



State of Connecticut
Department of Public Health
WIC Program

Approved Food List/ Participant ID Booklet

December 1, 2014



This booklet includes a detailed list of WIC approved foods, your WIC ID, and food buying guide. If you have questions or need to change your appointment call:

Your local WIC office is:

WIC Check Example

CONNECTICUT DEPARTMENT OF PUBLIC HEALTH: SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC PROGRAM) 410 Capitol Avenue, Hartford CT 06106. 1-800-741-2142 64-1968 /611 **42771100**

SEQUENCE NO.	FAMILY	WIC ID	PAYEE NAME	SITE	FIRST DAY TO USE
PAY TO THE ORDER OF: AUTHORIZED WIC VENDOR STAMPED HERE.			VOID		
PACKAGE:					
LAST DAY TO USE					
			ACTUAL \$ AMOUNT OF SALE		

VENDOR MUST DEPOSIT WITHIN 60 DAYS OF "FIRST DAY TO USE" DATE
UNITED COMMUNITY BANK
 Marietta, GA

SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY _____ NOT NEGOTIABLE UNLESS SIGNED _____
 DATE _____

⑆427711005⑆ ⑆06119684⑆ 250254⑆

You cannot use the WIC check **BEFORE** this date.

You cannot use the WIC check **AFTER** this date.

The cost of the WIC food goes here.

Sign and date your name here after the actual amount of sale has been filled in.

This is your family number.

The Payee's name is printed here.

These are the items you can buy and how much of each item.

Participants do not need to purchase everything listed on WIC checks. No substitutions or exchanges are allowed. Other WIC foods are allowed if printed on the check.

How to Use Your WIC Check

1. Shop only at CT WIC approved stores that are on the list that was given by the Local WIC Office. This list is also on our website at:
www.ct.gov/dph/wic
2. Check the dates on your WIC checks! WIC checks cannot be used before the “first day to use” or after the “last day to use”.
3. Buy only WIC approved foods. See your WIC Approved Food List for the items, brands and sizes that are allowed. No other items are permitted.
4. Keep your WIC food separate from other items. Separate your items by check if using more than one WIC check.
5. Tell the cashier you have WIC checks and give the cashier your participant ID booklet.
6. Using black ink, you or the cashier must fill in the actual amount of the sale on the check. For fruit and vegetable checks, write the maximum value of the check if the sale exceeds the specified amount. This must be done at the time of purchase.
7. Using black ink, sign and date the check AFTER the amount of sale has been filled in.
8. For fruit and vegetable WIC checks only, you can pay for any extra amount owed. No change is returned from fruit and vegetable checks that are under the maximum value of the check.
9. Be sure to leave the store with your participant ID and all unused checks. Do not leave unredeemed checks or pre-signed checks at the store.
10. To contact the State WIC office by telephone dial (800) 741-2142 or email at ctwic@ct.gov.

Shopping Tips

- When specified, you must buy the least expensive brand at the time of the purchase, which is usually the store or generic brand. All WIC approved foods are high quality regardless of the brand.

Use Coupons

Store promotions, store savings cards, and any other type of discounts save money and help us serve more people.



- You can “buy one, get some free” if the store coupon/card allows it.
- Buy items in the largest sizes possible to get the most that you’re allowed on WIC checks.
- Bread and tortillas can be found in the bread aisle, in front of the deli, or in the ethnic food aisle.
- Tofu can be found in a refrigerated case in the produce section.
- Choosing only WIC approved foods on this list and in the right amounts will shorten your time at the register.
- Always bring this CT WIC Booklet with you when you shop.

Weights:

ounces = oz.

16 ounces = 1 pound (lb.) or (#)

Reminders

- Keep your WIC checks in a safe place and treat them the same as cash. If they are lost or stolen, they cannot be replaced. Report lost or stolen checks to your local WIC office.

- Your alternate or your caretaker can shop for you. Their signature must be on



the Participant Identification and they must have your participant booklet to shop for you. You are responsible for training both persons on how to use your WIC checks and for their action while shopping.

- You do not need to purchase everything on the check.
- Store credit, IOUs and rainchecks are not allowed.
- Respect WIC staff and store employees. Giving false information and buying the wrong foods is WIC abuse, as well as, physical and/or verbal actions against other WIC participants, WIC staff, property or store employees.
- If you feel that a store, a WIC participant or a staff person is doing something wrong, call your local WIC office.

