WIC food benefits are prescribed for the individual, to promote and support the nutritional wellbeing of the participant and to help meet the recommended intake of important nutrients or foods. The food provided by the Program is supplemental, i.e., it is not intended to provide all of the participant’s daily food requirements.
PARTICIPANT RESPONSIBILITIES
MY RESPONSIBILITIES AS A PARTICIPANT OF THE WIC PROGRAM ARE TO:

• Treat all WIC staff, store employees, and other WIC participants kindly and with respect
• Ensure that my family member eligible for the WIC Program is the person using the WIC foods received
• Ensure that I am not participating in the WIC Program at more than one WIC office
• Keep all appointments including certifications, assessments, and nutrition education
• Be aware if appointments are missed and rescheduled for later in the month, foods will be reduced to reflect the number of days left in the month
• Bring your eWIC card to each appointment. If the card is lost multiple times, additional training will be required
• Notify the WIC clinic if my income, address, phone number, or the number of family members changes
• Do NOT sell or return any benefits for cash or other items
• Select the least expensive food item so that all eligible WIC participants can continue to receive WIC services
Before shopping check your benefit balance at www.ebtedge.com or call 1-877-231-9314. Buy only what you need. You do not have to buy all your foods at one time.

AT CHECKOUT
Before foods are scanned, tell the cashier you are using an eWIC card. Some grocery stores may ask you to separate WIC foods from non-WIC items. When the cashier tells you, slide your card in the eWIC device or hand your eWIC card to the cashier. The amount of approved food items and dollar amount of fresh vegetables or fruits you purchase will be deducted from your benefits account.

KEEP YOUR RECEIPT
The cashier will give you a receipt listing your remaining benefit balance and the date your benefits expire.

KEEP YOUR CARD – IT IS REUSABLE
Save your eWIC card and keep it in a safe place. Even when your WIC foods are used, your card is reusable. Once benefits have been issued by a health professional, they will be in your household account on the beginning date to spend as indicated on your shopping list.
WHAT SHOULD I DO IF I LOSE MY CARD OR SOMEONE FINDS OUT MY PIN?
If someone uses your card and PIN, your **BENEFITS WILL NOT BE REPLACED**. Immediately call customer service and change your PIN. For assistance contact: 1-877-231-9314 or www.ebtedge.com or visit your local WIC clinic.

KEEP YOUR PIN SAFE
Do not give your PIN to anyone that you do not want to use your card. If someone knows your PIN and uses your card to get your food benefits without your permission, those benefits will not be replaced. Do not write your PIN on your card or keep your PIN in your wallet or purse.

WHAT IF I FORGOT MY PIN?
For assistance if you forgot your PIN or to change your PIN, contact 1-877-231-9314 or www.ebtedge.com or visit your local WIC clinic.

WHAT IF I ENTER THE WRONG PIN?
Do not try to guess your PIN. If the correct PIN is not entered on the 4th consecutive try, your PIN will be locked. This is done for your protection so someone else may not receive your food benefits. You will have to wait until after midnight for your account to unlock to try again.

SHOPPING WITH YOUR eWIC CARD

QUESTIONS:
What if I run out of formula before my next WIC appointment or before I receive my next month's benefits?

ANSWER:
WIC is a supplemental nutrition program and may not provide all the formula your baby needs for a month.

BUDGETING TIPS FOR FORMULA
- Put money aside from each paycheck for additional formula
- Only prepare the amount of formula your infant will need for each feeding
- If you receive SNAP (Food Stamps) you may use that for buying additional formula not provided by WIC
- Keep all your WIC appointments to receive your benefits
<table>
<thead>
<tr>
<th>PRICE PER POUND</th>
<th>4 lb</th>
<th>3.5 lb</th>
<th>3 lb</th>
<th>2.5 lb</th>
<th>2 lb</th>
<th>1.5 lb</th>
<th>1 lb</th>
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<tbody>
<tr>
<td>1 lb</td>
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<td>0.74</td>
<td>0.98</td>
<td>1.23</td>
<td>0.98</td>
<td>0.74</td>
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<tr>
<td>1.5 lb</td>
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<td>1.72</td>
<td>1.47</td>
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<td>2 lb</td>
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<td>4 lb</td>
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<td>1.23</td>
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FRUITS & VEGETABLES
BUYING FRESH FRUITS & VEGETABLES WHEN SOLD BY THE POUND

1. Select a fruit or vegetable that is priced by the pound.
2. Place the item on the grocery scale for an estimated weight.
3. Round the weight up to the nearest pound or half-pound.
4. Estimate the cost of the item using the FRESH PRODUCE CHART.

