



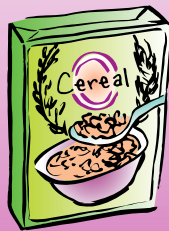
FLORIDA  
**WIC**

Foods

October 2009

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*Manjé*  
Oktòb 2009



[www.FloridaWIC.org](http://www.FloridaWIC.org)

1-800-342-3556

## Welcome to WIC!

The Florida WIC Program provides women, infants, and children participants with a variety of healthy and tasty foods. This food booklet contains specific information about which food items are allowed and not allowed when shopping with WIC checks. Please review each section carefully to make sure that the correct type and size of each food item is being purchased. While this booklet shows all types of WIC foods, the front of each WIC check shows the specific foods that may be purchased. Note: Whenever the WIC customer is required to buy the **LEAST EXPENSIVE AVAILABLE** of a particular item, there will be a ♦ in front of the item.

**New WIC Check Color:** Beginning October 1, 2009, **green** WIC checks will be issued to WIC participants. Use this eligible food booklet that is effective October 1, 2009 with WIC checks that are **green**. Note: During the months of October 2009 to January 2010, pink checks will continue to be used by some customers. Customers using pink WIC checks must use the WIC eligible food pamphlet dated October 2008.

**Note:** WIC is a supplemental nutrition program. WIC does not provide all of the food needed by the WIC participant.

## Byenveni nan WIC!

Pwogram WIC Florid-la ap bay patisipan fanm, tibebe ak timoun yon varyete de manje ki ansante e ki gen bon gou. Ti liv manje sa-a genyen enfòmasyon espesifik sou ki kalite manje ki otorize e ki pa otorize lè wap achte avèk chèk WIC. Tanpri revize chak seksyon avèk atansyon pou ka si ke ou achte kalite ak gwochèk manje kòrèkteman jan yo mande-l la. Pandan ti liv sa-a montre tout tip de manje WIC, devan chak chèk WIC wap wè manje espesifik ke ou ka achte. Sonje: Nenpòt lè kliyan WIC rekòmande pou yo achte sa **KI PI BON MACHE KI DISPONIB** la nan yon manje patikilye, ap genyen yon siy ♦ devan'l.

**Nouvo Koulè Chèk WIC:** Kòmansman Oktòb 1, 2009, yo ap bay patisipan WIC-yo yon chèk WIC ki gen koulè **vèt**. Itilize ti liv manje espesyal sa ki ap anvigè Oktòb 1, 2009 avèk chèk WIC ki gen koulè **vèt** yo. Sonje: Pandan mwa sa yo, Oktòb 2009 rive nan Janvye 2010, chèk koulè woz yo ap kontinye itilize pa kèlke kliyan. Kliyan ki ap itilize chèk woz WIC-yo dwe itilize ti bwochi manje espesyal WIC-la ki gen dat Oktòb 2008 la.

**Sonje:** WIC se yon pwogram nitrisyon siplemantè. WIC pa bay tout manje ke patisipan WIC-yo bezwen.

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# Breakfast Cereal      Sereyal Dejene

**11 oz size or larger.** Allowed items are only those listed.

Cereals with a ★ contain 51% or more whole grains.

**No other flavors or varieties are allowed. No organic products are allowed.**

**11 ons de gwose oswa pi gwo.** Manje ki otorize yo se sèlman sa yo mete nan list anba la yo.

Sereyal ki gen siy ★ yo genyen 51% ou plis grenn antye.

*Lòt kalite oswa lòt gou pa otorize. Pwodwi òganik pa otorize.*

## General Mills



Cheerios ★



MultiGrain  
Cheerios ★



Honey Kix ★



Kix



Rice Chex



Wheat Chex ★

## Kellogg's



All-Bran  
Complete Wheat  
Flakes ★



Corn  
Flakes



Special K  
Protein Plus  
No Original



Frosted  
Mini-Wheats  
Big Bite ★



Frosted  
Mini-Wheats  
Bite Size ★



Unfrosted  
Mini-Wheats ★

## Post



Bran  
Flakes ★



Honey Bunches  
of Oats with  
Vanilla Bunches ★



Grape-Nuts ★



Grape-Nuts  
Flakes ★



Cream ofWheat  
Whole Grain ★

## B&G Foods

## Malt-o-Meal



Frosted  
Mini Spooners ★



Strawberry Cream  
Mini Spooners ★



Original  
HotWheat

**To buy 36 oz cereal:** Buy one 36 oz box/  
bag OR buy 2 or 3 boxes that equal 36 oz  
or less. Some size combinations are shown:

**Pou achte 36 ons sereyal:** Achte yon 36 ons  
bwat/sache OUBYEN achte 2 oswa 3 bwat ki  
egal a 36 ons oswa mwens. Konbinezon gwose  
yo ekri sou yo:

$$12 \text{ oz} + 12 \text{ oz} + 12 \text{ oz} = 36 \text{ oz}$$

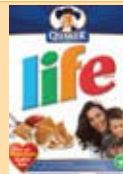
$$18 \text{ oz} + 18 \text{ oz} = 36 \text{ oz}$$

$$24 \text{ oz} + 12 \text{ oz} = 36 \text{ oz}$$

### Quaker



Crunchy  
Corn Bran



Life ★



Oatmeal Squares  
Brown Sugar ★



Oatmeal Squares  
Cinnamon ★



Instant Grits  
Original



Instant Oatmeal  
Original ★

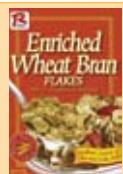
### Ralston Foods



Corn Flakes



Tasteeos ★



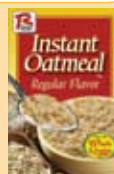
Enriched Wheat  
Bran Flakes ★



Frosted  
Shredded Wheat ★



Rice  
Biscuits



Instant Oatmeal  
Regular Flavor ★

### Store Brands *Sa yo ki pote mak makèt la*

#### **Acme**

Bran Flakes ★  
Corn Flakes  
Crunchy Rice Squares  
Crunchy Wheat & Barley ★  
Instant Oatmeal-Regular ★  
Toasted Oats ★

#### **Albertsons**

Bran Flakes ★  
Corn Flakes  
Crunchy Rice Squares  
Crunchy Wheat & Barley ★  
Frosted Wheat ★  
Instant Oatmeal-Original ★  
Toasted Oats ★

#### **Best Choice**

Bran Flakes ★  
Corn Flakes  
Happy O's ★  
Instant Oatmeal-Regular ★  
Nutty Nuggets ★  
Rice Crisps  
Wheat Crisps ★

#### **Best Yet**

Bran Flakes ★  
Corn Flakes  
Crunchy Rice  
Crunchy Wheat ★  
Frosted Shredded Wheat ★  
Instant Grits-Original  
Instant Oatmeal-Original ★  
Nutty Nuggets ★  
Toasted Oats ★

#### **Bloom**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Oatmeal-Regular ★  
Toasted Oats ★  
Toasted Rice

#### **Flavorite**

Bran Flakes ★  
Corn Flakes  
Crunchy Rice Squares  
Crunchy Wheat & Barley ★  
Frosted Shredded Wheat ★  
Instant Grits-Original  
Instant Oatmeal-Regular ★  
Toasted Oats ★  
Wheat Biscuits ★

#### **Food Club**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Grits-Original  
Instant Oatmeal-Regular ★  
Rice Squares  
Toasted Oats ★  
Wheat & Crunchy ★

#### **Food Lion**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Oatmeal-Regular ★  
Nutty Nuggets ★  
Tasteos Toasted Oat ★  
Toasted Rice

#### **Great Value**

Bran Flakes ★  
Corn Flakes  
Crunchy Nuggets ★  
Instant Grits-Original  
Instant Oatmeal-Regular ★  
Toasted Whole Grain Oat ★  
Toasted Rice  
Toasted Wheat ★