Dairy

Must buy the least expensive brand at the time of the purchase.

Eggs - Large, white or brown, 1 dozen, carton



Milk

Only Skim (Fat Free/Nonfat) or 1% (Lowfat/Light) should be sold, unless specified on check
1/2 Gallon or 1 Gallon



Skim



1%



2%**



Whole*

UHT Milk
Unflavored
(Whole* 2%** or 1%),



Nonfat Dry Milk
16 oz. box

Soy Milk
64 oz./half gallon paper carton



8th Continent Original



Lactose Reduced or Lactose Free Milk
64 oz./half gallon paper carton (Skim, 1%, Whole*)



Silk Original



Evaporated Milk - 12 oz.
Fat Free Skim, or 2%** Homogenized- Vitamin D added (whole*)



Goat Milk-Meyenberg
Canned or packets

* For 1 year old children only

** Only when specified on the check



No flavored or raw milk.
No organic milk or eggs.

Dairy

Must buy the least expensive brand at the time of the purchase.

Cheese

One package only, 16 oz. /1lb. (8 oz. only when specified on check)



** Only American can be from the deli or sliced



Fat Free Mozzarella -

One pound (lb.)16 ounces, prepackaged (Calabro and Polly-O only)



No deli or sliced cheese, except American. No individually wrapped slices, shredded or string cheese, cheese food, cheese product or spreads, cream cheese or cottage cheese, imported, flavored or organic cheese.

Tofu

Tofu - Plain, 14-16 oz. package

Nasoya -Cubed, Super Firm, Firm, Lite Firm, Lite Silken, Silken, Soft

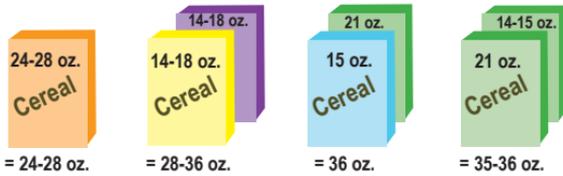
Azumaya - Firm, Extra Firm

Nature's Promise - Firm, Extra Firm

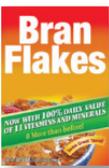


Cereal

Cold Cereal Buy 1 or 2 bag(s)/box(es) totaling up to 36 oz. Only buy sizes 14 oz. or larger.



Choose type of cereal, then choose the least expensive brand at the time of the purchase.



Bran Flakes

America's Choice, Best Yet, Big Y, Food Club Essential Choice, HY-TOP, IGA, Kiggins, Parade, Post, Price Chopper High Fiber, ShopRite, Stop & Shop



Corn Flakes

America's Choice, Best Yet, Big Y, Food Club, Great Value, HY-TOP, IGA, Kellogg's, Kiggins, Krasdale, Parade, Price Chopper, ShopRite, Shurfine, Stop & Shop, Valu Time Fat Free Corn Flakes, White Rose



Corn Squares

America's Choice Toasted/Crunchy Corn, Big Y Crispy Corn Squares, IGA Square Shaped Corn Biscuits, General Mills Corn Chex, Price Chopper Toasted Corn Crisps, ShopRite Crispy Corn Squares, Shurfine, Stop & Shop



Crispy Rice

Best Yet, Clear Value Crisp Rice, Great Value, Malt-O-Meal Crispy Rice, ShopRite, Stop & Shop

Cereal



Frosted Shredded Wheat

America's Choice, Best Yet, Big Y, Clear Value, Food Club, HY-TOP, IGA, Kellogg's, Kiggins, Malt-O-Meal Frosted Mini Spooners, Market Pantry, Parade, Price Chopper, ShopRite, Stop & Shop, Valu Time

Grape Nuts/Nutty Nuggets

Best Yet, Post Grape Nuts, Price Chopper, ShopRite Natural Wheat & Barley



Kix, plain - General Mills

Oat Bran, Quaker

Oat Squares

Best Yet Oat Wise, Price Chopper Good Choice Cereal, Quaker Oat Life, Stop & Shop