EXAMPLE: BANANAS

PRICE = $0.59 / LB  WEIGHT = 1 3/4 LBS

- Round the weight up to 2 lbs; find 2 lbs on the left side of the chart
- Find the price per pound ($0.59/lb) on the bottom of the chart
- Follow the 2lb row across to the right and the $0.59/lb column up until they meet
- The weight (2lbs) and the price ($0.59/lb) meet at $1.18 on the chart

2 POUNDS AT $0.59/LB = $1.18
FRUITS & VEGETABLES

ALLOWED
- Any Brand
- Any Package Type or Size
- Any Variety of Fresh Fruits or Vegetables
- Cooking Pumpkins
- Cut or Whole
- Fruits and Vegetable Mixtures with Potatoes
- Organic
- Packaged
- Salad Mixtures without Dressing
- Shredded Lettuce
- Potatoes
- Garlic, Ginger, Onions

NOT ALLOWED
- Added Creams, Dips, Sauces
- Added Croutons, Dried Fruit, Nuts
- Decorative Pumpkins
- Deli Items
- Dried Fruits & Vegetables
- Dried Legumes, Peas
- Fruit & Nut Mixtures
- Herbs or Spices
- Party Trays
- Pickled Items
- Salad Mixtures with Dressing
- Salad Bar Items
ALLOWED

• Any Brand
• Any Package Size or Type (Bag, Box)
• Any Variety or Mixture of Plain Fruits or Vegetables
• Organic
• Potatoes
• Garlic, Ginger and Onions

NOT ALLOWED

• Artificial Sweeteners (Like Splenda)
• Ingredients Other Than Plain Fruits & Vegetables
• Frozen Vegetables-No Added Butter, Sauces, Sugars, Fats, Oils and Salts
• Frozen Fruits-No Added Sugars, Fats, Oil

FRUITS & VEGETABLES IN CANS AND/OR JARS ARE NOT ALLOWED

HELPFUL HINT!
16 OZ = 1 POUND
8 OZ = 1/2 POUND
WHOLE GRAINS

BREAD 16 OZ PACKAGES

BEST CHOICE
100% Whole Wheat

FAMILY CHOICE
100% Whole Wheat

OUR FAMILY
100% Whole Wheat

PEPPERIDGE FARM
100% Whole Wheat, Very Thin, Stone Ground, Rye, Hamburger Buns, Whole Wheat

SARA LEE CLASSIC
100% Whole Wheat

VILLAGE HEARTH
100% Whole Wheat

WONDER
100% Whole Wheat

HELPFUL HINT
16 OZ = 1 POUND

NOT ALLOWED
- Deli or Bakery Bread
- Frozen Bread Dough
- Organic
- Rolls, Bagels, English Muffins, Pita Bread
### Whole Wheat Tortillas

#### BEST CHOICE
- **100% Whole Wheat**
- Corn
- Whole Wheat
- Whole Wheat
- Corn

#### MISSION
- Yellow Corn - Extra Thin
- Whole Wheat - 6" or 8"

#### CHI-CHI’S
- Whole Wheat

#### DON PANCHO
- Whole Wheat

#### LA BURRITA
- Corn

---

### Brown Rice

#### Allowed
- Any Brand (Except Uncle Ben’s)
- Instant, Regular, or Quick Cooking
- Long Grain or Medium

#### Not Allowed
- Added Fat, Flavor, Oil, Salt, Sugar
- Individual Packages
- Mixes or Wild Rice
- Uncle Ben’s

---

### Whole Grains
WHOLE GRAINS

RONZONI
- Penne
- Spaghetti
- Thin Spaghetti
- Rotini
- Linguine

BARILLA
- Penne
- Spaghetti
- Thin Spaghetti
- Rotini
- Linguine
- Elbow
- Angel Hair
- Shells

HODGSON MILL
- Spaghetti
- Thin Spaghetti
- Rotini
- Linguine
- Elbow
- Angel Hair
- Spiral

