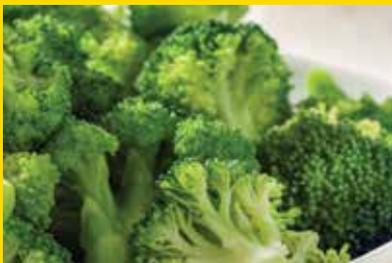




MICHIGAN WIC

# FOOD GUIDE

Healthy Habits  
Healthy Families



Effective July 11, 2016 - Version 2

# Online Nutrition Education

*Do it anytime, anywhere from your computer, tablet or smart phone!*



**Over 20 lessons available in English and Spanish**

## How to get started:

1. Go to **wichealth.org**
2. Create an account and set up your profile
3. Choose a lesson from one of the 5 categories
4. Complete the lesson
5. Fill out the survey
6. Remember your login & PIN for next time

## Examples of lessons available:

- Eat Well – Spend Less!
- Preparing for a Healthy Pregnancy
- Starting Your Infant on Solid Foods
- Make Meals & Snacks Simple
- Secrets For Feeding Picky Eaters



## wichealth problems?

Try clicking the blue “Help” tab on the top left of any page to submit a message. All questions are answered within 24 hours.

***This counts as your nutrition education!***

# Fresh Fruits & Vegetables

## \* Choose lower priced foods

*Organic allowed*

- Your WIC Shopping List shows your cash value benefit amount (\$\$\$)
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference

## ALLOWED

- Any variety fresh fruit or vegetable without added sweetener or fat
- May be whole, cut, bagged or packaged

## \* NOT ALLOWED

- Pre-cut fruits and vegetables with added preservatives (for example: sliced apples with ascorbic acid)
- Ornamental or decorative fruits or vegetables such as chili peppers or garlic on a string, gourds or painted pumpkins
- Salad kits with dressing or other added food items
- Herbs, spices, edible blossoms or flowers
- Fruit or vegetable party trays/platters
- Fruits or vegetables from salad bars
- Fruit and nut mixtures
- Fruit baskets



## Eat fruits and vegetables and your kids will too. They learn from watching you.

- **Share the adventure.** Shop together and let your child choose.
- **Fix them together.** Teach your child to tear lettuce or add vegetable toppings to pizza.
- **Eat together.** Enjoy new fruits and vegetables at meals and snacks.
- **Take it with you.** Show your child how fruit is a great snack to eat at the park or in the shopping mall. Put apples, oranges or bananas in your bag for quick snacks.

# Whole Grains

Your choices for whole grains are: brown rice, oatmeal, whole wheat or corn tortillas, pasta, whole wheat or whole grain breads and buns.

For every 1 LB of whole grain listed on your Shopping List, you can buy...

- 1 loaf bread, **or**
- 1 package buns, **or**
- 1 package tortillas, **or**
- 1 package pasta, **or**
- 1 container oatmeal, **or**
- 1 bag/box brown rice (14-16 oz)



 Whole grain options with this symbol are gluten free.

## Oatmeal

\* Choose lower priced foods

**No organic allowed**

16 oz container = 1 LB



**Kroger Simple Truth**  
Old Fashioned Oats



**Malt-O-Meal**  
Mom's Best Naturals  
Old Fashioned Oats



**Malt-O-Meal**  
Mom's Best Naturals  
Quick Oats



**Our Family**  
Old Fashioned  
Oats



**Our Family**  
Quick Oats

These oatmeals are a whole grain choice, **NOT** a cereal choice.

