Fruits and Vegetables

**Fresh**
Choose any brand or any variety, including:
- Organic
- Sold by piece, pound, or package
- Salad or mixed greens in a bag

*Do not buy: salad bar, salad kits, party trays, herbs or spices, dried fruit, or store-cut fruit and vegetables*

**Frozen**
Choose any brand or any variety, including:
- Organic
- Vegetable mixes

*Do not buy: added fats, oil or butter, cheese sauce, or added flavorings or seasonings*

**Canned**
Choose any brand or any variety, including:
- Organic
- Low salt and low sodium

*Do not buy: light or heavy syrup, pie filling, cranberry sauce, soups, relishes, olives, pickles, glass jars, added fats, oil or butter, or added flavorings or seasonings*

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**Fruit and Vegetable Benefits**
- The fruit and vegetable benefits will have a maximum dollar amount shown on your WIC Family Benefit List.
- If your fruit and vegetable purchase costs more than the maximum dollar amount, you have the option to pay the difference with cash, EBT, SNAP, or another form of payment accepted by the store.
- If your fruit and vegetable purchase costs less than the maximum dollar amount, your balance will remain on your eWIC card. Know your benefit balance before you shop.

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**Corn and Black Bean Burritos**

**INGREDIENTS**

- ¼ cup sliced scallions
- ¼ cup diced celery
- 1¼ cup frozen corn
- ½ ripe avocado, peeled and diced
- 2 Tbsp fresh cilantro, chopped
- 1 can (15½ oz) black beans, drained and rinsed
- ¼ cup reduced-fat shredded cheddar cheese
- ¼ cup salsa
- 12 - whole-wheat tortillas

**DIRECTIONS: PREHEAT OVEN TO 350°

1. Combine scallions, celery, and corn in a small saucepan with enough water to cover. Bring to a boil, reduce heat, cover and simmer for 5 minutes, until vegetables soften. Drain, set aside to cool.
2. Combine avocado, cilantro, and beans in a large mixing bowl. Add cheese and salsa, and mix.
3. Add cooled vegetables to avocado mixture.
4. Warm each tortilla in a skillet about 15 seconds on each side. Place them on a flat surface and spoon ½ cup of the mixture into the center of the tortilla. Fold the sides over the filling to make a closed packet.
5. Heat in oven for 5 minutes until warm and cheese is melted.
# 100% Juice

Do not buy: fruit drink, organic, added fiber, added calcium (unless specified), or refrigerated cartons

## Frozen concentrate: 11.5-12 oz

- **IGA**
  - Apple
  - Apple
  - Apple

- **Seneca**
  - Apple

- **Tipton Grove**
  - Apple
  - White grape

- **Welch’s**
  - Grape
  - White grape

- Signature Select
  - Apple
  - Grape

## Liquid concentrate: 11.5-12 oz

- **Welch’s**
  - Any flavor

## Signature Select

- **Apple**
- **Grape**
- **White grape**

## Orange, grapefruit, or pineapple juice: 11.5-12 oz

100% juice, any brand, frozen concentrate

### Shelf-stable bottle: 64 oz (just for children)

- **Juicy Juice**
  - Any flavor

- **Langers**
  - Any flavor

- **Old Orchard**
  - Any flavor

- **Apple&Evie**
  - Any flavor

- **Sam’s Choice**
  - Apple

- **Kirsдал**
  - Apple
  - Apple cranberry
  - Apple mango

- **Mott’s**
  - Apple
  - White grape

- **IGA**
  - Apple
  - Grape
  - White grape

- **Concord grape**
  - White grape

- **Northland**
  - Cranberry
  - Cranberry grape
  - Cranberry mango
  - Cranberry pomegranate
  - Cranberry raspberry
  - Pomegranate blueberry

- **Great Value**
  - Apple
  - White grape
  - White grape and peach
  - Tomato
  - Vegetable
  - Vegetable low sodium

### Signature Select

- **Apple**
- **Grape**
- **White grape**

- **Orange**

- **Pineapple**

- **Tomato**
- **Vegetable**

- **Original**
  - Low sodium
  - Spicy hot

- **Tomato**
  - Low sodium
Protein

Canned or dried beans, peas, or lentils: 1 lb bag or 15-16 oz can
Choose store brand or least expensive, including:
- Low salt and low sodium
Do not buy: refried beans or added seasonings

Tofu: 16 oz
Buy tofu only if shown on your Family Benefit List.
Do not buy: gourmet or imported

- Lite silken or Silken
- Organic firm
- Firm or Medium firm

Canned fish
Choose store brand or least expensive cans in oil or water.
Do not buy: pouches

- Chunk light only

Tuna fish: 5 oz
- Pink only

Salmon: 5-15 oz
- Pink only

Sardines: 3.75 oz
- Added sauces or flavorings are allowed

Eggs
Choose store brand or least expensive
- Brown or white
- Grade A large
Do not buy: half dozens or organic

Infant Foods

Formula
Buy the formula shown on your Family Benefit List.