#### **Hannaford**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Oatmeal-Regular ★  
Nutty Nuggets ★  
Tasteos Toasted Oat ★  
Toasted Rice  
Toasted Wheat ★

#### **Hy-Top**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Grits-Original  
Instant Oatmeal-Regular ★  
Toasted Oats ★

#### **IGA**

40% Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Oatmeal-Regular ★  
Nutty Nuggets ★  
Square-Shaped Rice  
Tasteos/Toasted Oats ★

#### **Market Pantry**

Instant Oatmeal-Regular ★  
Frosted Shredded  
Wheat-Original ★  
Toasted Oats ★

#### **Our Family**

High Fiber Bran Flakes ★  
Corn Flakes  
Instant Grits-Original  
Instant Oatmeal-Regular ★  
Krunch Nutties ★  
Rice Biscuits  
Toasted Oats ★  
Wheat Biscuits ★

#### **Parade**

Corn Flakes  
Toasted Oats ★

#### **Publix**

Bran Flakes ★  
Corn Flakes  
Frosted Wheat ★  
Instant Oatmeal-Original ★  
Nutty Nuggets ★  
Toasted Oats ★

#### **Red & White**

Bran Flakes ★  
Corn Flakes  
Instant Oatmeal-Regular ★  
Toasted Oats ★

#### **Save-A-Lot**

Nature's Crunch Bran Flakes ★  
Mornin' Gems Corn Flakes

#### **Shurfine**

Bran Flakes ★  
Corn Flakes  
Rice Squares  
Frosted Shredded Wheat ★  
Instant Grits-Original  
Instant Oatmeal-Regular ★  
Nutty Nuggets ★  
Toasted Oats ★

#### **ValuTime**

Corn Flakes

#### **Winn Dixie**

Bran Flakes ★  
Corn Flakes  
Frosted Shredded Wheat ★  
Instant Grits-Original  
Instant Oatmeal-Regular ★  
Nutty Nuggets ★  
Rice Squares  
Toasted Oats ★  
Wheat Squares ★

## Milk Lèt

◆ **Must buy the LEAST EXPENSIVE AVAILABLE type and size of milk selected by the WIC customer, unless otherwise specified on the front of the WIC check. The front of the check will list the allowed type and quantity of milk.** The WIC customer may buy any combination of gallon and half-gallon sizes. Quart size may only be purchased when “quart” is listed on front of check.

No acidophilus, bifidus, or Tevye milk unless front of check says “any brand, any type” of milk. No goat’s milk, nut milk, rice milk, or other grain milks. No calcium fortified milk. No flavored milk, kefir, buttermilk, or filled milk. No organic products are allowed.

◆ **Kliyan WIC dwe achte kalite ak gwosè lèt KI PI BON MACHE KI DISPONIB la, amwenske yo di yon lòt bagay espesifik devan chèk WIC-la. Devan chèk la ap ekri kalite ak kantite lèt ou otorize pou achte. Kliyan WIC kapab achte nenpòt konbinezon de galon ak mwatye-galon de gwosè. Gwosè ka ( $\frac{1}{4}$ ) kapab achte sèlman lè “ka” ( $\frac{1}{4}$ ) nan list ki devan chèk la.**

Lèt asidofilis, bifidis oswa Tevye pa ladan’n amwenske devan chèk la di “nenpòt mak (any brand), nenpòt kalite (any type)” de lèt. Lèt kabrit, lèt ki fèt ak nwa, lèt diri oswa lòt lèt grenn pa ladan’n. Lèt kalsyòm fòtifye pa ladan’n. Lèt aromatize, (kefir, buttermilk oswa filled milk) pa ladan’n. Pwodwi òganik pa otorize.

### Whole Milk (for children 1 year of age) Lèt Antye (pou timoun 1 ane)



Refrigerated milk

- ◆ gallon
- ◆ half-gallon

Lèt refrijere (tou glase ki nan frijidè)

- ◆ galon
- ◆ demi-galon

- ◆ Refrigerated quart
- ◆ UHT quart

- ◆ ka ( $\frac{1}{4}$ ) refrijere (tou glase ki nan frijidè)
- ◆ ka ( $\frac{1}{4}$ ) UHT (lèt dlo nan bwat katon ki pa nan frijidè)

- ◆ 12 oz can evaporated milk

- ◆ bwat lèt evapore de 12 ons

**1% Lowfat or Fat Free Milk** (for women and children 2 years and older)  
**Lèt 1% Ki Gen Tikras Grès oswa Lèt San Grès** (pou fanm ak timoun 2 an e plis)



**Refrigerated milk**

- ◆ gallon 1% lowfat milk
- ◆ gallon fat free milk
- ◆ half-gallon 1% lowfat milk
- ◆ half-gallon fat free milk

**Lèt refrijere** (tou glase ki nan frijidè)

- ◆ galon lèt 1% ki gen tikras grès
- ◆ galon lèt san grès
- ◆ demi-galon lèt 1% ki gen tikras grès
- ◆ demi-galon lèt san grès



**Refrigerated milk**

- ◆ quart 1% lowfat milk
- ◆ quart fat free milk

**UHT milk**

- ◆ quart 1% lowfat milk
- ◆ quart fat free milk

**Lèt refrijere** (tou glase ki nan frijidè)

- ◆ ka (¼) lèt 1% ki gen tikras grès
- ◆ ka (¼) lèt san grès
- ◆ Lèt UHT (lèt dlo nan bwat katon ki pa nan frijidè)
- ◆ ka (¼) lèt 1% ki gen tikras grès
- ◆ ka (¼) lèt san grès



- ◆ 12 oz can fat free evaporated milk (skimmed)
- ◆ No “2% lowfat” evaporated milk
- ◆ bwat lèt evapòre san grès de 12 ons (skimmed)
- ◆ Lèt evapòre “2% ki gen tikras grès” la pa ladan

- ◆ Nonfat dry milk in box
- ◆ Lèt anpoud san grès nan bwat

- 9.6 oz = 3 qts
- 16 oz = 5 qts
- 25.6 oz = 8 qts



**Under special circumstances, the following items will appear on the front of the WIC check:**  
**Sou sikonstans espesyal, lèt sa yo ap parèt devan chèk WIC-la:**



**2% reduced fat milk**  
**Lèt 2% yo redwi nan grès la**

- Refrigerated milk**
- Lèt refrijere** (tou glase ki nan frijidè)
- ◆ gallon - galon
  - ◆ half-gallon - demi-galon
  - ◆ quart - ka (¼)

- UHT milk**
- Lèt UHT** (lèt dlo nan bwat katon ki pa nan frijidè)
- ◆ quart - ka (¼)



- ◆ Lactose free or lactose reduced milk
- ◆ Lèt san laktoz oswa lèt yo redwi nan laktoz la



- 8th Continent Soymilk Original**
- Half-gallon carton only
- No fat free or light. No vanilla, chocolate, or other flavors. No other brands of soy milk or soy-based beverages are allowed.

Sèlman nan katon demi-galon

San grès oswa lejè (light) pa ladan'n. Gou vaniy, chokola, oswa lòt gou pa ladan'n. Lèt mak lèt soya (soymilk) osinon bwason ki fèt ak baz soya (soy) pa otorize.

## Cheese Fwomaj

◆ **Must buy the LEAST EXPENSIVE AVAILABLE type of cheese selected by the WIC customer.**

**16 oz (1 lb) size only.**

**Allowed items are only those listed below.**

No cheese product or cheese food. No cheese mixtures such as Cheddarella. No slices of Cheddar or Mozzarella cheese. No spreads, shredded, snack, cubed, shaped, string, crumbles, cracker cuts, strips, or cheese from the delicatessen. No cheese with added ingredients, imported, or waxed cheeses. No organic products are allowed.

