



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**
- **Mixed vegetables**

Do not buy products with: added fats, oil, butter, cheese, or other sauces

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



Fruit and Vegetable Benefits

- The fruit and vegetable benefits will have a maximum dollar amount shown on your WIC Family Benefit List.
- If your fruits and vegetables 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 fruits and vegetables purchase costs less than the maximum dollar amount, your balance will remain on your eWIC card. Know your benefit balance before you shop.



RECIPE

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 1/3 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, refrigerated cartons, or added calcium (unless shown on your WIC Family Benefit List)

Frozen concentrate: 11.5-12 oz



- Apple



- Apple



- Apple



- Apple



- Apple
- Grape



- Apple
- Grape



- Grape
- White grape



- Apple
- Grape



- Apple
- Grape
- White grape



- Pineapple
- Orange
- Pineapple
- Orange
- Banana



- Apple

Liquid concentrate: 11.5-12 oz



- Any flavor

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

100% juice, any brand, frozen concentrate



Shelf-stable bottle: 64 oz



- Any flavor



- Any flavor



- Any flavor



- Any flavor



- Apple



- Pineapple



- Apple
- Grape
- White grape



- Apple
- Tomato
- Vegetable



- Apple
- Apple cranberry
- Apple mango



- Original
- Low sodium
- Spicy hot



- Apple
- Grape



- Apple
- White grape
- White grape peach
- Tomato
- Vegetable
- Vegetable low sodium



- White Grape
- Peach
- Concord grape
- White grape
- Concord Grape with Calcium
- Red Grape



- Tomato Juice, Regular or Low Sodium



- Grape



- Orange



- Cranberry
- Cranberry Grape
- White Grape
- Grape
- Apple
- White Grape Peach
- Grapefruit



- Apple
- Concord Grape
- Cranberry
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Concord Grape
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry
- Cranberry Watermelon
- Cranberry Elderberry





Protein

Canned or dried beans, peas, or lentils: 1 lb bag or 15-16 oz can

- Low salt and low sodium are allowed
- 1 legume container is equal to:
1 lb bag dry beans OR
4 cans of beans OR
1 jar of peanut butter

Do not buy: refried beans or added seasonings



Tofu: 16 oz



Buy tofu only if shown on your WIC Family Benefit List.

Do not buy: gourmet or imported

Peanut butter: 16 oz

Choose any texture, low salt and low sodium allowed.

Do not buy: added flavors



Canned fish

Do not buy: Organic

Tuna fish: 5 oz

- In water or oil, chunk light only

Salmon: 5-15 oz

- Pink only

Sardines: 3.75 oz

- Added sauces or flavorings are allowed

Eggs

- Brown or white
- Grade A large

Do not buy: half dozens or organic

Infant Foods

Formulas

Buy the formula shown on your WIC Family Benefit List.

Infant meats: 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

Infant cereals: 8 oz or 16 oz

Do not buy: added fruit, DHA, ARA or probiotic



- Oatmeal
- Golden Corn
(Coming in Fall 2022)