Oats & Flakes

Best Yet Honey, Oats & Flakes, HY-TOP Honey, IGA Honey, Malt-O-Meal Honey & Oat Blenders, Market Pantry Honey & Oat Mixers, Price Chopper Crispy Honey Oats & Flakes, ShopRite Honey Oat Clusters, ShopRite Oats and More with Honey, Shurfine Oats & More, Stop & Shop Honey Crunchin' Oats with Honey



Rice Flakes, Kellogg's Special K

Rice Squares, IGA Square Shaped Crispy Rice Biscuits, Rice Chex

Toasted Oats Plain

America's Choice, Best Yet, Big Y, Food Club, General Mills Cheerios, HY-TOP, IGA, Kiggins Rollin Oats, Krasdale, Market Pantry, Parade, Price Chopper, ShopRite, Shurfine, Stop & Shop Oats & O's, ValuTime, White Rose



Toasted Oats Multigrain

Multigrain Cheerios

Cereal

Unfrosted Shredded Wheat

Best Yet, HY-TOP Shredded Wheat, Kellogg's, Kiggins, IGA, Parade, ShopRite



Wheat Flakes

Hy-Top Multi Grain Flakes, Kellogg's All Bran Complete Wheat Flakes, Post Grape Nut Flakes, Shurfine Wheat Bran, General Mills Total (not recommended for children under 4 years of age due to the high iron content.)

Wheat Squares

Best Yet Crunchy Wheat, General Mills Wheat Chex

Whole Grain Granola

Sunbelt Bakery Simple Granola
Sunbelt Bakery Low Fat



Gluten Free Cereal

Cream of Rice (hot cereal) General Mills Corn Chex, General Mills Rice Chex

Hot Cereal - 14 oz. boxes or larger

America's Choice Original Hot Wheat

Best Yet Creamy Wheat

Cream of Rice

Cream of Wheat

1 minute, 2 ½ minute, 10 Minute

Farina Mills Original Farina

Maltex

Malt-O-Meal Original Hot Wheat Cereal

Maypo Vermont Style Maple Oatmeal

Price Chopper Enriched Quick Cream Farina

Ralston Creamy Wheat

Whole Grain Cream of Wheat



Fruit Juice

Must buy the least expensive brand at the time of the purchase.

100% juice and at least 120% Vitamin C

Juice Concentrate

Frozen 11.5 - 12 oz.

100% Apple Juice

America's Choice, Best Yet, Clear Value, Food Club, Great Value, HY-TOP, IGA, Langers, Market Pantry, Old Orchard, Parade, Price Chopper, Seneca, ShopRite, Shurfine, Stop & Shop, Tipton Grove, Tree Top, Valu Time

100% Grape Juice

America's Choice, Best Yet, Great Value, Langers (Purple and White), Market Pantry, Old Orchard, Seneca, ShopRite, Stop & Shop, Welch's (White and Purple)

100% Grapefruit Juice

100% Orange Juice

100% Orange Juice with Calcium*

*For women only

100% Juice Mixtures - all flavors

Dole 100% Juice, Great Value, Langers, Market Pantry, Old Orchard, Welch's 100% - all yellow cap

100% Pineapple Juice

Dole, Langers, Old Orchard, Market Pantry



Juice Concentrate

Non-Frozen/Pourable

11.5 - 12 oz. metal cans

100% Juice Mixtures



No juice cocktail, beverages or drinks

Fruit/Vegetable Juice

Must buy the least expensive brand at the time of the purchase.

100% juice and at least 120% Vitamin C

Fluid Juice - Refrigerated

Refrigerated gallons and half gallons

Half Gallon = 64 oz of fluid juice

Gallon = 128 oz of fluid juice



100% Orange Juice Only

Vegetable Juice

64 oz plastic

Vegetable Juices

V8 Low Sodium

Price Chopper Low Sodium

Tomato Juice

Campbell's Low Sodium



No juice cocktail, beverages or drinks

Fruit Juice

Must buy the least expensive brand at the time of the purchase.