## Brown Rice

\* Choose lower priced foods

**No organic allowed**

16 oz bag = 1 LB

- 14-16 oz bag/box = 1 LB
- 28-32 oz bag/box = 2 LB



### ALLOWED

- Plain, dry brown rice without added herbs, seasonings or beans
- Regular, instant and boil-in-bag type

### \* NOT ALLOWED

- White rice, frozen brown rice
- Flavored rice, wild rice, rice mixes
- Bulk, tubs, microwavable pouches
- Specialty brands, like Lundberg

# Whole Wheat Pasta

\* **Choose lower priced foods**

**Organic allowed**

16 oz package = 1 LB

## ALLOWED

- Whole Wheat/Whole Grain ONLY
- Any shape such as elbows, penne, rotini, spaghetti and spirals



## \* NOT ALLOWED

- Pasta with added sugar, fats, oils or salts
- Pasta made from rice, quinoa, flax, corn or vegetables

• These brands and types **ONLY**



- Whole Grain



- Whole Wheat



- Whole Wheat

meijer



- Whole Wheat



- Whole Wheat



- Whole Wheat



- Whole Grain



- Whole Wheat
- Whole Wheat Whole Grain



- Whole Wheat



- Whole Grain



- Whole Wheat



- Whole Wheat

# Breads

\* Choose lower priced foods

No organic allowed

16 oz loaf = 1 LB

• These brands and types **ONLY**



**Aunt Millie's**  
Healthy Goodness  
Whole Grain White



**Aunt Millie's**  
Swirl Whole Grain  
Raisin with Cinnamon



**Aunt Millie's**  
Swirl Whole Grain  
Cinnamon, No Raisins



**Aunt Millie's**  
Healthy Goodness  
100% Whole Wheat



**Best Choice**  
100% Whole Wheat



**Bimbo**  
100% Whole Wheat



**Bunny**  
100% Whole Wheat



**Family Choice**  
100% Whole Wheat



**Hearth Oven Bakers**  
100% Whole Wheat



**Kroger**  
100% Whole Wheat



**Meijer**  
Whole Grain White



**Meijer**  
100% Whole Wheat



**Nickles**  
Country Style  
100% Whole Wheat



**Our Family**  
100% Whole Wheat



**Pepperidge Farm**  
Jewish Rye  
Whole Grain Rye  
Seeded



**Pepperidge Farm**  
Light Style Soft Wheat



**Pepperidge Farm**  
Stone Ground  
100% Whole Wheat



**Pepperidge Farm**  
Swirl 100% Whole Wheat  
Cinnamon with Raisins



**Pepperidge Farm**  
Very Thin Sliced  
Soft 100% Whole  
Wheat



**Roman Meal Sungrain**  
100% Whole Wheat



**Sara Lee**  
100% Whole Wheat



**Shurfresh**  
100% Whole Wheat



**Soft and Good**  
100% Whole Wheat



**Spartan**  
100% Whole Wheat



**Spartan**  
Whole Grain White



**Sterns Kosher**  
100% Whole Wheat



**Sunbeam**  
100% Whole Wheat



**Village Hearth**  
100% Whole Wheat

# Buns

\* Choose lower priced foods

No organic allowed

16 oz package = 1 LB

• These brands and types **ONLY**



**Brownberry**  
100% Whole Wheat  
Hamburger Rolls



**Brownberry**  
100% Whole Wheat  
Hot Dog Rolls



**Healthy Life**  
100% Whole Wheat  
Sandwich Buns



**Healthy Life**  
100% Whole Wheat  
Hot Dog Buns



**Hearth Oven Bakers**  
100% Whole Wheat  
Hamburger Buns



**Hearth Oven Bakers**  
100% Whole Wheat  
Hot Dog Buns

# Tortillas

\* Choose lower priced foods

No organic allowed

16 oz package = 1 LB

• These brands and types ONLY



**Best Choice**  
Whole Wheat Soft Taco Size  
12 count



**Best Choice**  
Corn Taco Size  
24 count



**Chi Chi's**  
Whole Wheat Fajita Style  
8 count



**Don Marcos**  
White Corn  
18 count



**Great Value**  
Whole Wheat Flour  
10 count



**Hacienda**  
Corn Maiz  
18 count



**Hacienda**  
Whole Wheat Flour  
12 count



**Kroger**  
Whole Wheat Soft Taco Size  
10 count



**La Banderita**  
Whole Wheat Fajita  
16 count



**La Banderita**  
Whole Wheat Soft Taco  