◆ **Kliyan WIC dwe achte kalite fwomaj KI PI BON MACHE KI DISPONIB la. 16 on (1 liv) de gwosè sèlman.**

**Fwomaj ki otorize pou achte, se sa yo mete anba la yo sèlman.**

Pwodwi ki fèt avèk fwomaj osinon manje ki fèt avèk fwomaj pa ladan'n. Fwomaj melanje tankou cheddarella pa ladan'n. Tranch fwomaj cheddar osinon Mozzarella pa ladan'n. Simen (spread), shire an timoso (shredded), pase-nan-bouch (snack), an kib (cubed), nan fòm (shaped), tankou ti fil (string) an miyèt moso (crumbles), tankou timoso biswit sèk (cracker cuts), an bann ti moso (strips) osinon fwomaj rafine pa ladan'n. Fwomaj avèk engredyan, enpòte osinon fwomaj sire (waxed cheeses) pa ladann. Pwodwi òganik pa otorize.



◆ **Deluxe American Slices**

16 oz package  
No "Singles" or individually-wrapped slices. No 2% reduced fat American.

◆ **Tranch ameriken de Liks**

Pakè de 16 ons  
"Inik" osinon moso endividyèl anlope pa ladan'n. Fwomaj Ameriken 2% yo redwi nan grès pa ladan'n.



◆ **Mild Cheddar**

16 oz block  
No 2% reduced fat, fat free or white Cheddar.

◆ **Fwomaj lejè**

Blòk de 16 ons  
Cheddar 2% yo redwi nan grès, san grès osinon fwomaj blan pa ladan'n.



◆ **Part Skim Mozzarella**

16 oz block or round  
No whole milk or fat free Mozzarella.

◆ **Lèt ekreme de Mozzarella an pati**

Blòk oswa wondèl de 16 ons  
Lèt antye osinon lèt san grès pa ladan'n.

## Peanut Butter Manba

16 to 18 oz jar only.

Any brand of creamy, crunchy, extra crunchy, super chunk, or natural peanut butter.

No added jelly, marshmallow, honey, or chocolate.

No spreads, whipped, fortified, or reduced fat.

No organic products are allowed.



**Bokal de 16 a 18 ons sèlman.**

**Nenpòt mak de “creamy, crunchy, extra crunchy, super chunk”, oubyen manba nòmàl.**

*Sa-k gen jele, “marshmallow,” siwo myèl, oswa chokola ajoute pa ladan’n.*

*Sa ki “spreads,” “whipped,” fotifye, oswa redwi nan grès pa ladan’n.*

*Pwodwi òganik pa otorize.*

## Eggs Ze

◆ **Must buy the LEAST EXPENSIVE AVAILABLE large, white, chicken eggs.**

No specialty or low cholesterol eggs.

No brown eggs.

No organic products are allowed.



◆ **Kliyan WIC dwe achte nan ze poul laj, blan KI PI BON MACHE KI DISPONIB la.**

*Ze espesyal osinon ki gen ba kolestewòl pa ladan’n.*

*Ze mawon pa ladan’n.*

*Pwodwi òganik pa otorize.*

## Beans Pwa

Examples of beans include, but are not limited to: black beans, blackeye peas, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, lima beans, navy beans, pinto beans, soybeans, and split peas.

*Yo mete egzanp pwa sa yo men yo pa limite, ou ka chwazi nenpòt nan sa yo: pwa nwa, pwa enkon, pwa chich, pwa savann, pwa rouj, pwa lantiy, pwadchous, pwa blan, pwa pinto, pwa soja, pwa fann.*

### Dry Beans

**16 oz (1 lb) bag only.**

**Any brand of dry beans, peas, or lentils are allowed.**

*No smaller sizes.*

*No flavored, seasoned, gourmet, or soup mixes.*

*No organic products are allowed.*



### Pwa sèch

**Sache de 16 ons (1 liv) sèlman.**

**Ou ka chwazi nenpòt mak de pwa sèch, pwa vèt oswa pwa lantiy.**

*Pi piti gwosè pa ladan'n.*

*Aromatize (flavored), sizonnen, gourmet oswa soup melanje pa ladan'n.*

*Pwodwi òganik pa otorize.*

### Canned Beans

**15 to 16 oz can only.**

*(Smaller sizes only allowed when listed on the front of the check.)*

**Any brand of canned beans is allowed.**

*No canned green peas, green beans, wax beans, or snap beans.*

*(These are only allowed to be purchased with the Fruit and Vegetable Voucher.)*

*No added sugars, fats, oils, or meat.*

*No soups or baked beans.*

*No organic products are allowed.*



### Pwa nan mamit konsè

**Mamit de 15 a 16 ons sèlman.** *(Ou ka chwazi nan pi piti gwosè sèlman si ou wè'l ekril devan chèk la.)*

**Ou ka chwazi nenpòt mak de pwa nan mamit.**

*Pwa vèt, pwa tann, "wax bean" oswa "snap bean" ki nan mamit konsè pa ladan'n.*

*(Ou ka achte sa yo sèlman avèk koupon ke yo ba ou pou fwi ak legim nan.)*

*Pwa yo ajoute sik, grès, lwil osinon vyann pa ladan'n.*

*Soup osinon pwa ki pase nan fou (baked) pa ladan'n.*

*Pwodwi òganik pa otorize.*

## Canned Fish Pwason nan Mamit

Under special circumstances, only some women will receive canned fish.  
*Sou sikonstans espesyal, sèlman kèk fanm va resewva pwason nan mamit.*

5 oz can or larger of **canned light tuna** and/or **pink salmon**.

Any brand packed in water, spring water, or oil is allowed.

No white or albacore tuna. No sockeye or red salmon. No pouches.

No olive oil, lemon, flavored, gourmet, smoked, grilled, blackened, or added ingredients. No low or less sodium. No organic products are allowed.



Timamit de 5 ons oswa pi gwo de **pwason ton lejè (light tuna)** avek/oswa **somon woz**.  
 Ou ka achte nenpòt mak ki pake nan dlo, nan dlo sous oswa nan lwil.

*Pwason ton blan osinon albakò pa ladan'n. Somon sòkay (sockeye) osinon somon woz pa ladan'n. Pwason pòch (pouches) pa ladan'n. Lwil doliv, sitwon, gou ajoute, boukannen, griye, nwasi osinon engredyan ajoute pa ladan'n. Ba osinon san sodyòm pa ladan'n. Pwodwi ôganik pa otorize.*

### Examples of how to buy up to 30 oz canned fish:

#### Egzanp de kòman pou achte jiska 30 ons mamit pwason:

30 oz = 6 cans in 5 oz size

30 ons = 6 ti mamit de 5 ons



29 to 30 oz = 2 cans in 12 oz size and  
 1 can in 5 to 6 oz size

29 a 30 ons = 2 ti mamit de 12 ons ak  
 1 ti mamit de 5 a 6 ons



30 oz = 4 cans in 7.5 oz size

30 ons = 4 ti mamit de 7.5 ons



29.5 oz = 2 cans in 14.75 oz size

29.5 oz = 2 ti mamit de 14.75 ons



### Examples of how to buy up to 15 oz canned fish:

#### Egzanp de kòman pou achte jiska 15 ons mamit pwason:

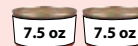
15 oz = 3 cans in 5 oz size

15 ons = 3 ti mamit de 5 ons



15 oz = 2 cans in 7.5 oz size

15 ons = 2 ti mamit de 7.5 ons



14.75 oz = 1 can in 14.75 oz size

14.75 ons = 1 ti mamit de 14.75 ons



## Fruit Juice    Ji Fwi

**Must be 100% juice with no added sugar or syrup.**

No juice drinks, beverages, cocktails, or "light" juice. No juice blends. No Apple Cider. No organic products are allowed.

