Welcome to WIC!

What does WIC provide?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides at no cost:

- Healthy foods like, milk, cheese, yogurt, cereal, whole grains (bread, tortillas, brown rice, & pasta), juice, eggs, peanut butter, beans, fruits, and vegetables.
- Nutrition education
- Infant feeding information
- Healthcare referrals
- Breastfeeding support

Who is eligible?

Applicants must meet these requirements:

Category (be a woman, infant or child)
- Pregnant women
- Women who have delivered a baby or miscarried in the past 6 months
- Breastfeeding women until their baby is 1 year old
- Infants and children up to their 5th birthday

Resident (must live in State where they apply)

Income (must meet income guidelines)
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  - Women who have delivered a baby or miscarried in the past 6 months
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Income (must meet income guidelines)

KY WIC Shopping Tips

- Take your KY WIC Shopping List with you.

- If you have a smartphone, use the free WIC Shopper app to scan foods. Be sure to register your eWIC card with the app so you can check your benefits from your phone.

- Make sure the foods you buy are on your KY WIC Shopping List.

- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.

- Coupons and store promotions can be used with your KY eWIC card.

- If using multiple forms of payment, use your KY eWIC card first.

- Your receipt will list the remaining food benefit balance.
<table>
<thead>
<tr>
<th>B &amp; G Foods</th>
<th>General Mills</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Cream of Wheat Instant</td>
<td>• Rice Chex</td>
</tr>
<tr>
<td>• Cream of Wheat Whole</td>
<td>• Wheat Chex#</td>
</tr>
<tr>
<td>Grain#</td>
<td>• Kix#</td>
</tr>
<tr>
<td>• Cream of Rice</td>
<td>• Honey Kix#</td>
</tr>
<tr>
<td>• Multi-Grain Cheerios#</td>
<td>• Berry Berry Kix#</td>
</tr>
<tr>
<td>• Cheerios Ancient Grains#</td>
<td>• Total#</td>
</tr>
<tr>
<td>• Corn Chex</td>
<td></td>
</tr>
<tr>
<td>• Wheaties#</td>
<td></td>
</tr>
<tr>
<td>• Corn Chex</td>
<td></td>
</tr>
</tbody>
</table>

10 ounces or larger
Cereal

Kellogg’s
- All Bran Complete Wheat Flakes#
- Corn Flakes
- Rice Krispies
- Frosted Mini-Wheats Strawberry#
- Frosted Mini-Wheats Cinnamon Roll#
- Frosted Mini Wheats Original#
- Frosted Mini Wheats Little Bites#
- Frosted Mini-Wheats Blueberry#

Post
- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats with Vanilla Bunches#
- Honey Bunches of Oats
- Whole Grain Honey Crunch#
- Grape Nuts Original#
- Grape Nuts Flakes
To buy 36 ounces of cereal

36 oz

18 oz

12 oz

24 oz = 36 oz.

18 oz

12 oz

12 oz

12 oz

12 oz

10 oz

10 oz

10 oz = 36 oz.

16 oz

36 oz

12 oz

36 oz

10 oz

10 oz

16 oz

36 oz

12 oz

12 oz

36 oz

Whole grain cereals are denoted with # symbol

NO Cereals not listed
NO Organic Cereals
Juice

Unsweetened 100% Fruit/Vegetable

100% Frozen Fruit Juice
12 ounce (makes 48 ounces)
Any brand - Grapefruit or Orange
Seneca - Apple
Old Orchard - Any Flavor

Can or Plastic 100% Fruit Juice
48 or 64 ounce
Any Brand - Grapefruit or Orange
Apple - Seneca, Mott’s
Apple & Eve- Any Flavor
Pineapple - Libby’s
Juicy Juice - Any Flavor
Northland- Any Flavor
Old Orchard 100% Juice - Any Flavor
Welch’s- 100% Grape Juice (No other varieties)

Can or Plastic 100% Vegetable Juice
64 ounce
Tomato Juice
Campbell’s
Campbell’s Low Sodium