10 count



**La Banderita**  
Corn  
18 count



**La Banderita**  
Corn  
14 count



**Meijer**  
Soft Taco Whole Wheat  
8 count



**Mission**  
Yellow Corn Extra Thin  
24 count



**Mission**  
Whole Wheat  
10 count



**Mission**  
Whole Wheat Fajita Style  
16 count



**Ortega**  
Whole Wheat  
10 count



**ShurFine**  
White Corn  
18 count



**ShurFine**  
Whole Wheat Fajita Style  
8 count



**Spartan**  
Whole Wheat Fajita Style  
8 count



**Tio Santi**  
Whole Wheat  
10 count



**Tortillas Tita**  
Corn  
18 count



**Tortillas Tita**  
Corn Enchilada Style  
18 count

Give yourself and those you love  
the goodness of whole grains.



Make at least half of the grains you eat whole grains. WIC whole grains, such as bread, tortillas and pasta can help you maintain a healthy weight and are good for your overall health.

# Cold Cereals

\* **Choose lower priced foods**

**No organic allowed**

All WIC cereals provide a good source of iron

 Cereals with this symbol provide 100% of the Recommended Dietary Allowance for folic acid

 Cereals with this symbol are made with whole grains and are a good source of fiber

 Cereals with this symbol are gluten free

• These brands and flavors **ONLY**

## General Mills



**Cheerios**  
Multi Grain  
16 oz or larger



**Cheerios**  
Plain  
16 oz or larger



**Chex**  
Corn  
12 oz or larger



**Chex**  
Rice  
12 oz or larger



**Chex**  
Wheat  
12 oz or larger



**Dora the Explorer**  
16 oz or larger



**Kix**  
Plain  
16 oz or larger



**Corn Flakes**  
Plain  
16 oz or larger



**Mini-Wheats**  
Frosted Original  
16 oz or larger



**Mini-Wheats**  
Unfrosted  
16 oz or larger



**Rice Krispies**  
16 oz or larger



**Special K**  
Original  
16 oz or larger

## Kellogg's

## Malt-O-Meal



**Crispy Rice**  
16 oz or larger



**Mini Spooners**  
Blueberry  
16 oz or larger

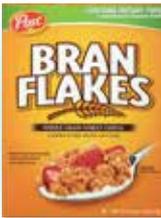


**Mini Spooners**  
Frosted  
16 oz or larger



**Mini Spooners**  
Strawberry Cream  
16 oz or larger

## Post



**Bran Flakes**  
16 oz or larger



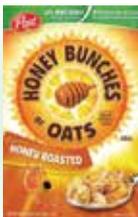
**Great Grains**  
Banana Nut Crunch  
12 oz or larger



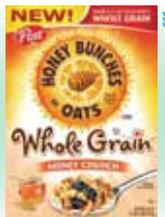
**Honey Bunches of Oats**  
Almonds  
16 oz or larger



**Honey Bunches of Oats**  
Cinnamon Bunches  
16 oz or larger



**Honey Bunches of Oats**  
Honey Roasted  
16 oz or larger



**Honey Bunches of Oats**  
Whole Grain Honey Crunch  
16 oz or larger



**Honey Bunches of Oats**  
Whole Grain Vanilla Bunches  
16 oz or larger

## Quaker



**Life**  
Original  
16 oz or larger

# Cold Cereals

\* Choose lower priced foods

No organic allowed

## Quaker (continued)



**Oatmeal Squares**  
Brown Sugar  
12 oz or larger



**Oatmeal Squares**  
Cinnamon  
12 oz or larger



**Oatmeal Squares**  
Golden Maple  
12 oz or larger



**Oatmeal Squares**  
Honey Nut  
12 oz or larger

## Store Brands: 11 oz or larger

- Best Choice
- Centrella
- Essential Everyday
- Great Value
- Hy-Top
- IGA
- Kiggins
- Kroger
- Meijer
- Nature's Crunch
- Our Family
- Parade
- ShurFine
- Spartan



**Bran Flakes**



**Corn Flakes**



**Corn Squares, Biscuits,  
Bitz (like Corn Chex)**



**Crispy Rice**



**Frosted Shredded  
Wheat**



**Toasted Oats**  
Plain and Multigrain

## Ways to buy up to 36 oz of hot and cold cereals

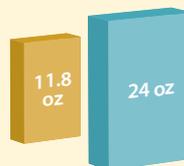
You may combine cereals up to a total of 36 ounces per month.