**Ou dwe achte 100% ji ke yo pa ajoute sik ak siwo nan yo.**

*Ji atifisyèl, bwason, kòktèl osinon ji lejè, ji melanje, ji pòm pwès (apple cider) pa ladan'n. Pwodwi òganik pa otorize.*

**Refrigerated Plastic Jugs - No cartons.**

**Bidon plastik refrijere - Katon pa ladan'n.**

◆ **Must buy the LEAST EXPENSIVE AVAILABLE of the size and flavor of refrigerated juice selected by the WIC customer.** May buy juice that has added calcium, vitamin D, and pulp as long as it is the least expensive of that size and flavor.

◆ **Kliyan WIC dwe achte ji refrijere nan gwo ak nan gou KI PI BON MACHE KI DISPONIB la.** Ou ka achte ji ke yo pa ajoute kalsyòm, vitamin D ak ji ak tout chè depi se yo ki pi bon mache nan gwo ak nan gou ke ou chwazi-a.

### Allowed sizes and flavors    Gwo ak gou otorize



Gallon (128 oz)  
Galon (128 ons)

- ◆ Orange - Zoranj



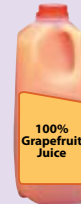
96 oz (3 qt) - 96 ons (3 ka)

- ◆ Orange - Zoranj



Half-gallon (64 oz) - Demi-galon (64 ons)

- ◆ Orange - Zoranj
- ◆ Pink Grapefruit - Chadèk Woz
- ◆ Ruby Red Grapefruit - Chadèk Wouj
- ◆ White Grapefruit - Chadèk Blan



### Frozen Concentrate - 11.5 oz, 12 oz, and 16 oz sizes Ji konsantre ki konjele - 11.5 ons, 12 ons ak 16 ons de gwo

◆ **Must buy the LEAST EXPENSIVE AVAILABLE of the size and flavor of frozen juice selected by the WIC customer.** May buy juice that has added calcium, vitamin D, and pulp as long as it is the least expensive of that size and flavor.

Note: 11.5 oz and 12 oz sizes are considered to be the same size when comparing prices.

◆ **Kliyan WIC dwe achte ji konjele nan gwo ak nan gou KI PI BON MACHE KI DISPONIB la.** Ou ka achte ji ke yo pa ajoute kalsyòm, vitamin D ak ji ak tout chè depi se yo ki pi bon mache nan gwo ak nan gou ke ou chwazi-a.

Sonje: Gwo 11.5 ons ak 12 ons konsidere pou menm gwo nan konparezon pri.

### Allowed flavors    Gou otorize



- ◆ Apple
- ◆ Pòm



- ◆ Grape (purple)
- ◆ Rezen (mov)



- ◆ White Grape
- ◆ Rezen (blan)



- ◆ Orange
- ◆ Zoranj



- ◆ Pineapple
- ◆ Zannanna



- Grapefruit - Chadèk
- ◆ Pink - Wose
- ◆ Ruby Red - Wouj
- ◆ White - Blan

Note: All Welch's frozen concentrate juices must have yellow top.  
Sonje: Tout ji Welch konsantre ki konjele dwe genyen bouchon jòn.



**Plastic Bottles or Jugs  
Boutèy oswa Bidon plastik**

**Allowed items are only those listed below. (Does not have to be least expensive available.)**

**Sa ki otorize se sa yo mete anba la yo sèlman. (Li pa oblije sa ki pi bon mache ki disponib la.)**

**48 oz Apple Juice**

**48 ons Ji Pòm**

Apple & Eve  
Lucky Leaf  
Musselman's  
Seneca

**64 oz Apple Juice**

**64 ons Ji Pòm**

Albertsons—*No unfiltered. Sa ki pa filtre pa ladan'n.*

Apple & Eve  
Best Yet  
Bloom  
Hy-Top  
IGA  
Flavorite  
Food Club  
Food Lion  
Juicy Juice Apple—*No other flavors. Lot gou ajoute pa ladan'n.*  
Langers  
Lucky Leaf—*No calcium added. Kalsyòm ajoute pa ladan'n.*  
Market Pantry  
Mott's—*No "Natural" or "Mott's for Tots."*  
Musselman's—*No calcium added. Kalsyòm ajoute pa ladan'n.*  
Old Orchard  
Our Family  
Publix  
Red & White  
Ruby Kist  
Sam's Choice  
Seneca  
Sesame Street Apple  
Shurfine  
Tipton Grove  
Tree Top  
White House Premium—*No other varieties. Lòt varyete pa ladan'n.*  
Winn Dixie



**96 oz Apple Juice**

**96 ons Ji Pòm**

Albertsons  
Flavorite  
Food Club  
Great Value



**1 gal (128 oz) Apple Juice**

**1 galon (128 ons) Ji Pòm**

Albertsons	Mott's	Seneca
Apple & Eve	Old Orchard	Shurfine
Flavorite	Publix	
Food Club	Ruby Kist	

White House Premium—*No other varieties. Lòt varyete pa ladan'n.*

**64 oz Grape Juice—purple or white**

**64 ons Ji Rezen—mov oswa blan**

Albertsons  
Bay Mist  
Bloom  
Flavorite  
Food Club  
Food Lion  
Hannaford (purple/mov)  
Hy-Top  
IGA  
Langers  
Market Pantry  
Old Orchard  
Our Family  
Publix  
Red & White (purple/mov)  
Ruby Kist  
Sam's Choice (purple/mov)  
Sesame Street (white/blan)  
Shurfine (purple/mov)  
Welch's  
Winn Dixie



**1 gal (128 oz) Grape Juice**

**1 galon (128 ons) Ji Rezen**

Sam's Choice (purple/mov)



**48 oz and 64 oz Grapefruit Juice**

**(white, pink, or ruby red)**

**48 ons ak 64 ons Ji Chadèk**

**(blan, woz oswa wouj)**

Any brand  
Nenpòt mak



**48 oz and 64 oz Orange Juice**

**48 ons ak 64 ons Ji Zoranj**

Any brand  
Nenpòt mak



**48 oz and 64 oz Pineapple Juice**

**48 ons ak 64 ons Ji Zannanna**

Any brand  
Nenpòt mak



**Non-Frozen Concentrate - 11.5 oz**

**Sa ki konsantre men ki pa konjele -11.5 ons**

**Allowed items are only those listed below. (Does not have to be least expensive available.)**

**Sa ki otorize se sa yo mete anba la yo sèlman. (Li pa oblije sa ki pi bon mache ki disponib la.)**



Juicy Juice Apple  
Juicy Juice Pòm



Welch's Apple, Grape, or White Grape - Welch's Pòm, Rezen oswa Rezen Blan  
yellow top only - Bouchon jòn sèlman



## Whole Grains      Grenn Antye

### 100% Whole Wheat Bread

16 oz (1 lb) loaf only.

Allowed items are only those listed below.

No added ingredients such as raisins, other dried fruits, or nuts.

No organic products are allowed.

### Pen Ki Fèt Avèk 100% Ble Antye

16 ons (1 liv) pen antye sèlman.

Sa ki otorize se sa yo mete anba la yo sèlman.

Sa ke yo ajoute engredyan tankou rezen sèk, lòt fwi sèk oswa nwa/pistach pa ladan'n.

Pwodwi òganik pa otorize.



Food Lion  
100% Whole Wheat  
16 oz (1 lb) loaf



Nature's Own  
Sugar Free  
100% Whole Grain  
Wheat  
16 oz (1 lb) loaf



Pepperidge Farm  
Stone Ground  
100% Whole Wheat  
16 oz (1 lb) loaf



Pepperidge Farm  
Very Thin  
100% Whole Wheat  
16 oz (1 lb) loaf



Roman Meal  
Sungrain  
100% Whole Wheat  
16 oz (1 lb) loaf



Sara Lee  
Classic  
100% Whole Wheat  
16 oz (1 lb) loaf



Weight Watchers  
100% Whole Wheat  
16 oz (1 lb) loaf

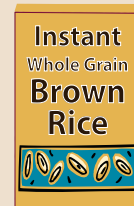
**Brown Rice - Regular, Instant, or Boil-in-Bag**  
**Label may say “brown rice” or “whole grain brown rice.”**  
**Any brand in a 14 to 16 oz bag or box is allowed.**

No white rice or wild rice.  
 No added ingredients such as seasonings.  
 No rice in jars. No frozen rice.  
 No organic products are allowed.