Infant cereal: 8 oz or 16 oz
Do not buy: added fruit, DHA, or ARA

- Oatmeal
- Rice
- Multi-grain
- Barley
- Multi-grain
- Oatmeal
- Rice
- Whole wheat

Infant meat: Stage 1, 2.5 oz
For fully breastfed infants only

- Beef and beef broth
- Chicken and chicken broth
- Turkey and turkey broth
- Beef and gravy
- Chicken and gravy
- Turkey and gravy
- Ham and gravy

Fruits and Vegetables

Beech-Nut Fruits and Vegetables
Classics
Stage 2: 4 oz

Naturals
Stage 1 and 2: 4 oz

Gerber Fruits and Vegetables
Sitter
2 Pack, 4 oz each
Breakfast Cereals

All available packages 12-36 oz

Whole grain cereals (WG) are rich in nutrients, including protein, fiber, B vitamins, antioxidants, and trace minerals. Do not buy: individual servings or organic

- Creamy Wheat Hot Cereal
- Crispy Rice
- Corn Flakes
- Bran Flakes (WG)
- Frosted Shredded Wheat (WG)
- Unfrosted Shredded Wheat (WG)
- Toasted Oats (WG)

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- Frosted Shredded Wheat (WG)
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- Toasted Oats (WG)

- Chex (WG)
  - Corn and Wheat
  - Rice, Cinnamon, Blueberry, and Vanilla varieties

- Cheerios (WG)
  - Original and Multigrain varieties

- Kix (WG)
  - Original and Honey varieties

- Life (WG)
  - Instant Grits

- Honey Bunches of Oats (WG)
  - Whole Grain, Whole Grain Honey Crunch, and Vanilla varieties

- Honey Bunches of Oats
  - Honey Roasted, Crispy Almonds, Apple, Cinnamon, and Strawberry varieties

- Grape-Nuts Flakes (WG)
- Alphabits

- Instant Maple Oatmeal (WG)

- Frosted Mini-Wheats (WG)
  - Original, Blueberry, Strawberry, Raspberry, Vanilla Latte, and Maple Brown Sugar varieties

- Unfrosted Mini-Wheats (WG)
- Corn Flakes
- Rice Krispies
- Special K

- Crispy Rice
- Mini Spooners (WG)
  - Frosted, Strawberry Cream, and Blueberry varieties

- Farina Original
- Creamy Hot Wheat

Cereal size guide: 12-36 oz

Choose a 12 oz box or larger.
Here are ways to buy 36 oz of cereal:
Dairy

Milk
Buy size and type as shown on your Family Benefit List.
- Store brand or least expensive
- Whole milk, 1%, or non-fat
Do not buy: buttermilk, organic, flavored milk, or raw milk

Buy these only if shown on your Family Benefit List:
- Powdered milk
- Evaporated milk
- Lactose-reduced or lactose-free milk

Soy milk
Buy these only if shown on your Family Benefit List.
Do not buy: other flavorings

Cheese: 16 oz
Do not buy: deli cheese, individually wrapped slices, blends, organic, gourmet, or imported

Choose any brand:
- Pre-packaged regular, low fat, or low sodium
- Sliced, shredded, and block
- American, cheddar, colby, monterey jack, mozzarella, muenster, swiss, and provolone

Yogurt: 32 oz container only
Whole milk, 1%, or non-fat
Do not buy: organic or greek yogurt

Fruit Parfait
This quick and easy recipe is so delicious! Using only WIC approved foods, this parfait is a favorite among kids and adults alike.

INGREDIENTS
½ cup yogurt, vanilla
1 cup blueberries or strawberries (or any fruit, fresh or frozen)
½ cup your favorite crunchy WIC cereal

DIRECTIONS
Spoon yogurt into glass, then top with fruit and cereal. To make it fancy layer the yogurt, fruit and cereal using half of the amounts and repeat.

RECIPE
Brown rice: 14-16 oz
Choose store brand or least expensive, including box, bag, instant, and boil-in-bag.