Vegetable Juice
V-8
V-8 Low Sodium

Purchase size shown on EBT shopping list

YES Added calcium

Not allowed
NO 46 ounce juice
NO 11.5 ounce juice
NO Other juices or fruit drinks
NO Organic juice
NO Cocktails
NO V8 Lite, Splash, or Fusion
NO DHA, prebiotics, or artificial sweeteners
NO Juice made with coconut water
Acidophilus &/or bifidum (A/B), lactose free and powdered milks are allowed if shown on EBT shopping list

**YES** Added calcium

**Not allowed**

**NO** Flavored milk, Goat's milk, Buttermilk, Vitamite 100, Rice, Almond, or Evaporated milk

**NO** Organic milk

**NO** Added plant sterols, sterols, DHA, ARA &/or Omega 3

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**Soy Milk**

**Half-gallon or quart size container**

To purchase soy milk, it must be shown on EBT shopping list

**Approved Soymilk**

| Silk Soy Original | 8th Continent Original |

**NO other soy milk is authorized.**
WIC Cuts the Fat to 1% or Less Milk

For women and children 2 years and older.

- Fewer Calories for a healthier weight.
- Less saturated fat for a healthier heart.
- More calcium for strong bones, teeth and healthy blood pressure.
- Same or more amounts of vitamins A and D.
Yogurt

32 oz Tub

Purchase type shown on EBT shopping list

Whole milk yogurt

Dannon
• Whole Milk Plain
• Whole Milk Vanilla
• Whole Milk Strawberry

Kroger
• Whole Milk Plain
• Whole Milk Vanilla

Meijer
• Whole Milk Plain

Low fat and fat free yogurt

Best Choice
• Nonfat Plain
• Low Fat Vanilla
• Strawberry Low Fat

Coburn Farms
• Low Fat Plain
• Low Fat Vanilla

Dannon
• Nonfat Plain
• Low fat Strawberry
• Low fat Strawberry Banana
• Low fat Plain
• Low fat Vanilla

Essential Everyday
• Fat Free Plain
• Plain Low fat
• Peach Low fat
• Strawberry Low fat
• Vanilla Low fat
<table>
<thead>
<tr>
<th>Yogurt</th>
<th>Brands</th>
<th>Yoghurt Flavours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low fat and fat free</td>
<td>Food Club</td>
<td>Fat Free Plain, Low fat Vanilla, Strawberry Low fat</td>
</tr>
<tr>
<td></td>
<td>Food Lion</td>
<td>Plain Nonfat, Vanilla Low fat</td>
</tr>
<tr>
<td></td>
<td>Great Value</td>
<td>Nonfat Plain, Low fat Vanilla, Low fat Strawberry Banana, Low fat Strawberry, Low fat Peach</td>
</tr>
<tr>
<td></td>
<td>Kroger</td>
<td>Fat Free Plain, Blended Low fat Plain, Blended Low fat Vanilla</td>
</tr>
<tr>
<td></td>
<td>Meijer</td>
<td>Plain Nonfat, Plain Low fat, Low fat Strawberry Banana, Low fat Strawberry, Low fat Vanilla</td>
</tr>
<tr>
<td></td>
<td>Morning Fresh</td>
<td>Nonfat Plain, Low fat Vanilla</td>
</tr>
<tr>
<td></td>
<td>Our Family</td>
<td>Nonfat Plain, Nonfat Vanilla, Nonfat Strawberry, Vanilla Low fat, Peach Low fat, Strawberry Low fat, Low fat Blueberry</td>
</tr>
<tr>
<td></td>
<td>Yoplait</td>
<td>Original Vanilla Low fat, Original Strawberry Banana Low fat, Original Strawberry Low fat, Original Harvest Peach Low fat</td>
</tr>
</tbody>
</table>
Low fat and fat free yogurt

Multipacks - Must equal 32 oz.