**Diri Mawon - Regilye, Enstantane oswa Boil-in-Bag (enstantane nan sachè)**  
**Etikèt la ka di “brown rice” oswa “whole grain brown rice.” Ou ka achte nenpòt mak nan sachè oswa nan bwat de 14 a 16 ons.**

Diri blan oswa diri Jòn.  
 Sa yo ajoute engredyan tankou asezònman/èpis pa ladan’n.  
 Diri nan bokal pa ladan’n. Diri konjele pa ladan’n.  
 Pwodwi òganik pa otorize.



**Corn Tortillas**

**14 to 16 oz bag only.**  
**Allowed items are only those listed below.**

No flour or wheat tortillas. No taco shells or tortilla chips.  
 No organic products are allowed.

**Tortilla ki fèt avèk mayi**

**Sachè de 14 a 16 ons sèlman.**  
**Sa ki otorize se sa yo mete anba la yo sèlman.**

Tortilla ki fèt avèk farin oswa ble pa ladan’n. Taco shells oswa tortilla chips pa ladan’n.  
 Pwodwi òganik pa otorize.



La Burrita  
 Yellow Corn Tortillas  
 16 oz (1 lb)



Don Pancho  
 White Corn Tortillas  
 16 oz (1 lb)



Mission Super Size  
 White Corn Tortillas  
 14 oz



Mission Super Size  
 Yellow Corn Tortillas  
 14 oz



Mission Extra Thin  
 Yellow Corn Tortillas  
 16 oz (1 lb)

## Baby Fruits & Vegetables

### Fwi ak Legim Bebe

**Allowed items are only those listed below.**

No added DHA, sugars, starches, salt, sodium, meat, poultry, cereal, noodles, rice, yogurt, raisins, or granola. No desserts, dinners, or casseroles. No toddler foods. No fruit or vegetable juices. No organic products are allowed.

**Sa ki otorize se sa yo mete anba la yo sèlman.**

Sa yo ajoute DHA, sik, lanmidon, sèl, sodyòm, vyann, poul, sereyal, vèmisèl, diri, yogout, rezen sèk oswa granola pa ladan'n. Desè, dine oswa kastwòl pa ladan'n. Manje timoun pa ladan'n. Ji fwi osinon legim pa ladan'n. Pwodwi òganik pa otorize.



#### **Beech-Nut**

**4 oz jar**

Applesauce  
Apples & Bananas  
Apples & Blueberries  
Apples & Cherries  
Apples, Mango & Kiwi  
Apples, Pears & Bananas  
Apricots with Pears & Apples  
Bananas  
Bananas & Strawberries  
Butternut Squash  
Carrots  
Carrots & Peas  
Corn & Sweet Potatoes  
Country Garden Vegetables  
Green Beans  
Mixed Vegetables  
Peaches  
Peaches & Bananas  
Pears  
Pears & Pineapple  
Pears & Raspberries  
Peas  
Plums with Apples & Pears  
Sweet Potatoes & Apples  
Sweet Potatoes



#### **Gerber**

**4 oz jar &**

**7 oz package (two 3.5 oz packs)**

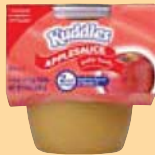
Applesauce  
Apple Blueberry  
Apples & Cherries  
Apple Strawberry Banana  
Apricots with Mixed Fruit  
Bananas  
Bananas with Apples & Pears  
Banana Mixed Berries  
Banana Orange Medley  
Banana Plum Grape  
Carrots  
Carrot Apple Mango  
Garden Vegetables  
Green Beans  
Mixed Vegetables  
Peaches  
Pears  
Pear Pineapple  
Peas  
Plums with Apples  
Prunes with Apples  
Squash  
Sweet Potatoes  
Sweet Potatoes & Corn



#### **Nature's Goodness**

**4 oz jar**

Applesauce  
Apples & Blueberries  
Apples & Cranberries  
Apples & Pears  
Apricots with Pears & Apples  
Bananas  
Bananas with Apples & Pears  
Carrots  
Corn & Sweet Potatoes  
Green Beans  
Mixed Vegetables  
Peaches  
Pears  
Plums with Apples  
Prunes with Pears  
Squash  
Sweet Peas  
Sweet Potatoes



#### **Kuddles**

**8 oz package (two 4 oz packs)**

Applesauce  
Bananas  
Berry Banana  
Fruit Medley  
Pears  
Tropical Fruit



#### **Parent's Choice**

**8 oz package (two 4 oz packs)**

Apples  
Bananas  
Mixed Fruit  
Pears  
Tropical Medley  
Very Berry Banana  
Wild Berry Blend



#### **Up & Up**

**8 oz package (two 4 oz packs)**

Apple  
Banana  
Peach  
Pear

## Baby Cereal      Sereyal Bebe

8 oz or 16 oz box or carton.

Allowed items are only those listed below.

No added ingredients such as fruit, formula, yogurt, or DHA.

No organic products are allowed.

**Bwat oswa katon de 8 ons a 16 ons.**

**Sa ki otorize se sa yo mete anba la yo sèlman.**

Sa yo ajoute engredyan tankou fwi, fòmil, yogout oswa DHA pa ladan'n.

Pwodwi òganik pa otorize.



**Beech-Nut**

8 oz or 16 oz carton

Barley  
Brown Rice  
Mixed  
Oatmeal  
Rice



**Gerber**

8 oz or 16 oz box

Barley  
Mixed Grain  
Oatmeal  
Rice  
Whole Wheat



**Nature's Goodness**

8 oz or 16 oz box

Mixed  
Oatmeal  
Rice

## Baby Meats      Vyann Bebe

For babies who receive no formula from WIC.

Pou tibebe ki pa resevwa fòmil nan WIC.

2.5 oz jar only. Allowed items are only those listed below.

No added sugars, salt, or sodium. No meat sticks. No baby meat combinations such as meat & vegetables or dinners such as spaghetti & meatballs. No organic products are allowed.

**Bokal de 2.5 ons sèlman. Sa ki otorize se sa yo mete anba la yo sèlman.**

Sa yo ajoute engredyan tankou sèl oswa sodyòm pa ladan'n. Ti baton vyann (meat sticks) pa ladan'n. Konbinezon de vyann bebe tankou vyann ak legim oswa dine tankou espageti ak boulèt pa ladan'n. Pwodwi òganik pa otorize.



**Beech-Nut**

Beef & Beef Broth  
Chicken & Chicken Broth  
Turkey & Turkey Broth



**Gerber**

Beef & Beef Gravy  
Chicken & Chicken Gravy  
Ham & Ham Gravy  
Lamb & Lamb Gravy  
Turkey & Turkey Gravy  
Veal & Veal Gravy



**Nature's Goodness**

Beef & Beef Gravy  
Chicken & Chicken Gravy  
Turkey & Turkey Gravy

## Fruits & Vegetables

There is a “cash value” Fruit and Vegetable Voucher that has a maximum dollar amount printed on it. WIC customers will use this voucher to purchase the allowed types of fruits and vegetables listed in the following charts. See page 20 for more information about the voucher.

