S NATURAL FOOD
- It contains all the nutrients babies need and is easy to digest.
- It reduces the risk of SIDS, ear and lung infections, and diarrhea.
- It helps prevent diabetes, asthma, heart disease, and cancer.
- It promotes brain growth and development.

BREASTFEEDING IS HEALTHY FOR MOTHERS
- It burns calories so it is easier to lose the weight gained in pregnancy.
- It helps prevent osteoporosis and cancer.
- It is always ready and at the right temperature.

WIC BREASTFEEDING SUPPORT INCLUDES:
- Breastfeeding experts in every WIC local agency.
- Peer counselors who offer mother-to-mother support.
- A larger food package benefit for breastfeeding mothers.
- A larger food package benefit for breastfed babies, starting at 6 months.
- Breast pumps for mothers who need them.
- A community of breastfeeding support.

FOR MORE INFORMATION
https://wicbreastfeeding.fns.usda.gov/ or
https://nj.gov/health/fhs/wic/nutrition-breastfeeding/
**NUTRITION EDUCATION OPTION:**

WIC provides 3 ways of completing Nutrition Education:

- Online [www.njwiconline.org](http://www.njwiconline.org)
- Individually with a Nutritionist
- Group Classes

---

**YOU MAY BE TAKEN OFF THE WIC PROGRAM IF YOU:**

- Get WIC checks from more than one (1) WIC program at the same time in New Jersey or in another state.
- Sell or trade your WIC check(s) or food(s).
- Use your WIC checks to buy food that is not on the WIC Approved Food List.
- Alter the WIC check(s).
- Use WIC check(s) that have been reported lost or stolen.
- Verbally abuse, harass, threaten, assault or physically harm WIC or store staff.

Any of these actions may result in your paying back money to WIC for food you should not have received, termination from the WIC Program, or legal charges.
HOW TO USE YOUR WIC CHECKS

- Shop only at WIC authorized stores. WIC stores must have some foods from each food group but do not have to carry all of the brands on the WIC Approved Food List.

- Buy only foods, brands and sizes that are listed on your WIC checks and Cash-Value Vouchers.

- If you buy more than the value of the CVV Voucher, you may pay the difference with any other form of payment.

- A Cash-Value Voucher (CVV) is a check with a dollar amount that may be used by you to choose from a variety of fresh, frozen and canned fruits and vegetables.

- Do not return WIC foods or exchange them for credit, cash, rain checks or unauthorized foods.

- Use your WIC checks and CVV between the dates listed on each check.

AT THE CASH REGISTER

1. Tell the cashier you are going to use WIC checks and CVV.

2. Separate your WIC foods from all other foods.

3. Give the cashier your New Jersey WIC Food and Program Guide and WIC check or CVV.

4. After the cashier fills in the correct total dollar amount, sign each WIC check and CVV on the signature line at the bottom of the check or CVV.

5. Please do not sign the checks until the cashier has reviewed the checks.


7. Sign in the signature block at the top of the check or CVV only if the cashier made a mistake and the amount has been corrected.

8. Be sure that the cashier returns your New Jersey WIC Food and Program Guide to you after signature review.

WICShopper IS

- A free app designed for WIC Participants.
- A tool that simplifies shopping for WIC approved foods.
- Includes recipes and ideas how to use WIC foods.

HOW IT WORKS

- Find WICShopper in your app store.
- Select New Jersey as your WIC provider.
### APPOINTMENTS

**YOU HAVE AN APPOINTMENT TO COME BACK TO WIC ON THE DATE AND TIME BELOW.**

<table>
<thead>
<tr>
<th>WIC Clinic</th>
<th>WIC Clinic Phone Number</th>
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### RIGHTS AND OBLIGATIONS

The rules for signing up and taking part in the WIC Program are the same for everyone, regardless of race, color, national origin, age, disability or sex. You may appeal any decision made by the local agency regarding your eligibility for WIC by asking for a fair hearing within 60 days of the decision. WIC shares certification and immunization screening information with health and social programs like SNAP, TANF, etc., that serve WIC participants to determine if they qualify for their programs and for outreach and educational purposes.
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.