Yoplait Yogurt Cups
Box of 8 - 4 oz. Cups

Go-Gurt
Box of 8 - 2 oz. Tubes
Box of 8 - 4 oz. Tubes
Box of 16 - 2 oz. Tubes

Activia
Pack of 4 - 4 oz. Cups
(Lactose Free Available)

To buy 32 ounces of Yogurt

\[
\begin{align*}
32 \text{ oz} & = 8 \times 4 \text{ oz} \\
32 \text{ oz} & = 16 \times 2 \text{ oz} \\
32 \text{ oz} & = 8 \times 2 \text{ oz} + 8 \times 2 \text{ oz} \\
32 \text{ oz} & = 4 \times 4 \text{ oz} + 4 \times 4 \text{ oz}
\end{align*}
\]

Not allowed
- NO Organic
- NO Greek or strained yogurt
- NO Artificial sweeteners (NO Light & Fit, Carb Master)
- NO Drinkable yogurt bottles or frozen yogurt
- NO Mix-in ingredients such as granola, candy pieces, honey, or nuts
### Cheese

**Block, Crumbled, Cubed, Sliced, Shredded, or String**

8 or 16 ounce packages only

<table>
<thead>
<tr>
<th>Brick</th>
<th>Mozzarella</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheddar</td>
<td>Muenster</td>
</tr>
<tr>
<td>Colby</td>
<td>Provolone</td>
</tr>
<tr>
<td>Monterey Jack</td>
<td>Swiss</td>
</tr>
</tbody>
</table>

**YES** Variety packs/blends, low cholesterol, low or reduced-fat, nonfat, fat-free, added calcium and low sodium

**Not allowed**

- NO Deli cheese of any type
- NO American cheese
- NO Cheese food, cheese product, cheese spread, pasteurized processed cheese, imitation cheese
- NO Added pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked)
- NO Organic cheese
- NO Added probiotics (e.g., Live Active, etc.)

### Eggs

**Grade A - White - Dozen only**

**Size - Small, medium or large**

**YES** Cage Free

**Not allowed**

- NO Organic, free range, low cholesterol, antibiotic free, vegetarian-fed hen, multigrain diet fed, and no growth hormone
- NO Added Omega 3 or other fatty acids
- NO Brown eggs
Dried Beans & Dried Peas

Any Brand
Dried - 16 ounce bag OR
Canned - 15 to 16 ounce

**Any** plain bean or pea. Some examples include:
- Black
- Black-eyed
- Garbanzo
- Great Northern
- Kidney
- Lentils
- Mixed
- Navy
- Pinto
- Red
- Speckled

**YES** Mixed beans (pinto and Great Northern, etc.)
**YES** Regular or low sodium

**Not allowed**
- NO Added meats, flavorings, sauces, spices/seasoning, fats, sugars, or oils
- NO Organic or baked
- NO Canned green beans, green peas, or waxed beans

Peanut Butter

Any Brand
16 to 18 ounce only

**YES** Chunky, Creamy, Crunchy, or Extra Crunchy
**YES** Low sodium or low sugar
**YES** Natural

**Not allowed**
- NO Low carb
- NO Chocolate, marshmallow, artificial sweeteners, jelly, honey, or flavors added
- NO Tubes, slices or “To Go” containers
- NO Organic peanut butter
- NO Reduced Fat
- NO Whips
- NO Omega 3, flaxseed, or plus
To purchase tofu, it must be shown on EBT shopping list

**YES** Prepared with calcium/magnesium salts
**Yes** Organic

**Not Allowed**
**NO** Added fats, sugars, oils or sodium
**NO** Marinated or seasoned tofu

### Tofu

<table>
<thead>
<tr>
<th>Nasoya</th>
<th>House Foods</th>
<th>Azumaya</th>
<th>Simple Truth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra Firm</td>
<td>Extra Firm</td>
<td>Firm</td>
<td>Firm</td>
</tr>
<tr>
<td>Firm</td>
<td>Firm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lite Firm</td>
<td>Regular</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lite Silken</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soft</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Super Firm Cubed</td>
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<td></td>
</tr>
</tbody>
</table>

### Fish

**Only type and sizes below. Any brand packed only in oil or water.**

Pink Salmon - 6 & 7.5 ounce cans only

Sardines - 3.75 ounce cans only

Tuna Fish - 5 & 6 ounce cans only

**To purchase fish, it must be shown on EBT shopping list**

**YES** Regular or low sodium

**Not Allowed**
**NO** White or albacore tuna
**NO** Organic fish
**NO** Foil containers
**NO** Added seasonings, flavors, or dressings
Breastfeeding

Breastfeeding is best for mother and baby.