$$\begin{array}{r} 18 \text{ oz} \\ + 18 \text{ oz} \\ \hline 36 \text{ oz} \end{array}$$



$$\begin{array}{r} 12 \text{ oz} \\ + 12 \text{ oz} \\ + 12 \text{ oz} \\ \hline 36 \text{ oz} \end{array}$$



$$\begin{array}{r} 11.8 \text{ oz} \\ + 24.0 \text{ oz} \\ \hline 35.8 \text{ oz} \end{array}$$



$$\begin{array}{r} 15.8 \text{ oz} \\ + 16.0 \text{ oz} \\ \hline 31.8 \text{ oz} \end{array}$$

# Hot Cereals

✦ **Choose lower priced foods**

**No organic allowed**

All WIC cereals provide a good source of iron



Cereals with this symbol provide 100% of the Recommended Dietary Allowance for folic acid



Cereals with this symbol are made with whole grains and are a good source of fiber

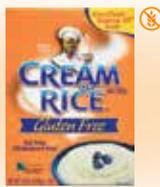


Cereals with this symbol are gluten free

• These brands and flavors **ONLY**



**COCO Wheats**  
11 oz or larger



**Cream of Rice**  
Original  
Instant Individual  
Packets  
11 oz or larger



**Cream of Wheat**  
Original & Whole Grain  
Instant Individual Packets  
Original & Whole Grain  
11 oz or larger



**Malt-O-Meal**  
Original & Chocolate  
Flavor  
11 oz or larger



**Maypo**  
Instant Oatmeal **ONLY**  
11 oz or larger



**Quaker Instant Grits**  
Original & Butter  
Flavor Individual  
Packets **ONLY**  
11 oz or larger



**Quaker Instant Oatmeal**  
Original Flavor  
Individual  
Packets **ONLY**  
11 oz or larger



**Store Brand Instant Oatmeal**  
Regular Flavor  
Individual Packets **ONLY**:  
America's Choice, Essential  
Everyday, Great Value,  
Hy-Top, IGA, Kroger,  
Meijer, Our Family, Parade,  
Roundy's, ShurFine, Spartan  
11 oz or larger



## Breakfast Starts the Day Strong!

Eating breakfast gives you and your child energy. Without breakfast, you and your child may feel hungry, making it hard to focus and learn.

**Let them help you plan breakfast and set the table!**

# Breastfeeding

## Every Ounce Counts

### Breastfeeding is convenient!

Always ready, no bottles or mixing required.

Exclusively breastfeeding mothers and their babies receive extra food benefits.

Moms have the right to breastfeed their children anytime, anywhere.  
**It is the law in Michigan.**