Gerber

- Multi-grain
- Oatmeal
- Rice
- Whole wheat



Fruits and Vegetables



Stage 2: 4 oz



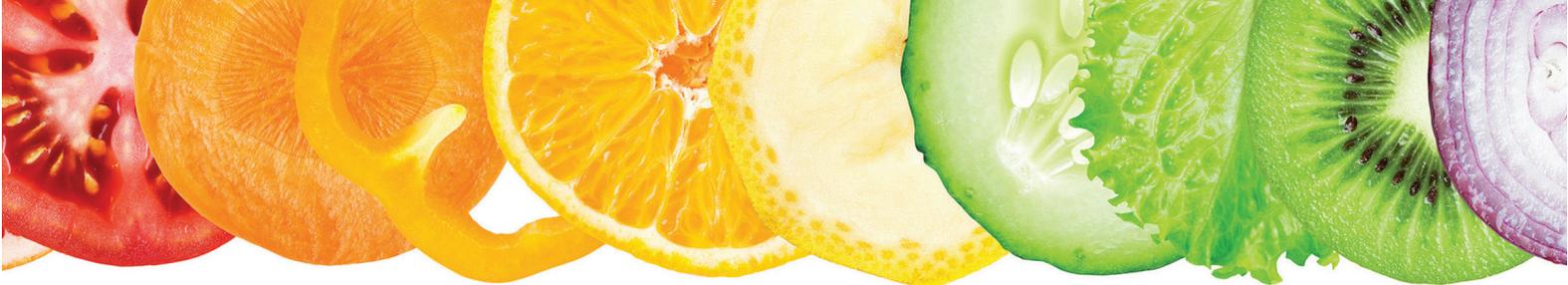
Naturals
Stage 1 and 2:
4 oz



Gerber

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.



- Crispy Rice
- Corn Flakes
- Bran Flakes (WG)
- Frosted Shredded Wheat (WG)
- Shredded Wheat (WG)
- Toasted Oats (WG)



- Crispy Rice
- Corn Flakes
- Bran Flakes (WG)
- Toasted Oats (WG)



- Corn Flakes
- Toasted Oats (WG)



- Corn Flakes
- Toasted Oats (WG)



- Chex (WG)
Corn and Wheat
- Chex
Rice, Cinnamon, and Blueberry
- Cheerios (WG)
Original and Multigrain
- Kix (WG)
Original and Honey varieties



- Life (WG)
Original and Cinnamon
- Instant Grits
- Old Fashioned Grits



- Instant Cream of Wheat



- Corn Flakes
- Creamy Wheat



- Crispy Rice
- Corn Flakes
- Bran Flakes (WG)
- Frosted Shredded Wheat (WG)
- Toasted Oats (WG)



- Corn Flakes
- Bran Flakes (WG)
- Frosted Shredded Wheat (WG)
- Oats and More with Honey
- Oats and More with Almonds



- Hearts and O's
Honey Toasted
- Hearts and O's
Warm Cinnamon



- Honey Bunches of Oats
Honey Roasted, Almonds,
Vanilla, Cinnamon Bunches,
Maple & Pecans
- Grape-Nuts Flakes (WG)
- Grape-Nuts (WG)



- Crispy Rice



- Instant Maple
Oatmeal (WG)



- Whole Grain
Hot Cereal (WG)



- Crispy Rice
- Corn Flakes
- Bran Flakes (WG)
- Toasted Oats (WG)



- Crispy Rice
- Corn Flakes
- Bran Flakes (WG)
- Frosted Shredded Wheat (WG)
- Toasted Oats (WG)



- Crispy Rice
- Corn Flakes
- Shredded Wheat (WG)
- Frosted Shredded Wheat (WG)
- Toasted Oats (WG)



- Crispy Rice
- Corn Flakes
- Frosted Shredded Wheat (WG)
- Toasted Oats (WG)
- Bran Flakes (WG)



- Frosted Shredded Wheat (WG)
- Shredded Wheat (WG)



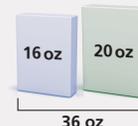
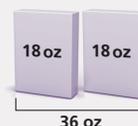
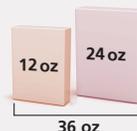
- Frosted Mini-Wheats (WG)
Original, Strawberry, and
Blueberry
- Corn Flakes
- Rice Krispies
- Special K
- All Bran Wheat Flakes (WG)
- Crispix