Mother’s milk is the perfect food for your baby. The milk that your body makes to feed your baby is the best food to keep your baby healthy and happy. There are many benefits of breastfeeding your baby.

Benefits for Baby
- ✔ Most complete form of food for your baby.
- ✔ Provides immunities to your baby.
- ✔ Protects baby against Sudden Unexpected Infant Death (SUID), ear infections, obesity, allergies, etc.
- ✔ Babies who are breastfed have less gas, spitting up and colic.

Benefits for Mother
- ✔ Decreased risk of breast and ovarian cancer.
- ✔ Helps you return to pre-pregnancy weight faster.
- ✔ Increases bonding with your baby.
- ✔ Cheaper than bottle feeding.

Is my baby getting enough?

Your baby will need to eat 8-12 times per day. This means your newborn baby needs to eat every 1 ½ to 3 hours. Babies have very small stomachs when they are born.

1 Day Old
- 5-7 ml
- size of marble

3 Days Old
- 22-27 ml/ 1 oz.
- size of strawberry

10 Days Old
- 60-81 ml/ 2-2.7 oz.
- size of an egg

To make sure your baby is getting enough:

✔ Monitor your baby’s weight gain. Babies should have a ½ to 1 ounce weight gain daily the first 6 months of life. Your baby should be back to birth weight by 2 weeks.

✔ Count wet and dirty diapers. Your baby should have 6 or more wet diapers and at least 3 dirty diapers after the first 6 days of life.
Breastfeeding

Breastmilk Has More of the Good Things Babies Need

Breastmilk

- Antibodies
- Anti-Cancer (HAMLET)
- Growth Factors
- Enzymes
- Disease Fighting Stem Cells
- Hormones
- Anti-Viruses
- Anti-Allergies
- Anti-Parasites
- Probiotics
- Prebiotics
- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water

Formula

- Probiotics*
- Prebiotics*
- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water

Adapted from California Department of Health Services
Whole Grains

100% Whole Wheat & Whole Grain Bread/Buns
16 ounce size only

Aunt Millie’s Healthy Goodness 100% Whole Wheat
Best Choice 100% Whole Wheat
Bimbo 100% Whole Wheat
Bunny 100% Whole Wheat

Essential Everyday 100% Whole Wheat
Food Lion 100% Whole Wheat
Healthy Life 100% Whole Wheat
IGA 100% Whole Wheat

Kern’s 100% Whole Wheat
Kroger 100% Whole Wheat
Lewis 100% Whole Wheat
Meijer 100% Whole Wheat

Nature’s Own Whole Grain Sugar Free
Nature’s Own Whole Grain with Honey
Our Family 100% Whole Wheat
Pepperidge Farm Light Style Soft Wheat
Whole Grains

100% Whole Wheat & Whole Grain Bread/Buns
16 ounce size only

- Pepperidge Farm Stoneground 100% Whole Wheat
- Pepperidge Farm Very Thin Soft 100% Whole Grain Seeded Jewish Rye
- Roman Meal Sungrain 100% Whole Wheat
- Sara Lee 100% Whole Wheat
- Schwebel's 100% Whole Wheat
- Shoppers Value 100% Whole Wheat
- Wonder 100% Whole Wheat
- Arnold Whole Wheat Hamburger Buns
- Arnold Whole Wheat Hot Dog Buns
- Brownberry Whole Wheat Hamburger Buns
- Brownberry Whole Wheat Hot Dog Buns

**Not Allowed**
- NO White Bread
- NO Organic Bread
- NO Additives such as herbs, spices, peppers, cheese, tomatoes or raisins
Whole Grains