PASTA - WHOLE GRAIN OR WHOLE WHEAT
1 LB (16 OZ) PACKAGES ONLY

NOT ALLOWED
- Added Sugar, Fats, Oils or Salts

DAIRY

YOGURT 32 OZ (2LB) CONTAINERS ONLY

DANNON
- Nonfat Plain
- Nonfat Strawberry
- Low Fat Vanilla
- Whole Milk Plain

YOPLAIT
- Low Fat Original Harvest Peach
- Low Fat Original Strawberry
- Low Fat Original Vanilla

NOT ALLOWED
- Individual Servings
- Fruit Mixtures
MILK TYPE WILL BE LISTED ON WIC SHOPPING LIST

- Any Brand
- Low Fat (1%, Fat Free, Skim)
- Reduced Fat (2%)
- Whole
- Acidophilus
- Buttermilk — Liquid Only

### ALLOWED

- Dry/Powdered
- Evaporated — 12 oz Cans Only (Fat Free, Low Fat, Whole)
- Goat— (Dry or Evaporated Only)
- Lactose Reduced, Lactose Free - 1/2 Gallon Only, (Low Fat, Reduced Fat, Whole)

### NOT ALLOWED

- Added Calcium, Protein, or Other Nutrients (Other Than Vitamin A & D)
- Added Sugar or Flavorings
- Glass Bottles

### SOY BEVERAGE

- 8th Continent Original
- Silk Original

### NOTE FOR ALL MILK

- Added Flavoring
- "Light"

<table>
<thead>
<tr>
<th>Gallon, Half Gallon, Quart</th>
<th>Can purchase 1/2 gallon if list states two quarts</th>
<th>Can purchase two 1/2 gallons if list states 1 gallon</th>
<th>Can purchase 1 gallon if list states two 1/2 gallons</th>
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</thead>
<tbody>
<tr>
<td>DAIRY</td>
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<tr>
<td>MILK GALLON, HALF GALLON, QUART</td>
<td></td>
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</tr>
</tbody>
</table>

**NOTE FOR ALL MILK**

- Added Flavoring
- "Light"
DAIRY

CHEESE 8 OR 16 OZ

ALLOWED
- American
- Cheddar (All Varieties)
- Cheddar-Jack
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella (Part Skim)
- Reduced Fat

BLOCK CHEESE
- Any Brand

SHREDDED CHEESE

NOT ALLOWED
- Added Bits or Deli Cheese
- Cheese and Cracker Packs
- Cheese Food or Products (Velveeta)
- Cheese Products in Cans, Bottles, Jars
- Cottage Cheese
- Cream Cheese or Cheese Spread
- Organic
- Random Weight
- String, Sliced, Smoked
HOT & COLD CEREAL

ESSENTIAL EVERYDAY
COLD CEREAL
- Bran Flakes*
- Frosted Shredded Wheat*
- Toasted Oats*

HOT CEREAL
- Instant Oatmeal Regular*

COLD CEREAL
- Bran Flakes*

GREAT VALUE
COLD CEREAL
- Bran Flakes*
- Original Instant Oatmeal*

HYVEE
COLD CEREAL
- Bran Flakes*
- Corn Flakes
- Crispy Rice

FAREWAY
COLD CEREAL
- Bran Flakes*
- Tasteeos*

SIGNATURE KITCHENS
COLD CEREAL
- Bran Flakes*
- Bite Size Frosted Shredded Wheat*
- Corn Flakes
- Original Instant Oatmeal*

*WHOLE GRAIN
‡ GLUTEN FREE

12 – 36 OZ
# HOT & COLD CEREAL

<table>
<thead>
<tr>
<th>GENERAL MILLS COLD CEREAL</th>
<th>KELLOGG’S COLD CEREAL</th>
<th>BEST CHOICE COLD CEREAL</th>
<th>QUAKER HOT CEREAL</th>
<th>HOT CEREAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi Grain Cheerios*</td>
<td>All-Bran Complete*</td>
<td>Bran Flakes*</td>
<td>Instant Grits Original</td>
<td>Creamy Wheat Farina</td>
</tr>
<tr>
<td>Corn Flakes</td>
<td>Corn Flakes</td>
<td>Happy O’s*</td>
<td>Instant Oatmeal* Original Flavor Individual Packets</td>
<td></td>
</tr>
<tr>
<td>Wheat Chex*</td>
<td>Rice Krispies</td>
<td>Corn Flakes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wheat Chex*</td>
<td></td>
<td>Frosted Shredded Wheat*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn Chex*</td>
<td></td>
<td>Frosted Shredded Wheat Bite Size Maple &amp; Brown Sugar*</td>
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</tr>
<tr>
<td>Honey KiX*</td>
<td></td>
<td>Frosted Shredded Wheat Bite Size* Strawberry*</td>
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<tr>
<td>KiX*</td>
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</table>