Miracle Park, Southfield



Tridge, Midland



Marquette Harbor Lighthouse, Marquette



Mackinac Bridge, St. Ignace

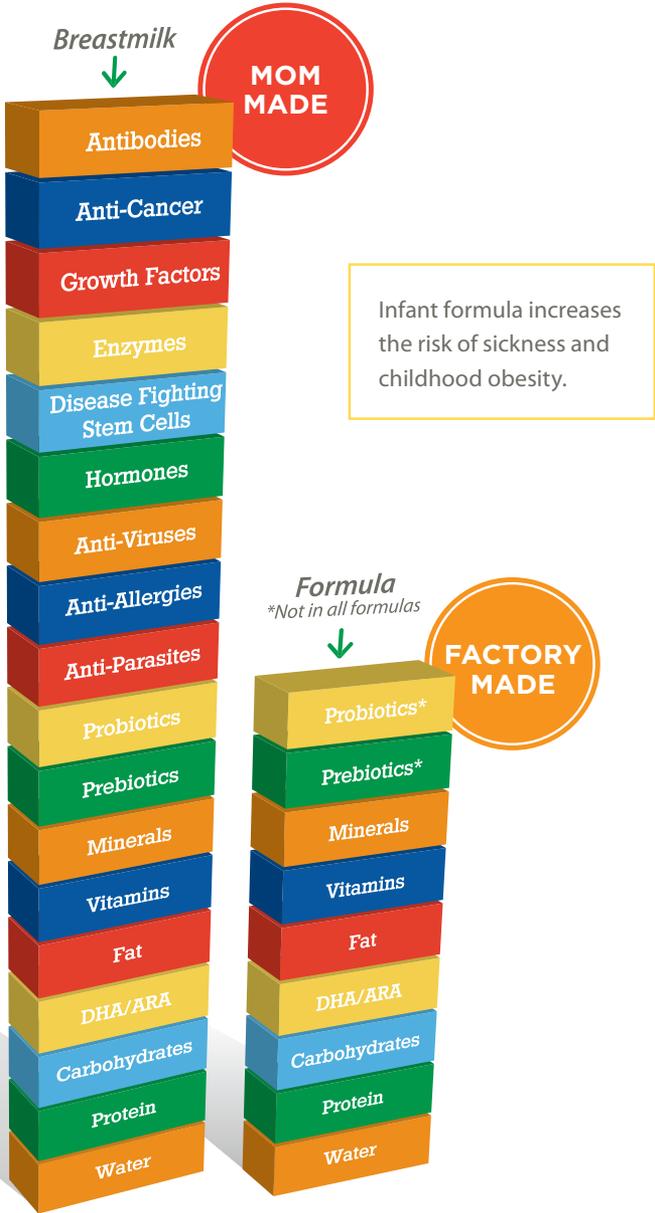
## What WIC Clients Say About Breastfeeding...

*“As a new mom, I was scared and had lots of questions, but talking to a peer counselor made me feel confident about breastfeeding.”*

*“It was a way to be closer to my daughter when I went back to work.”*

*“My partner supported me by getting the baby ready and making me comfortable.”*

# Breastmilk has more of what baby needs



Michigan WIC has Breastfeeding Specialists and Peer Counselors to provide breastfeeding support at no cost. WIC can help with any of your questions or concerns.

# Infant Cereals

## \* Choose lower priced foods

**No organic allowed**

- 8 oz or 16 oz container

### ALLOWED

- Any brand
- Dry infant cereal WITHOUT fruit, formula or DHA/ARA
- CHOOSE ONLY: barley, corn, mixed grain, multigrain, oatmeal, rice, whole wheat



# Infant Fruits & Vegetables

## \* Choose lower priced foods

**No organic allowed**

- For infants 6 through 11 months **ONLY**
- These brands **ONLY**



### ALLOWED

- 4 oz glass jars or plastic tubs **ONLY** (multipacks allowed)
- Any variety single fruit or vegetable (example: apple sauce or sweet peas)
- Any variety mixed fruits and/or vegetables (example: apples and bananas, mixed vegetables, sweet potatoes and apples)

### \* NOT ALLOWED

- Added meat, sugar, salt or DHA
- Dinners
- Yogurt blends
- Added cereal, flour, starches
- Desserts (for example, juice & fruit blends, pudding or cobbler)
- Squeeze pouches

# Infant Meats

## \* Choose lower priced foods

- **ONLY for breastfeeding infants** 6 through 11 months who are NOT receiving formula from WIC
- These brands **ONLY**

## No organic allowed



### ALLOWED

- 2.5 oz containers **ONLY**
- Single meat varieties **ONLY**, with broth or gravy

### \* NOT ALLOWED

- Added sugar or salt
- Added fruit, vegetables, rice or pasta (for example: dinners, casseroles, soups or stews)
- Meat sticks



## Be sure your infant is ready to eat foods.

To eat foods, your infant must be able to:

- Sit and hold her head steady
- Show he wants food by opening his mouth
- Show she doesn't want food by closing her mouth or turning her head

# Bean & Peanut Butter Choices:



If your Shopping List shows:

**1 JAR 16-18OZPNUTBTR, LB DRY, 15-16OZCN BEAN**

you can buy...