**100% Whole Wheat Pasta**
16 ounce size only - Any Brand

**YES** Any shape (for example whole wheat rotini, penne, spaghetti, macaroni/elbows, or linguine)

**Not Allowed**

NO Organic
NO Added cheese, vegetables, sugars, fats, oils, salt (sodium), or other flavorings
NO Egg noodles
NO Pasta meals or canned pasta
NO Gluten free or brown rice pasta
NO Corn flour, chia seed flour, or flax seed

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Whole Grains

**Brown Rice**
14 or 16 ounce only- Any Brand

**YES** Instant, quick, or regular

**Not Allowed**

NO Organic
NO Additives such as herbs, spices, peppers, cheese, or tomatoes
Whole Grains

Tortillas
16 ounce package only

Whole Wheat Tortillas
Carlita Food Lion
Celia IGA
Kroger Food Club
La Banderita Tio Santi
Ortega Chi Chis
Mission Essential Everyday

Corn Tortillas
Celia Mission
Don Pancho Best Choice
La Banderita Guerrero
La Burrita Essential Everyday
IGA Kroger
Our Family Chi Chi’s
Hy-top

Not Allowed
NO Organic
NO Additives such as herbs, spices, peppers, cheese, spinach or tomatoes

Combine whole grains to equal the amount shown on your EBT shopping list

EXAMPLE: 16 oz. bread + 16 oz. tortilla = 32 oz.
EXAMPLE: 16 oz. bread + 16 oz. pasta = 32 oz.
# Fruits and Vegetables

## Fresh

<table>
<thead>
<tr>
<th>YES</th>
<th>Whole or cut</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>Organic</td>
</tr>
</tbody>
</table>

**Not Allowed**

<table>
<thead>
<tr>
<th>NO</th>
<th>Added sugars, fats or oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>Ornamental fruits or vegetables such as painted pumpkins or peppers on a string</td>
</tr>
<tr>
<td>NO</td>
<td>Party trays or fruit baskets</td>
</tr>
<tr>
<td>NO</td>
<td>Muffins or baked goods</td>
</tr>
<tr>
<td>NO</td>
<td>Items from the deli</td>
</tr>
<tr>
<td>NO</td>
<td>Items from salad bar, i.e., potato salad</td>
</tr>
<tr>
<td>NO</td>
<td>Herbs or spices</td>
</tr>
<tr>
<td>NO</td>
<td>Sprouts</td>
</tr>
<tr>
<td>NO</td>
<td>Fruit/nut mixtures</td>
</tr>
<tr>
<td>NO</td>
<td>Dried fruit or vegetables</td>
</tr>
<tr>
<td>NO</td>
<td>Canned or pouches</td>
</tr>
<tr>
<td>NO</td>
<td>Added dressings, croutons, herbs, spices, marinades, etc.</td>
</tr>
</tbody>
</table>

## Frozen

<table>
<thead>
<tr>
<th>YES</th>
<th>Any brand, variety, or size</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>Whole, cut or mixed</td>
</tr>
<tr>
<td>YES</td>
<td>Organic</td>
</tr>
<tr>
<td>YES</td>
<td>With or without salt</td>
</tr>
</tbody>
</table>

**Not Allowed**

<table>
<thead>
<tr>
<th>NO</th>
<th>Added sugar, syrup, artificial sweeteners, fats, oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>Added meat, pasta, rice, nuts, cheese, butter, herbs, spices, seasonings, marinades, dressings, condiments or sauces</td>
</tr>
<tr>
<td>NO</td>
<td>French fries or tater tots</td>
</tr>
<tr>
<td>NO</td>
<td>Breaded or battered vegetables</td>
</tr>
</tbody>
</table>
**Fruits and Vegetables**

**Tips for purchasing fresh fruits and vegetables:**

- Check your grocery store's weekly sales ads.
- Buy fruits and vegetables that are in season.
- Do not buy a product that is bruised or damaged.