- Organic fruits and vegetables are allowed only when using the Fruit and Vegetable Voucher.
- When added sugar or syrup is **not allowed**, this includes: sugar, sucrose, corn syrup, high-fructose corn syrup, maltose, dextrose, honey, and maple syrup.
- When added artificial sweeteners are **not allowed**, they include: Splenda®, NutraSweet®, Equal®, aspartame, saccharin, sucralose, and acesulfame-K.
- Dried fruits and vegetables of any type are **not allowed**. This includes, but is not limited to, raisins, prunes, fruit roll-ups, fruit leathers, dried potatoes, potato chips, corn chips, popcorn, dry beans, dry peas, and dry lentils. Dry beans, peas, and lentils may only be purchased with a WIC check that includes beans.
- Baby and toddler fruits & vegetables are **not allowed** when using the Fruit and Vegetable Voucher.

Allowed	Not Allowed
<b>Fresh Fruits and Vegetables</b>	
<ul style="list-style-type: none"> <li>• Any brand, variety, size, or mixture of fresh fruits and vegetables <u>without white potatoes</u>. Sweet potatoes and yams are allowed.</li> <li>• Whole or cut up</li> <li>• Loose or packed in bags or plastic containers</li> </ul>	<ul style="list-style-type: none"> <li>• <b>No white potatoes</b></li> <li>• No items from the salad bar, party trays, fruit baskets, decorative fruits and vegetables, painted pumpkins, or gourds</li> <li>• No added sugar, syrup, artificial sweeteners, dressings, or dips</li> <li>• No nuts or fruit-nut mixtures</li> <li>• No herbs, spices, or edible blossoms and flowers</li> </ul>
<b>Frozen Fruits and Vegetables</b>	
<ul style="list-style-type: none"> <li>• Any brand, variety, size, or mixture of frozen fruits and vegetables <u>without white potatoes</u>. Sweet potatoes and yams are allowed.</li> <li>• Any kind of frozen beans and peas</li> </ul>	<ul style="list-style-type: none"> <li>• <b>No white potatoes</b></li> <li>• No added sugar, syrup, artificial sweeteners, fat, oil, or sauces such as cheese sauce or teriyaki sauce</li> <li>• No frozen vegetables that are breaded or are mixed with pasta, rice, or any other ingredient</li> </ul>



Allowed	Not Allowed
<b>Fruit in cans, plastic, or glass containers</b>	
<ul style="list-style-type: none"> <li>• Any brand, variety, size, or mixture of fruit that is <u>packed in water or fruit juice</u></li> <li>• Applesauce with no sugar added or applesauce blended with other fruit with no sugar added</li> </ul>	<ul style="list-style-type: none"> <li>• No added sugar, syrup, artificial sweeteners, fat, oil, or salt</li> <li>• No fruit juice</li> <li>• No fruit pie filling</li> <li>• No jelly, jam, fruit preserves, or apple butter</li> </ul>
<b>Vegetables in cans, plastic, or glass containers</b>	
<ul style="list-style-type: none"> <li>• Any brand, variety, size, or mixture of vegetables <u>without white potatoes</u>. Sweet potatoes and yams are allowed.</li> <li>• May be with salt, without salt, or low sodium. May have added seasonings.</li> <li>• Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, diced tomatoes, or salsa <u>without</u> added sugar, syrup, artificial sweeteners, fat, oil, or meat</li> <li>• Canned beans and peas such as green peas, green beans, wax beans, snap beans, or snap peas <i>Note: Canned green peas and whole kernel corn may have added sugar.</i></li> <li>• Any canned mixed vegetables that contain <u>any type</u> of beans such as lima beans or kidney beans</li> </ul>	<ul style="list-style-type: none"> <li>• <u>No white potatoes</u></li> <li>• No added sugars, syrup, artificial sweeteners, fat, oil, or meat</li> <li>• No tomato juice or vegetable juice</li> <li>• No pickled vegetables, olives, sauerkraut, creamed corn, soups, or vegetables packed in sauces</li> <li>• No ketchup, relishes, pickles, or mustard</li> <li>• No canned beans and peas such as black beans, blackeye peas, kidney beans, lima beans, and pinto beans <i>Note: These types of canned beans and peas may only be purchased with a WIC check that includes beans.</i></li> </ul>

## Fwi ak Legim

Genyen yon papye bon “valè kach” pou Fwi ak Legim ki gen yon maksimòm kantite dola ekri sou li. Klyan WIC ap itilize papye bon sa pou achte kalite de fwi ak legim ki otorize ki nan tablo swivan-an. Gade paj 20 pou plis enfòmasyon sou papye bon.

- Ka achte fwi ak legim òganik sèlman lè ou itilize papye bon pou fwi ak legim.
- Lè sa yo ajoute sik oswa siwo ladan yo a **pa otorize**, sa enkli: sik, sucrose, siwo mayi, anpil friktoz (high-fructose), maltose, dextrose, siwo myèl avèk siwo derab (maple syrup).
- Lè sa yo ajoute sik atifisyèl ladan yo **pa otorize**, sa enkli: Splenda®, NutraSweet®, Equal®, aspartame, saccharin, sucralose, and acesulfame-K.
- Nenpòt kalite de fwi sèk ak legim **pa otorize**. Sa enkli, men sa pa limite a, rezen sèk, prin, sirèt fwi (fruit roll-up), “fruit leathers,” pòm detè sèk an pay, potato chips, pòpkòn, pwa sèch ak lantil sèch. Ou ka achte pwa sèch avèk lantil sèlman avèk chèk WIC ki gen pwa enkli la dan yo.
- Fwi ak legim bebe e timoun **pa otorize** lè wap itilize Papye Bon pou Fwi ak Legim.

Otorize	Pa Otorize
<b>Fwi ak Legim Fre</b>	
<ul style="list-style-type: none"> <li>• Nenpòt mak, varyete, gwosè oswa melanj de fwi ak legim fre <u>san pòm detè blan</u>. “Sweet potatoes” ak “yams” otorize.</li> <li>• Antye oswa rache</li> <li>• Poukont yo oswa pake nan sachè oswa nan veso plastik</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Pòm detè blan pa ladan’n</u></li> <li>• Sa kin nan salad ba, kabare, panye fwi, fwi ak legim dekorativ, jomou pentire oswa machandiz pa ladan’n</li> <li>• Sa yo ajoute sik, siwo, sik atifisyèl, sòs salad oswa sòs diþ pa ladan’n</li> <li>• Nwa oswa ji nwa melanje pa ladan’n</li> <li>• Fèy plant, epis oswa flè ak boujon ou ka manje pa ladan’n</li> </ul>
<b>Ji ak Legim Konjele</b>	
<ul style="list-style-type: none"> <li>• Nenpòt mak, varyete, gwosè osinon melanj de fwi ak legim konjele <u>san pòm detè blan</u>. “Sweet potatoes” ak “yams” otorize.</li> <li>• Nenpòt kalite de pwa konjele</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Pòm detè blan pa ladan’n</u></li> <li>• Sa yo ajoute sik, siwo, sik atifisyèl, grès, lwil oswa sòs tankou sòs fwomaj oswa sòs teriyaki pa ladan’n</li> <li>• Legim konjele ke yo simen farin sou yo osinon sa ki melanje ak pat alimantè, diri osinon nenpòt lòt engredyan pa ladan’n</li> </ul>



Otorize	Pa Otorize
<p style="text-align: center;"><b><u>Fwi nan mamit, plastik oswa nan veso an glas</u></b></p> <ul style="list-style-type: none"> <li>• Nenpòt mak, varyete, gwsè oswa melanj de fwi ki <u>pake nan dlo oswa nan ji fwi</u></li> <li>• Sòs pòm ke yo pa ajoute sik ladan yo oswa sòs pòm melanje avèk lòt fwi ki pa gen sik ajoute ladan yo</li> </ul>	
<p style="text-align: center;"><b><u>Legim nan mamit, plastik oswa nan veso an glas</u></b></p> <ul style="list-style-type: none"> <li>• Nenpòt mak, varyete, gwsè oswa melanj de legim <u>san pòm detè blan</u>. “Sweet potatoes” ak “yams” otorize.</li> <li>• Petèt avèk sèl, san sèl oswa tikras sodyòm. ka gen asezònman ajoute ladan.</li> <li>• Sòs tomat, pat tomat, tomat antye, tomat kraze, tomat rache oswa salsa <u>san sik, siwo, sik atifisyèl, grès, lwil oswa vyann</u>.</li> <li>• Pwa nan mamit tankou pwa vèt, pwatann, pwa sire, “wax beans,” “snap beans,” oswa “snap peas” Sonje: pwatann nan mamit ak mayi antye ka gen sik ajoute ladan yo.</li> <li>• Nenpòt legim melanje nan mamit ki gen <u>nenpòt tip</u> de pwa tankou pwadchous, oswa pwa rouj</li> </ul>	