100% juice and at least 120% Vitamin C

Fluid Juice - Not Refrigerated

64 oz. plastic bottle

100% Apple Juice

America's Choice, Best Yet, Big Y, Food Club, Great Value No Sugar Added, Harvest Classic, HY-TOP, IGA, Juicy Juice, Krasdale, Market Pantry, Mott's, Old Orchard, Parade, Price Chopper, Ruby Kist, Shurfine, ShopRite, Stop & Shop, Tipton Grove, White House, White Rose



100% White Grape Juice

America's Choice, Best Yet, Big Y, Food Club, Great Value No Sugar Added, HY-TOP, IGA, Juicy Juice, Krasdale, Market Pantry, Old Orchard, Parade, Price Chopper, Shurfine, ShopRite, Stop & Shop, Tipton Grove, Welch's - All Varieties, White Rose, Valu Time

100% Purple Grape Juice

America's Choice, Best Yet, Big Y, Food Club, Great Value No Sugar Added, HY-TOP, IGA, Juicy Juice, Krasdale, Market Pantry, Old Orchard, Parade, Price Chopper, ShopRite, Shurfine, Stop & Shop, Tipton Grove, ValuTime, Welch's Red Grape, White Rose

100% Juice Mixtures

America's Choice (all flavors), Big Y Juice-A-Lot, IGA - Grape, Fruit Punch, Berry, Cherry, Great Value No Sugar Added, Great Value (all flavors), Nestle - Juicy Juice (all flavors), Market Pantry (all flavors), Old Orchard (all flavors) Price Chopper (all flavors), Stop & Shop (all flavors)

100% Grapefruit Juice/Blends - White or Pink

America's Choice, Best Yet, Food Club, Great Value, HY-TOP, IGA, Parade, Price Chopper, Shurfine, ShopRite, Stop & Shop, White Rose

100% Pineapple Juice

Best Yet, Food Club, Langers, Libby's, Old Orchard, Price Chopper, Ruby Kist, Stop & Shop



No juice cocktail, beverages or drinks

Infant Products

Baby Foods in Jars - Stage 2

4 oz. jars only, Beech-Nut® only
Fruits - Only the 5 pictured below



Stage 2
Apples



Stage 2
Chiquita® Bananas



Stage 2
Pears



Stage 2
Mango



Stage 2
Peaches

Vegetables - Only the 5 pictured below



Stage 2
Squash



Stage 2
Sweet Potatoes



Stage 2
Sweet Carrots



Stage 2
Sweet Peas



Stage 2
Green Beans

Infant Products

Infant Formula- With Iron

The brand name, container size and type of formula is printed on the WIC checks.

Infant Cereal - Beech-Nut®, 8 oz. dry, boxes, Rice, Oatmeal, Multigrain



No added fruits, crisps, formula or DHA

Allowed only for exclusively breastfed babies.

Meats - Beech-Nut only
2.5 oz. - Only the 3 pictured below



Stage 1 Beef & Beef Broth
Stage 1 Chicken & Chicken Broth
Stage 1 Turkey & Turkey Broth

Fruits

Fresh Fruits

- Any variety
- May be sold by the piece, by the package or by the pound



Frozen Fruits

- Any variety
- Without added sweeteners, sugars or syrup
- May be sold as “mixed” fruit



Canned Fruits

- Any variety-without added sweeteners, sugars, syrup, fats, oils, or salt
- May be packed in juice or water



No fruit rollups, fruit snacks, cranberry sauce or pie filling. No raisins or dried fruits. No items from the salad bar, party trays, or fruit baskets.

Vegetables

Fresh Vegetables

- Any variety EXCEPT POTATOES (Orange yams and sweet potatoes are allowed)
- May be sold by the piece, by the package or by the pound



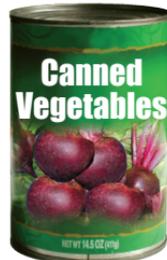
Frozen Vegetables

- Any variety EXCEPT POTATOES or items with potatoes
- Without added sweeteners, sugars, fats, oils
- May be sold as “mixed” vegetables, but must not contain potatoes
- Must not be packed with sauce



Canned Vegetables

- Any variety EXCEPT POTATOES or items with white potatoes
- Without added sweeteners, sugars, syrup, fats, oils
- May be regular or lower in sodium
- Also includes plain canned tomato sauce/plain spaghetti sauce without added sweeteners, sugars, syrup, fats and oils
- Canned tomato sauce/spaghetti sauce may only be purchased with fruit and vegetable checks



No herbs, spices, or olives. No party trays, pickled vegetables or items from the salad bar.