Tortillas and wraps: 16 oz
Do not buy: organic

Pasta: 16 oz
Bag or box, must be whole grain or whole wheat. Buy any type from these brands:

- Barilla
- Delallo
- Essential Everyday
- Gia Russa
- Great Value
- Hodgson Mill
- Luigi Vitelli
- Nature’s Promise
- Racconto
- Ronzoni Healthy Harvest
- Signature Select

RECIPE

**Tomato and Parmesan Rice**

**INGREDIENTS**
1 cup brown rice
1 can (14 oz) diced tomatoes
½ cup grated parmesan cheese
¼ cup chopped basil (optional)

**DIRECTIONS**
1. In large skillet combine 1½ cups water, rice, and ½ teaspoon salt, and bring to boil.
2. After boiling, stir once, reduce heat to low, cover, and simmer until water is absorbed – about 30 minutes.
3. Add the tomatoes and cheese to the rice.
4. Remove from heat, cover, and let stand for 5 minutes.
5. Fold in the basil before serving.
Frequently Asked Questions

Does this guide show all the foods I am allowed to buy with WIC benefits?
No. The guide has a list of WIC-approved items. You may not qualify to buy all foods in the guide, because your benefits are based on your nutrition needs.

Example: Whole milk is on the list, but if you have a child age two or older you can only buy 1%, skim, or fat-free milk for that child.

How do I use my eWIC card?
- Before scanning any of your foods, tell the cashier you are using an eWIC card.
- Give any coupons for your purchase to the cashier.
- Swipe your eWIC card through the card reader or hand your eWIC card to the cashier and enter your PIN (personal identification number).
- Be sure to swipe your eWIC card first, before any other forms of payment. You can pay any remaining balance with cash, EBT, SNAP, or other form of payment the store accepts.
- The cashier will give you a receipt. It shows your remaining benefit balance and the date benefits expire. Save your receipt.

Do I have to buy every item on my shopping list at one time?
You do not have to buy all your foods at one time. Buy what you need. When you buy foods, they are subtracted from your eWIC card balance.

When will my WIC benefits be available?
You can use them as soon as they are loaded on to your eWIC card. They are loaded onto your eWIC card on the First Date to Spend (FDTS). They expire at midnight on the Last Day to Spend (LDTS).

Can I use my eWIC card at any checkout lane?
It depends. Some stores have special checkout lanes for eWIC purchases. If you aren’t sure which lanes accept eWIC cards, ask the store customer service.

Do I have to separate WIC foods from other foods I’m buying?
No, but it is a good idea. You may also want to present any coupons first, so the cashier knows how to ring up your purchase.

What happens if I don’t buy all of my WIC foods this month? Will the benefits roll over to the next month?
Any benefits that are not used will expire on the Last Day to Spend (LDTS). They do not roll over and cannot be used later.

How do I check my benefit balance?
You can check your balance in any of these ways:
- Check your last store receipt
- Ask a store cashier or customer service desk to check your balance
- Call the customer service number or log in to the website listed on the back of your eWIC card

Can I change the foods listed on my shopping list?
You cannot make food changes at the store. WIC foods cannot be exchanged for other items. WIC foods cannot be returned to the store for cash or credit. If you have questions about your WIC Family Benefit List, contact your local WIC office.

What if I run out of food after I have used all of my WIC benefits?
The WIC foods you get are not meant to meet all of your nutrition needs. You will need to buy other foods on your own, including infant formula. Your local WIC office can help you find food assistance programs.

Why did the cashier tell me that the item I am trying to buy is not allowed using my eWIC card?
If a food is not allowed as an eWIC purchase, it might be because:
- You do not have enough benefits left
- It is not on your Family Benefit List
- It is not a Rhode Island WIC-eligible food
If this happens, keep your receipt. Take a photo of the food and barcode. Contact your local WIC office.

What should I do if I have problems at the grocery store?
If you have a problem at the grocery store, ask to talk with the store manager. If the problem cannot be solved at the store, call your local WIC office. Tell them about your concerns.
The WIC office may ask for:
- Store name and location
- Date, time, and details of the incident
- Food item description
- Copy of store receipt
Reminders

When paying for your purchases, use your eWIC card first.

Does this food guide list all foods approved by WIC?

This food guide does not list all WIC-approved foods.
- To identify WIC-approved foods, some stores use “Rhode Island WIC approved” shelf tags.
- To make sure an item is WIC approved, go to the WICShopper app and use “Scan barcode.”

Where can I use my eWIC card?

You can use your eWIC card only at authorized vendors in Rhode Island.

For an updated list of State-authorized vendors:
- Ask your local agency staff
- Visit www.health.ri.gov/wic
- Go to the WICShopper app and select “WIC stores”

What should I do with my eWIC card after I use all my benefits for the month?

Keep your eWIC card. You will use the same eWIC card every month for your WIC benefits.

Keep your card safe. Keep the black strip clean and free from scratches. Keep the card away from cell phones, magnets, and hot places like car dashboards so it doesn’t stop working.

For more answers, see the Frequently Asked Questions section.