**Estimating cost by using the table below:**

Use the following steps to estimate the cost of your purchase:
1. Place the item on the grocery scale.
2. Round the weight up to the nearest pound (lb.) or half pound. Find the number on the top of the chart below.
3. Find the price per pound on the left side of the chart below and follow it to the right until the two meet.

*Note: You will be asked to pay any amount that exceeds your cash value benefit amount.*

<table>
<thead>
<tr>
<th>$</th>
<th>1 lb</th>
<th>1½ lb</th>
<th>2 lb</th>
<th>2½ lb</th>
<th>3 lb</th>
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<tbody>
<tr>
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<td>0.74</td>
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<td>1.99</td>
<td>2.99</td>
<td>3.98</td>
<td>4.98</td>
<td>5.97</td>
</tr>
</tbody>
</table>
Breastmilk is Best.

**Formula**

Purchase size and type shown on EBT shopping list

**Not Allowed**
- NO Whole, Low Fat, Skim, Evaporated, or Goat’s milk
- NO Organic formula
- NO Oral rehydration fluids or electrolyte solutions, such as Pedialyte

**Dry Infant Cereal**

8 ounce size only

**YES** Organic

**Not Allowed**
- NO Additives such as fruit, formula, sugar, yogurt, or DHA & ARA
- NO Cereal in jars or pouches
Infant Foods

**Infant Fruits & Vegetables**
4.0 ounce size only
Fresh as specified on EBT Shopping List

**YES** Plain fruit or vegetable combinations such as peas and carrots, apple and banana, or sweet potato and apple
**YES** Organic

**Not Allowed**
**NO** Additives such as sugars, starches, salt/sodium, yogurt, or DHA & ARA
**NO** "Dinners", desserts, “delights” or puddings
**NO** Pouches

**Infant Meat**
2.5 ounce size only

To purchase infant meat, it must be shown on EBT shopping list

**YES** Plain meats with gravy
**YES** Organic

**Not Allowed**
**NO** Additives such as fruit, vegetable, or DHA & ARA
**NO** Oil, sugar, onion or garlic
**NO** Chicken sticks, Turkey sticks, or Meat sticks
**NO** Gerber Graduates Lil’ Meals, Lil’ Sides or Lil’ Entrees
**NO** "Dinners"
**NO** Pouches
## Infant Foods

### Food Conversions

#### Infant Cereal

\[
\begin{align*}
8 \text{ oz} & \quad + \quad 8 \text{ oz} & \quad + \quad 8 \text{ oz} & = \quad 24 \text{ oz}.
\end{align*}
\]

#### Infant Fruits and Vegetables

- **Fully Formula & Partially Breastfed Infant**
  
  \[
  128 \text{ oz.} = 32 \text{ 2-packs of 2 oz.}
  \]
  
  \[
  128 \text{ oz.} = 32 \text{ (4 oz.) jars}
  \]
  
  \[
  128 \text{ oz.} = 16 \text{ 2-packs of 4 oz.}
  \]

- **Fully Breastfed Infant**
  
  \[
  256 \text{ oz.} = 64 \text{ 2-packs of 2 oz.}
  \]
  
  \[
  256 \text{ oz.} = 64 \text{ (4 oz.) jars}
  \]
  
  \[
  256 \text{ oz.} = 32 \text{ 2-packs of 4 oz.}
  \]

#### Fresh Infant Fruits and Vegetables

- **Fully Formula & Partially Breastfed Infant**
  
  \[
  \$4 \text{ Fresh fruits and vegetables } + 64 \text{ ounces of jarred infant fruits and vegetables}
  \]
  
  \[
  64 \text{ oz.} = 16 \text{ 2-packs of 2 oz.}
  \]
  
  \[
  64 \text{ oz.} = 16 \text{ (4 oz.) jars}
  \]
  
  \[
  64 \text{ oz.} = 8 \text{ 2-packs of 4 oz.}
  \]