Bread/Grain

100% Whole Wheat Bread

1 pound (lb.) or 16 oz. loaf

- Alvarado Street Bakery
Essential Flaxseed Bread
- America's Choice
- Arnold Stoneground
- Best Yet
- Big Y
- Bimbo
- Central Market Classics
- Country Kitchen
- Gold Medal Bakery
- Gold Medal Bakery Wheat with Flaxseed
- Great Value
- Holsum
- Nature's Harvest
- Pas Yisroel
- Penn Street
- Pepperidge Farm Light Style
- Pepperidge Farm Stoneground
- Pepperidge Farm Very Thin Sliced Soft
- Sara Lee
- ShopRite
- Stop & Shop
- Stop & Shop Whole Wheat with Flaxseed
- Stop & Shop No-Salt Added Whole Wheat
- Stern's
- Sunbeam
- Weight Watchers
- Windmill Farms Stone Ground-Menzanos
- Windmill Farms Stone Ground-Hamotze
- Wonder

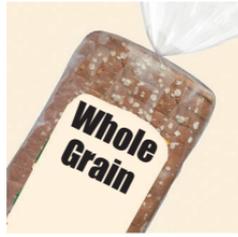


Bread/Grain

Whole Grain Bread

1 pound (lb.) or 16 oz. loaf

- Country Kitchen Wheat Italian
- Pepperidge Farm Whole Grain Seeded Rye
- ShopRite 12 Grain
- Weight Watchers Multi Grain



Tortillas 1 pound (lb.) or 16 oz. bag

Whole Wheat Tortillas



- Big Y
- Chi-Chi's
- Don Pancho
- Food Club
- IGA
- LaFe
- La Banderita
- Mayan Farms
- Mission
- Nature's Promise Whole Grain
- Ortega
- Pepito
- ShopRite
- Stop & Shop
- Tropical

Tortillas 1 pound (lb.) or 16 oz. bag

Corn Tortillas

- Chi-Chi's White Corn
- Don Pancho White Corn
- Stop & Shop White Corn
- La Banderita Corn
- La Poblanita Corn
- Mission Yellow Corn
- Pepito Corn Tortilla
- Nature's Promise Whole Grain Corn

Bread/Grain

Brown Rice

Dry 1 pound(lb.) or
14-16 oz. bag/box, least
expensive brand.



- America's Choice Long Grain
- Best Yet Instant
- Best Yet Long Grain
- Big Y Instant
- Carolina, Goya, Minute, Mahatma, Success
- C & F Boil-in-Bag
- C & F Instant
- C & F Long/short grain
- Food Club Boil-In-Bag
- Food Club Instant
- IGA Instant Long Grain
- Price Chopper Boil-In-Bag
- Price Chopper Instant
- Riceland Natural
- Shurfine
- Stop & Shop Boil-in Bag
- Stop & Shop Instant
- Uncle Ben's Fast & Natural Whole Grain Instant
- Uncle Ben's Natural Whole Grain
- Uncle Ben's Whole Grain Boil-in-Bag
- White Rose

Bread/Grain

100% Whole Wheat Pasta/Macaroni Products

16 oz. box/bag

- Gia Russa
- Hodgson Mill Whole Wheat Whole Grain
- Nature's Promise

Other

Must buy the least expensive brand at the time of the purchase.



Peanut Butter

16-18 oz. jar, Unflavored, smooth, creamy, or chunky



Legumes

Any variety-beans, peas, or lentils. Dry, 1 pound (lb.) 16 oz. bags OR 15-16 oz. cans. Canned Beans may be plain or vegetarian. Cans may not contain added sugars, fats, oil, vegetables, fruits, or meats. No baked beans.



Canned Fish

Must buy the least expensive brand at the time of the purchase.

Allowed only for certain categories of pregnant and breastfeeding women.

Sardines - 3.75 oz.can

Tuna - light only, 5 oz. can

Salmon - 6-15 oz.cans

Canned fish may be packed in water or oil; with added sauces and flavorings



Connecticut WIC Program Participant Identification

Bring this participant booklet for **ALL** visits to the WIC office and the grocery store.

Family ID Number

Local Agency Code



*Babies were
born to be
breastfed.*

The signature(s) below must agree with the signature on the WIC check(s).

Payee's Name (Please print)

Payee's Signature

Caretaker's Name (Please print)

Caretaker's Signature

Alternate's Name (Please print)

Alternate's Signature

Staff Signature

USDA is an equal opportunity provider and employer.

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