**RATIONS:** 12 – 36 OZ
### Nutrition Facts

**PER 1 CUP SERVING**

- **Calories:** 130
- **Total Fat:** 3g (5% DV)
- **Saturated Fat:** 1g (5% DV)
- **Cholesterol:** 10mg (0% DV)
- **Sodium:** 150mg (6% DV)
- **Total Carbohydrate:** 25g (9% DV)
- **Dietary Fiber:** 1g (0% DV)
- **Sugars:** 1g
- **Protein:** 3g

**Ingredients:**
- Oats
- Cereal
- Whole Grain
- Whole Grain Cereal
- Whole Grain Cereal
- Whole Grain Cereal
- Whole Grain Cereal

**Other Ingredients:**
- Vitamin A (Palmitate), Vitamin D (Cholecalciferol), Folic Acid, Thiamin Mononitrate, Riboflavin, Niacinamide, Zinc Oxide, Calcium Pantothenate, Copper Sulfate, Manganese Sulfate, Ferrous Sulfate, Vitamin B12 (Cyanocobalamin), Folic Acid, Annatto Extract

**Nutritional Value:**
- Vitamin C (Ascorbic Acid)
- Vitamin B6 (Pyridoxine Hydrochloride)
- Iron (Ferrous Sulfate)
- Zinc (Zinc Oxide)

**Servings:**
- 4 servings

**Additional Information:**
- Helps reduce the risk of heart disease.
- Excellent source of fiber to help you stay full longer.
- Have more energy.

**How to Use:**
- Stir in milk and stir well.
- Stir in milk and mix well.
- Stir in milk and mix well.
- Stir in milk and mix well.
- Stir in milk and mix well.
- Stir in milk and mix well.
- Stir in milk and mix well.
- Stir in milk and mix well.

**Packaging:**
- Resealable bag

**Note:**
- Serving size: 1 cup (30g)
- Contains: Whole Grain

**Related Products:**
- Malt-O-Meal Original
- Malt-O-Meal Chocolate
- Grandma’s Oatmeal
- Frosted Mini Spooners
- Strawberries Cream Mini Spooners
- Crispy Rice
- Frosted Mini Spooners

**Brand:**
- Ralston Foods

**Other Information:**
-Associated Wholesale Grocers, Inc.
Parsippany, NJ 07054 USA

**More Information:**
- For more nutritional information and recipe ideas, visit [Live Well & Eat Well](#).
- [For more Nutritional Information and Recipe Ideas visit:](#)
**JUICE FOR CHILDREN 64 OZ PLASTIC CONTAINER 100% FRUIT JUICE**

**ALLOWED**
- OLD ORCHARD
  - Acai Pomegranate
  - Apple
  - Apple Cranberry
  - Berry Blend
  - Blueberry Pomegranate
  - Cherry Pomegranate
  - Cranberry Pomegranate
- JUICY JUICE
  - Apple
  - Apple Raspberry
  - Berry
  - Cherry
  - Fruit Punch
  - Grape
- ANY BRAND
  - Grape
  - Kiwi Strawberry
  - Peach Mango
  - Pomegranate
  - Red Raspberry
  - White Grape
  - Wild Cherry
  - Kiwi Strawberry
  - Mango
  - Orange Tangerine
  - Strawberry Banana
  - Tropical
  - Grapefruit, Orange, Pineapple
  - With or Without Added Calcium Any Pulp Content

**NOT ALLOWED**
- Artificial Sweeteners
- Beverages That are Not 100% Juice
- Diet Juices
- Fruit Juice Blends, Juice Cocktail
- Glass Bottles
- Organic
- Refrigerated Juices
- V8 Fusion
- V8 or Any Tomato or Vegetable Juice
JUICE FOR WOMEN 11.5-12 OZ
100% FRUIT JUICE - FROZEN CONCENTRATE

ALLOWED
OLD ORCHARD
• Any Flavor

WELCH’S
• Purple Grape
• White Grape

ANY BRAND
• Grapefruit
• Orange
• Pineapple
• With or Without Added Calcium, Any Pulp Content
PROTEIN