- **Fully Breastfed Infant**
  
  \[
  \$8 \text{ Fresh fruits and vegetables } + 128 \text{ ounces of jarred infant fruits and vegetables}
  \]
  
  \[
  128 \text{ oz.} = 32 \text{ 2-packs of 2 oz.}
  \]
  
  \[
  128 \text{ oz.} = 32 \text{ (4 oz.) jars}
  \]
  
  \[
  128 \text{ oz.} = 16 \text{ 2-packs of 4 oz.}
  \]

#### Infant Meat

- **Fully Breastfed Infant**
  
  \[
  77.5 \text{ oz.} = 31 \text{ (2.5 oz.) jars}
  \]
<table>
<thead>
<tr>
<th>Food Category</th>
<th>Changes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Shelf stable Milk Allowed</td>
</tr>
<tr>
<td>Eggs</td>
<td>Cage Free Eggs Allowed</td>
</tr>
<tr>
<td>Breakfast Cereal</td>
<td>Breakfast Cereals Added Include:</td>
</tr>
<tr>
<td></td>
<td>Cream of Wheat 1 Minute</td>
</tr>
<tr>
<td></td>
<td>Cream of Rice</td>
</tr>
<tr>
<td></td>
<td>Frosted Mini-Wheats Blueberry</td>
</tr>
<tr>
<td></td>
<td>Frosted Mini-Wheats Strawberry</td>
</tr>
<tr>
<td></td>
<td>Frosted Mini-Wheats Cinnamon Roll</td>
</tr>
<tr>
<td></td>
<td>Rice Krispies</td>
</tr>
<tr>
<td></td>
<td>Bran Flakes, King Vitamin and Simple Granola are no longer available.</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>Whole Grain 16 oz Breads Added Include:</td>
</tr>
<tr>
<td></td>
<td>Brownberry Whole Wheat Hamburger Buns</td>
</tr>
<tr>
<td></td>
<td>Brownberry Whole Wheat Hot Dog Buns</td>
</tr>
<tr>
<td></td>
<td>Arnold Whole Wheat Hamburger Buns</td>
</tr>
<tr>
<td></td>
<td>Arnold Whole Wheat Hot Dog Buns</td>
</tr>
<tr>
<td></td>
<td>Lewis 100% Whole Wheat Bread</td>
</tr>
<tr>
<td></td>
<td>Healthy Life 100% Whole Wheat Sandwhich Buns and Hot Dog Buns are no longer available.</td>
</tr>
<tr>
<td>Infant Cereal</td>
<td>Organic Allowed</td>
</tr>
<tr>
<td>Infant Fruits and Vegetables</td>
<td>Organic Allowed</td>
</tr>
<tr>
<td>Infant Meats</td>
<td>Organic Allowed</td>
</tr>
</tbody>
</table>
NEW
WIC Infant
Contract Brand Formula
Effective 10/29/2021

Milk Based
Similac Advance

Soy Based
Similac Soy Isomil

Lactose Sensitivity/Lactose Reduced
Similac Total Comfort
Similac Sensitive

Reflux or GERD
Similac For Spit-Up

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Kentucky Department for Public Health
Printed with Federal Funds
DON'T FALL FOR THE TRAP

SELLING OR TRADING WIC FORMULA, FOODS OR EWIC CARDS IS A VIOLATION THAT COULD RESULT IN CRIMINAL CHARGES AND/OR DISQUALIFICATION FROM RECEIVING FUTURE BENEFITS.