16 oz package dry beans, lentils or peas

**OR**



16-18 oz jar peanut butter

**OR**



4 cans 15-16 oz beans or peas

## Beans, Lentils & Peas

\* **Choose lower priced foods**

**No organic allowed**

### ALLOWED DRY

- 16 oz (1 LB) package



**\* NOT ALLOWED DRY**

- Barzi beans
- Dry beans with seasoning packets

### ALLOWED CANNED

- 15-16 oz can
- Brands – Always Save, Best Choice, Bush's, Centrella, Essential Everyday, Goya, Great Value, Halstead Acres, Hy-Top, IGA, Joan of Arc, Kroger, La Preferida, Lucky, Meijer, Ortega, Our Family, Progresso, ShurFine, Spartan, ValuTime, Wylwood
- Low sodium of any allowed brand



**\* NOT ALLOWED CANNED**

- Beans with added fat, oil, meat
- Baked beans
- Pork and beans
- Chili beans
- Refried beans
- Green beans
- Snap beans
- Wax beans
- Yellow beans
- Green peas
- Sweet peas

# Peanut Butter

\* Choose lower priced foods

No organic allowed

## ALLOWED

- 16-18 oz jar
- Smooth, creamy, crunchy, extra crunchy



## \* NOT ALLOWED

- Specialty brands, like Arrow Head Mills, Fifty50
- Peanut butter mixed with jelly, marshmallow, honey, chocolate or other flavorings
- Reduced fat peanut butter
- Peanut spread
- Peanut butter with DHA or Omega 3



Your kids learn from watching you enjoy healthy foods.

Teach how foods help them learn, grow and be strong.

- Fresh fruits and vegetables help them fight sickness and stay fit.
- Whole grains give them energy to grow and learn.
- Milk makes their bones and teeth strong.
- Beans and peanut butter give them healthy blood and strong muscles.

# Canned Fish

\* Choose lower priced foods

No organic allowed



**Any Brand**  
Chunk light tuna  
in water or oil  
5 oz can



**Bumble Bee**  
Pink Salmon  
5 oz can



**Chicken of the Sea**  
Pink Salmon  
5 oz can

## \* NOT ALLOWED

- Albacore tuna
- Low sodium tuna or salmon
- Foil packages or pouches
- Lunch packs, lunch kits
- Chunk white tuna
- Tuna with seasoning
- Prime or smoked salmon fillets

# Milk

## \* Choose lower priced foods

## No organic allowed

### ALLOWED

- Fat free milk (skim)
- Low fat milk (½%, 1%)
- Buttermilk

### ALLOWED

#### Only if on your WIC Shopping List

- Reduced fat milk (2%)
- Whole milk
- Powdered milk (nonfat dry) 25.6 oz, 32 oz, 64 oz
- Evaporated milk (skim, 2%, whole)
- Lactose free milk (skim, 1%, 2%, whole)

### ✗ NOT ALLOWED

- Chocolate or flavored milk
- Evaporated filled
- Nut or grain milk (like almond or rice)
- Guernsey
- Value added (Kid's Milk, Fairlife, Fit Milk, Over the Moon)
- Vitamite
- Glass bottles
- Unhomogenized
- UHT milk

If your Shopping List shows 'QT or Equiv,' use this guide.



1 quart = 32 oz



3 quarts = 96 oz



2 quarts = half gallon (64 oz)



4 quarts = 1 gallon (128 oz)



**Did you know?** Skim, 1% or 2% milk has the same amount of Vitamin D, calcium and protein as whole milk. Just less fat and fewer calories!