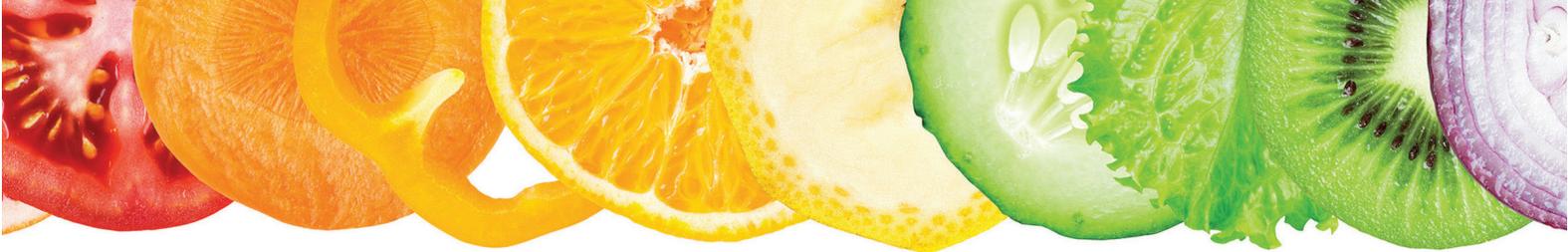


- Crispy Rice
- Mini Spooners (WG)
Frosted and Strawberry Cream
- Farina Original
- Original Hot Wheat

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 WIC Family Benefit List.

- Whole milk
- 1% milk
- Fat-free or non-fat milk
- Lactose-free milk
- Powdered milk
- Evaporated milk
- Goat milk
- Kosher milk

Do not buy: 2%, buttermilk, organic, flavored milk, or unpasteurized milk



RECIPE

Fruit Parfait

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

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.

Soy milk

Buy these only if shown on your WIC Family Benefit List.



Pacific Foods Ultra Soy, 32 oz
• Plain



8th Continent, 64 oz
• Plain and vanilla



Silk, 64 oz and 32 oz
• Plain

Yogurt: 32 oz container only

Whole milk, 1%, fat-free or non-fat, or kosher
Do not buy: Organic or Greek Yogurt



Axelrod
• Plain and vanilla



Best Yet
• Plain and vanilla



Cabot
• Plain



Coburn Farms
• Plain and vanilla



Food Club
• Plain and vanilla



Market Basket
• Plain, vanilla, strawberry, and peach

Cheese: 16 oz

Choose any brand

- Pre-packaged regular, low fat, low sodium or kosher
- Sliced, shredded, and/or block
- American, cheddar, colby, monterey jack, mozzarella, muenster, swiss, and provolone

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



Great Value
• Plain, vanilla, and strawberry



LaYogurt
• Plain, vanilla, and banana



Lucerne
• Plain, vanilla, and strawberry



Bowl & Basket
• Plain, vanilla, and strawberry



Stop & Shop
• Plain and vanilla



Yoplait
• Plain, vanilla, harvest peach, strawberry, and strawberry banana



Dannon
• Plain and vanilla

Whole Grains

Bread: 16 oz

Sliced loaves or rolls.

Do not buy: organic



Arnold

- Stone Ground 100% Whole Wheat Bread
- 100% Whole Wheat Sandwich Buns



Signature Select

- (including no salt or low salt)
- 100% Whole Wheat Bread



Bimbo

- 100% Whole Wheat Bread



Market Basket

- 100% Whole Wheat Bread



Wonder

- 100% Whole Wheat Bread



Pepperidge Farm

- Stone Ground 100% Wheat Bread

Pasta: 16 oz

Bag or box, must be whole wheat or whole grain (WG). Buy any type from these brands:



Barilla (WG)



Great Value (WG)



Nature's Promise (WG)



Ronzoni Healthy Harvest (WG)



Signature Select (WG)



Bowl and Basket (WG)



Brown rice: 14-16 oz

Box, bag, instant, and boil-in-bag.



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.

Tortillas and wraps: 16 oz

Do not buy: organic



Bowl and Basket

- Whole wheat



Mayan Farm

- Whole wheat



Don Pancho

- Whole wheat and corn



Mission

- Whole wheat and corn



Signature Select

- Whole wheat



Food Club

- Whole wheat and corn



La Banderita

- Whole wheat and corn



Chi-Chi's

- Whole wheat and corn



Ortega

- Whole wheat



Stop & Shop

- Whole wheat and corn



Market Basket

- Whole wheat and corn

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%, fat-free or non-fat 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?

There are different ways to check your balance:

- 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 WIC 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 or use the WICShopper app to send information to the State 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 WIC 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.



Scan here
to find the
WICShopper
app



 WICShopper
WIC shopping. Simplified.



**Rhode Island
Department of Health**
Three Capitol Hill
Providence, RI 02908

Health Information Line:
401-222-5960 / RI Relay 711

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