## Fruit and Vegetable Voucher

- Most women and children will receive one “cash value” Fruit and Vegetable Voucher each month. With this voucher, WIC customers can purchase any combination of the allowed fruits and vegetables.
- The Fruit and Vegetable Voucher is different from WIC checks because there is a dollar amount printed on each voucher, not an amount of food.
- WIC will pay up to this dollar amount for the allowed fruits and vegetables selected by the WIC customer.
- If the total price of the allowed fruits and vegetables selected by the WIC customer is more than the dollar limit on the voucher, the customer can choose to pay the difference in cash or another form of acceptable payment at check-out time. Or, the WIC customer can remove some of the fruits and vegetables from the purchase so that the cost is less than or equal to the dollar limit of the voucher.
- If the dollar amount of the purchase is less than the dollar limit on the voucher, no change is to be given to the WIC customer.
- The cashier must obtain the authorized signature of the WIC customer after entering the “Pay Exactly” amount on the Fruit and Vegetable Voucher.
- The “Pay Exactly” amount cannot be over the dollar limit printed on the voucher.

CHECK NUMBER		AGENCY SET		WIC I.D. NO.	FIRST DAY TO USE	LAST DAY TO USE
00001001		12 1		1234567	1000	OCT 14, 2009
SEE BACK FOR EXCHANGE FOOD \$6.00 (SIX DOLLARS) FRUITS AND VEGETABLES FRESH, FROZEN, CANNED, PLASTIC OR GLASS CONTAINERS NO WHITE POTATOES *PAY EXACTLY* AMOUNT CANNOT BE OVER \$6.00 NO CHANGE GIVEN TO WIC CUSTOMER IF UNDER \$6.00						
NAME OF PARTICIPANT				AUTHORIZED SIGNATURE		
LAST PARTICIPANT				FIRST PATTY		
CAPITAL CITY BANK, TALLAHASSEE, FLORIDA				00001001 063100688 011855370		

FLORIDA WIC PROGRAM DEPARTMENT OF HEALTH 00001001

AMOUNT MUST NOT EXCEED TOTAL PRICE OF ITEMS LISTED

VENDOR MUST DEPOSIT WITHIN 45 DAYS OF FIRST DAY TO USE

82-06 681

## Papye Bon pou Fwi ak Legim

- Pi fò fanm ak timoun ap resewva chak mwa yon papye bon “valè kach” pou fwi ak legim. Avèk papye bon sa-a, kliyan WIC ka achte nenpòt konbinezon de fwi ak legim fre, konjele oswa nan mamit, plastik oswa nan veso an glas ki otorize.
- Papye bon pou fwi ak legim yo diferan ak chèk WIC-yo paske gen yon kantite dola ki ekri sou chak papye bon, se pa yon kantite de manje.
- WIC ap peye jiska kantite dola sa-a pou fwi ak legim otorize ke kliyan WIC-la chwazi.
- Si pri total fwi ak legim otorize ke kliyan WIC-la chwazi plis ke limit dola ki sou papye bon an, kliyan-an kapab chwazi pou peye diferans lan nan kash oswa nan lòt fòm peyman ki akseptab. Oswa kliyan WIC-la kapab retire enpe nan fwi ak legim nan sa ke li achte yo pou pri a kapab pi piti oswa egal ak limit dola ki sou papye bon-an.
- Si kantite dola de sa ke ou achte-a pi piti ke limit dola ki sou papye bon-an, yo pa remèt kliyan WIC-la monnen.
- Kesye-a dwe resewva siyati otorize de kliyan WIC-la lè li fin antre kantite “peye egzakteman” ki sou papye bon fwi ak legim nan.
- Kantite “peye egzakteman” an paka depase limit dola ki ekri sou papye bon-an.

## WIC Check - Key Areas

- 1 **First Day to Use Date.** The WIC check may not be used before this date.
- 2 **Last Day to Use Date.** The WIC check may not be used after this date.
- 3 **Amounts and Types of Foods to be Purchased.** The WIC customer may not substitute any other food or formula for the ones listed on the front of the check.
- 4 **Pay Exactly Box.** The cashier writes in the exact price for the WIC foods. The cashier must obtain the authorized signature after the “Pay Exactly” box is completed.
- 5 **Name of the WIC participant.** The person for whom the WIC foods are prescribed. In many cases, this will be a different name than the person authorized to sign the WIC check.
- 6 **Authorized Signature.** The signature of the person signing the front of the WIC check must match the signature of either the authorized representative, co-caretaker, or proxy signature shown on the front of the WIC ID card. The bank will not pay for a WIC check without the authorized signature.
- 7 **WIC Vendor Stamp.** The WIC store must place the WIC vendor stamp here before the check is deposited. The bank will not pay for a WIC check without the stamped vendor number.

Treat WIC checks and vouchers like cash—they cannot be replaced if lost or stolen.

The image shows a sample WIC check with the following details:

- Check Number: 00001001
- Agency ID: 22 1
- WIC ID No: 3326567
- First Day to Use: OCT 14, 2009
- Last Day to Use: NOV 13, 2009
- Amount: 31 16
- Participant Name: PATTY
- Authorized Signature: X Patty Participant
- Food List: 1% LOWFAT OR FAT FREE MILK ONLY, MILK, JUICE, BREAKFAST CEREAL, BEANS.

## Chèk WIC - Zòn kle

- 1 **Dat Premye Jou pou Kòmanse Itilize.** Chèk WIC-la pa kapab itilize anvan dat sa-a.
- 2 **Dat Dènye Jou pou Fin Itilize.** Chèk WIC-la pa kapab itilize apre dat sa-a.
- 3 **Kantite ak Kalite de Manje ou kapab Achte.** Kliyan WIC-la pa kapab chwazi nenpòt lòt manje osinon lòt fòmil nan plas manje oswa fòmil ki ekri sou devan chèk-la.
- 4 **Bwat Peye Egzakteman.** Kesye-a ap ekri pri egzak ke manje WIC-la koute. Kesye-a dwe jwenn siyati otorize apre li fin konplete ti bwat ki di “Pay Exactly.”
- 5 **Non Patisipan WIC-la.** Moun ke yo preskri manje WIC-la. Nan plizyè ka, non sa-a ap diferan de non moun ki otorize pou siyen chèk WIC-la.
- 6 **Siyati Otorize.** Siyati moun ki siyen devan chèk WIC-la dwe menm ak siyati de swa reprezantan otorize-a, ko-gadyen oswa siyati anchaj ki sou devan kat idantite WIC-la. Bank-la pap peye pou yon chèk WIC ki pa genyen siyati otorize-a sou li.
- 7 **So Vandè WIC.** Boutik/makèt WIC-la dwe depoze so vandè WIC-la nan plas sa-a anvan chèk la depoze. Bank la pap peye pou yon chèk WIC ki pa genyen so nimero vandè-a sou li.

Trete chèk WIC-yo tankou lajan kach—yo pa ka ranplase yo si yo pèdi oswa si yo volè yo.