WIC GROWING HEALTHY FAMILIES.
<table>
<thead>
<tr>
<th>eWIC Receipt</th>
<th>WIC Package Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>1.00 gal</td>
<td>1 gallon</td>
</tr>
<tr>
<td>.75 gal</td>
<td>1/2 gallon + 1 quart</td>
</tr>
<tr>
<td>.50 gal</td>
<td>1/2 gallon</td>
</tr>
<tr>
<td>.25 gal</td>
<td>1 quart</td>
</tr>
<tr>
<td>Cheese</td>
<td></td>
</tr>
<tr>
<td>1.00 pound</td>
<td>1 pound or 16 oz.</td>
</tr>
<tr>
<td>.50 pound</td>
<td>1/2 pound or 8 oz.</td>
</tr>
<tr>
<td>Tofu</td>
<td></td>
</tr>
<tr>
<td>1.00 pound</td>
<td>1 pound or 14 to 16 oz.</td>
</tr>
<tr>
<td>.50 pound</td>
<td>1/2 pound or 8 oz.</td>
</tr>
<tr>
<td>Juice</td>
<td></td>
</tr>
<tr>
<td>1.00 cont</td>
<td>1 container</td>
</tr>
<tr>
<td>Cereal</td>
<td></td>
</tr>
<tr>
<td>36.00 ounce</td>
<td>36 ounces (purchase in boxes 10 oz. or larger)</td>
</tr>
<tr>
<td>Beans/Peas</td>
<td></td>
</tr>
<tr>
<td>1.00 cont</td>
<td>One 16 - oz. bag OR Four 15 to 16 oz. cans</td>
</tr>
<tr>
<td>.75 cont</td>
<td>3 cans</td>
</tr>
<tr>
<td>.50 cont</td>
<td>2 cans</td>
</tr>
<tr>
<td>.25 cont</td>
<td>1 can</td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
</tr>
<tr>
<td>1 dozen</td>
<td>1 dozen</td>
</tr>
</tbody>
</table>
## WIC Shopping List

<table>
<thead>
<tr>
<th>eWIC Receipt</th>
<th>WIC Package Size</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yogurt</strong></td>
<td></td>
</tr>
<tr>
<td>32.00 ounce</td>
<td>1- 32 oz container or multipack</td>
</tr>
<tr>
<td><strong>Peanut Butter</strong></td>
<td></td>
</tr>
<tr>
<td>1.00 cont</td>
<td>1 container 16 or 18 oz.</td>
</tr>
<tr>
<td><strong>Whole Grains</strong></td>
<td></td>
</tr>
<tr>
<td>16.00 ounce</td>
<td>1- 16 oz. bread OR 1 - 14 or 16 oz. rice OR 1 - 16 oz. tortilla OR 1 - 16 oz. pasta</td>
</tr>
<tr>
<td><strong>Soy Milk</strong></td>
<td></td>
</tr>
<tr>
<td>1.00 gal</td>
<td>2- half gallon cartons</td>
</tr>
<tr>
<td>.50 gal</td>
<td>1/2 gallon</td>
</tr>
<tr>
<td><strong>Fruit and Vegetables</strong></td>
<td></td>
</tr>
<tr>
<td>9.00 $$</td>
<td>$9.00 to purchase fresh/frozen fruits and vegetables</td>
</tr>
</tbody>
</table>

* Fruit and Vegetable Cash Value Benefit amount may vary depending on eligibility.

If you have questions regarding how to read your eWIC Shopping List, please contact your local health department.
WICShopper App

WICShopper can:

☑️ Tell you if a scanned item is WIC-eligible
☑️ Tell you what WIC-eligible items are available in this store.

Next Steps:

1. Download the WICShopper
2. Launch the app and select your State or WIC authority
3. Shop - scan items to know if they are WIC eligible and on your KY WIC shopping list.

WICShopper App Fruit and Vegetable Calculator

1. Log in to the WIC Shopper App.
2. Select "My Benefits" icon
3. Select "Calculator" option located in the Fruit and Vegetable category.
4. Select "Add Item" icon to enter item name, price per pound (lb), and weight. Total price will be calculated.
5. Select "Add Item" to view your remaining balance.
1. Log in to the WIC Shopper App.
2. Select "My Benefits" icon
3. Select "Calculator" option located in the breakfast cereal category.
4. Select "scan item" and scan eligible products.
5. If a cereal is WIC Approved, select the green "add" icon. The calculator will update your remaining cereal balance.
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Criminal Activity, such as:
- Bribery
- Smuggling
- Theft
- Fraud
- Endangerment of Public Health or Safety
- Mismanagement/ Waste of Funds
- Workplace Violence
- Employee Misconduct
- Research Misconduct
- Conflict of Interest

Call 1-800-424-9121 or visit www.usda.gov/oig

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