BEANS, PEAS, LENTILS CANS 15-16 OZ, DRY 16 OZ BAG ONLY

ALLOWED

Any Brand, Any Single Variety
- Black Beans
- Black Eyed Peas
- Cowpeas
- Crowder Peas
- Garbanzo Beans (Chick-Pea)
- Great Northern Beans
- Kidney Beans (Red or White)
- Lentils
- Lima Beans
- Mung Beans
- Navy Beans
- Pinto Beans
- Red Beans
- Split or Whole Peas (Dry Only)
- Soy Beans
- Regular, Low Sodium, No Sodium

NOT ALLOWED

- Added Fats, Flavors, Meats, Oils or Sugars
- Added Fruits and/or Vegetables
- Baked Beans or Pork & Beans
- Chili Beans, Green Beans, Yellow Beans, Refried Beans, Wax Beans, Snap Beans
- Organic
- Seasonings or Other Ingredients
- Soup Mixes
- Sweet Peas, Green Peas

PROTEIN ALLOWED

1. BEANS, PEAS, LENTILS CANS 15-16 OZ, DRY 16 OZ BAG ONLY

PROTEIN NOT ALLOWED
**EGGS** CARTONS OF 1 DOZEN

**ALLOWED**
- Any Brand (except Egglands Best)
- Fresh
- Medium or Large
- White
- Whole

**NOT ALLOWED**
- Brown
- Cage-Free
- Extra Large
- Liquid Whole Eggs
- Lower Cholesterol Eggs
- Omega-3 Eggs
- Organic
- Specialty Eggs

**PEANUT BUTTER** 16-18 OZ JAR

**ALLOWED**
- Any Brand
- Crunchy or Creamy
- Reduced Fat

**NOT ALLOWED**
- Added Jelly, Honey, or Flavoring
- Marshmallow
- Natural
- Omega-3
- Organic
- Other Nut Butters
- Spreads
- Squeeze Tubes
Fully breastfeeding women who DO NOT receive formula from WIC will receive the largest amount and variety of foods.
WOMEN CANNED FISH

ALLOWED

CHUNK LIGHT TUNA
- 5 oz Cans
- Any Brand
- Packed in Water or Oil

PINK SALMON
- 5 oz Cans
- Any Brand
- Packed in Water or Oil

SARDINES
- 3.75 oz Cans
- Any Brand
- Packed in Water or Oil

NOT ALLOWED

ALBACORE TUNA
- Chunk White or Solid White Tuna
- Flavored or Seasoned

FOIL PACKS OR POUCHES
- Low Sodium
- Organic

HELPFUL HINT!
ADD 3 (5 OZ) CANS
+ 4 (3.75 OZ) CANS
= 30 OZ

INFANT MEATS 2.5 OZ JARS ONLY

ALLOWED

- Added DHA/ARA
- Any Plain Meat
- Broth or Gravy

BEECH NUT CLASSICS

- Added Noodles, Pasta, Rice
- Added Salt, Sugars
- Dinners or Graduates
- Organic or Natural

NOT ALLOWED

GERBER

- Added DHA/ARA
- Any Plain Meat
- Broth or Gravy

- Added Noodles, Pasta, Rice
- Added Salt, Sugars
- Dinners or Graduates
- Organic or Natural
INFANT FOODS

INFANT CEREAL 8 OR 16 OZ CONTAINER

ALLOWED

• Dry Infant cereal
• Multi Grain, Oatmeal, Rice, Whole Wheat, Barley

NOT ALLOWED

• Added DHA, Fruit, Formula, Milk
• Cans, Jars, or Single Serving Packets
• Organic

INFANT FORMULA

Only WIC approved formula as printed on your shopping list.

No substitutions or exchanges are allowed at the store.
INFANT FRUITS & VEGETABLES

ALLOWED

- Beech Nut - 4 oz Single Jars - Stage 2 only
- Gerber - 4oz Plastic 2 Packs - 2nd Foods only
- Added DHA/ARA
- Any Variety of Plain Fruits or Vegetables
- Combinations of:
  - Plain Vegetables
  - Plain Fruits
  - Plain Fruits and Vegetables
  - Mixed Fruits or Vegetables

NOT ALLOWED

- Added Cheese, Meat, Noodles, Pasta, Rice
- Added Salt, Starches, Sugars, Sweeteners
- Dinners, Desserts, Cobblers
- Graduates
- Organic or Naturals
WIC PROGRAM

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