## Checking Out at the Cash Register

1. WIC customers must separate the foods they are buying with each WIC check from the other foods they are buying.
2. The WIC customer must present a WIC ID card along with the WIC check. Only those people whose signatures appear on the front of the WIC ID card may redeem the check. If the customer's signature does not match one of the signatures on the WIC ID card, the cashier cannot accept the WIC check. No driver's license or other identification is allowed.
3. Look at the First Day to Use and the Last Day to Use on the front of the WIC check to be sure that the check is being used within this time period. (WIC stores have 45 days from the First Day to Use date to deposit checks.)
4. Before the cashier rings up each food item, he or she must match each food item on the counter with the food types and amounts listed on the front of the WIC check. WIC customers are not required to purchase all items listed on the front of the check.
5. If the customer is using more than one WIC check, the cashier must ring up the food for each check separately. Do not combine purchases from different checks.
6. The cashier must clearly print the total cost of the foods purchased with the WIC check in the Pay Exactly box and must not add a dollar sign or a cent sign to the amount. If an error is made when writing in the amount, the cashier must draw one line through the mistake, write the correction above it, and initial the change.
7. After the Pay Exactly box is filled in by the cashier, the WIC customer must sign in the Authorized Signature space located in the bottom right corner on the front of the WIC check.
8. See page 20 of this booklet for more information about checking out at the register with the Fruit and Vegetable Voucher.

## Lè ou ap Peye nan Kès

1. Kliyan WIC-yo dwe separe manje ke yo ap achte avèk chak chèk WIC de lòt manje ke yo ap achte yo.
2. Kliyan WIC-la dwe prezante yon Kat Idantite WIC ansanm avèk chèk WIC-la. Sèlman moun ke siyati yo parèt sou devan Kat Idantite WIC-la ki kapab itilize chèk la. Si siyati kliyan-an pa menm avèk siyati ki sou Kat Idantite WIC-la, kesye-a pap kapab aksepte chèk WIC-la. Lisans/Pèmi Kondwi osinon lòt idantifikasyon pa otorize.
3. Gade nan kote ki make (First Day to Use) ak (Last Day to Use) sou devan chèk WIC-la pou kapab si ke ou itilize chèk la nan tan yo ba ou-a. (Boutik/ Makèt WIC-yo genyen 45 jou kòmanse apati de dat ki nan pati ki di: First Day to Use pou depoze chèk-yo.)
4. Kesye-a oswa kesyè-a dwe verifye tout manje ke ou mete sou kès-la grenn pa grenn pou li ka wè si yo menm avèk kalite ak kantite ki ekri sou devan chèk WIC-la anvan li pase yo sou kès otomatik-la. Yo pa egzije kliyan WIC-yo pou yo achte tout pwovizyon ki ekri sou devan chèk-la.
5. Si kliyan ap itilize plis pase yon chèk WIC, kesye-a dwe touche pwovizyon pou chak chèk separeman. Mete pwovizyon pou chak chèk apa.
6. Kesye-a dwe ekri byen klè pri total pwovizyon ou achte avèk chèk WIC-la nan pati ti bwat ki make: Pay Exactly (Peye egzakteman) epi li pa dwe ajoute okenn siy dola osinon siy santim bò kote montan-an. Si yon erè fèt lè li ap ekri montan-an, kesye-a dwe fè yon tras sou erè-a, fè koreksyon-an anlè li epi mete inisyal li bò kote chanjman-an.
7. Aprè kesye-a fin ranpli ti bwat ki make: Pay Exactly (Peye Egzakteman), kliyan WIC-la dwe siyen nan espas ki make: Authorized Signature (Siyati Otorize) ki nan kwen anba adwat devan chèk WIC-la.
8. Gade nan paj 20 nan ti liv sa-a pou plis enfòmasyon sou kòman pou itilize papye bon pou Fwi ak Legim lè wap peye nan kès.

## Important Information for WIC Customers and Cashiers

- WIC customers may not want to use all of their checks for the month during one trip to the grocery store, because fresh food such as milk may go bad if too much is purchased at one time.
- Remember to refer to this booklet for the “least expensive available” requirements for milk, cheese, eggs, frozen juice, and refrigerated juice.
- Cashiers must honor all store or manufacturer promotions such as buy one, get one free; buy one, get one at a reduced price; free ounces added by the manufacturer; manufacturer cents-off coupons; and store savings card or customer reward card presented by the WIC customer. If a cents-off coupon makes a product the least expensive brand, the WIC customer may choose that brand.
- WIC customers are encouraged to shop at stores with lower prices; buy lower priced WIC foods; and use money-saving coupons when buying food with WIC checks. This will help WIC to serve more eligible women and children.
- WIC customers may never receive cash refunds, change, rain checks, or IOUs in exchange for WIC checks. Baby formula purchased with WIC checks may never be exchanged for another brand or type of formula or for cash at the store. WIC customers can be taken off of the WIC program for selling WIC foods or trying to get a cash refund for WIC foods. Formula can only be returned or changed at the WIC office.
- Grocery store employees must be courteous and respectful to WIC customers. At the same time, WIC customers must be courteous to store staff. Inappropriate behavior by WIC customers or by store employees should be reported to the local WIC office.
- Questions about what foods are allowed by the WIC program or how to use WIC checks should be referred to the local WIC office vendor manager or call the state WIC office toll free at 1-800-342-3556.

## Enfòmasyon Enpòtan pou Kliyan WIC-yo ak Kesye-yo

- Kliyan WIC-yo ka pa vle itilize tout chèk-li-yo ansanm pou mwa-a pandan yon sèl ale nan makèt. Paske manje fre tankou lèt ka gate si ou achte twòp onsèlkou.
- Sonje pou gade nan ti liv sa-a pou ka wè sa yo rekòmande nan sa “ki disponib ki pi bon mache” yo pou lèt, fwomaj, ze, ji konjele ak ji refrijere.
- Kesye-a dwe onore tout pwomosyon makèt-la oswa manifakti-a tankou si ou achte youn, wap jwenn yon lòt gratis (buy one, get one free); si ou achte youn, wap jwenn yon lòt a pri redwi (buy one, get one at a reduced price); ons ke manifakti-a ajoute gratis; koupon rabè santim (cents-off coupons) manifakti-a avèk lè kliyan WIC prezante ak kat rabè makèt-la oswa kat rekonpans kliyan-li. Si yon koupon rabè santim fè yon pwodwi vin mak ki pi bon mache-a, kliyan WIC-la ka chwazi mak sa.
- WIC ankouraje kliyan-l-yo pou yo achte nan makèt ki vann pi bon mache-yo; achte manje WIC ki pi bon mache yo avèk itilize koupon rabè lè wap achte manje avèk chèk WIC-yo. Sa ap ede WIC sèvi plis fanm ak timoun ki kalifye.
- Kliyan WIC-yo pa kapab janmen resevwa ranbousman kach, monnen, rain checks osinon IOUs pou chèk WIC-yo. Fòmil bebe ki achte avèk chèk WIC, yo pap ka janmen retounen chanje yo pou lòt mak osinon lòt kalite fòmil osinon pou lajan kach nan makèt-la. Yo kapab retire kliyan WIC-yo nan pwogram WIC-la si yo ap vann manje WIC-yo oswa si yo ap eseye pote manje WIC-yo tounen pou yo ka ranbouse yo lajan kach. Ou kapab retounen oswa chanje fòmil-la sèlman nan biwo WIC.
- Anplwaye makèt-yo dwe janti e respekte kliyan WIC-yo. Menm jan-an tou kliyan WIC-yo dwe janti e respekte tout moun kap travay nan makèt-yo. Si kliyan WIC-la oswa anplwaye makèt la ta fè maledve, yo dwe rapòte sa nan biwo local WIC-la.
- Kesyon sou ki tip de manje pwogram WIC-la otorize oswa kòman pou itilize chèk WIC-yo, ale nan biwo responsab vandè WIC oswa rele biwo WIC eta la nan nimero gratis sa 1-800-342-3556.



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