# Yogurt

\* **Choose lower priced foods**

**No organic allowed**

- 32 oz tubs
- 4 oz 4-pack (16 oz total)
- 4 oz 8-pack (32 oz total)

## ALLOWED

- Nonfat or lowfat **ONLY**
- Plain or any flavor
- Fruit on the bottom



## \* NOT ALLOWED

- Whole milk yogurt
- Yogurts with separate mix-in items such as candy, granola or nuts
- Greek yogurt
- Artificial sweeteners (for example: aspartame, sucralose or saccharine)
- Yogurt in bottles (drinkable), tubes or pouches
- Activia

Best Choice

COBURN  
FARMS

DANNON

Essential  
EVERYDAY

Great  
Value

J&J

Kroger

MEHADRIK  
THE BRAND YOU FRUIT

meijer

Our Family

Purple  
Cow

Shur  
Fine

Spartan

Yoplait



# Cheese

## \* Choose lower priced foods

**No organic allowed**

- See your WIC Shopping List for allowed maximum cheese price
- 16 oz (1 LB) **ONLY**
- U.S. made prepackaged cheese
- Low sodium and low fat cheese of any allowed type



### **ALLOWED**

- Cheddar
- Colby
- Colby Jack (Cojack)
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

Without individual wrapping:

- American
- String

### **\* NOT ALLOWED**

- Imported cheese
- Sliced cheese, except American
- Individually wrapped cheese slices (singles), sticks or strings
- Cheese foods (for example: Velveeta)
- Cheese products, whips or spreads
- Shredded, grated, cubed, crumbles, shapes or curds
- Smoked cheese or raw milk cheese
- Variety wheels or variety packs
- Cracker Backers or Stackers
- Cheese with pimento, peppers, seeds, meat, etc.
- Soy, farmer or goat cheese
- Fresh mozzarella

# Eggs

## \* Choose lower priced foods

**No organic allowed**

1 dozen

### **ALLOWED**

- Grade A or AA
- Medium or large
- White **ONLY**



### **\* NOT ALLOWED**

- Extra large or jumbo
- Free range, cage free, low cholesterol, Omega 3 or pasteurized
- Eggland's Best

# Soy Beverage

\* **Choose lower priced foods**

**Organic allowed**

**ALLOWED** only if your WIC Shopping List message is:  
**'QT or Equiv Soy Beverage'**

- 1 quart = 32 oz | 2 quarts = 64 oz
- These brands and flavors **ONLY**



**8th Continent**  
**Original**  
32 & 64 oz  
(refrigerated)



**8th Continent**  
**Vanilla**  
32 & 64 oz  
(refrigerated)



**Silk**  
**Original**  
32 & 64 oz  
(refrigerated)



**Pacific**  
**Natural Foods**  
**Ultra Soy Original**  
32 oz (shelf stable)



**Pacific**  
**Natural Foods**  
**Ultra Soy Vanilla**  
32 oz (shelf stable)



# Juices for Children

\* **Choose lower priced foods**

**No organic allowed**

**64 oz PLASTIC**

**100% Juice & 120% Vitamin C**

- Added calcium allowed



**Store Brand Juice**

Any store brand fruit or vegetable juice



**Campbell's Tomato Juice**

Regular, Low Sodium, Healthy Request



**Everfresh**

Apple, Kiwi Strawberry, Orange



**Indian Summer**

Apple Juice only



**Juicy Juice**

Any flavor



**Old Orchard**

Any flavor



**Welch's Grape Juice**

Grape, White Grape, Red Grape  
ONLY (added calcium is **NOT ALLOWED** for Welch's)

## Tips for choosing a WIC juice

Is it one of the fruit or vegetable juices listed on these pages?

Is it a **48 or 64 oz** container, or an **11.5 to 12 oz** concentrate?

Is it **100%** juice?

Does it have at least **120%** Vitamin C?

### Nutrition Facts

Contains 100% Juice

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

#### Amount Per Serving

Calories 120

Fat Cal. 0

#### % Daily Value \*

Total Fat 0g 0%

Cholesterol 0g 0%

Sodium 25mg 1%

Potassium 280mg 8%

Total Carb 29g 10%

Sugars 27g

Protein 0 0%

Vitamin A 0%

Vitamin C 120%

Calcium 0%

Iron 2%

This **100%** juice example has **120%** Vitamin C; this item is allowed.

# Juices for Women

\* **Choose lower priced foods**

**No organic allowed**

## 48 oz PLASTIC

100% Juice & 120% Vitamin C

- Added calcium allowed



**Store Brand Juice**

Any store brand fruit or vegetable juice



**Juicy Juice**

Any flavor



### Juice: good or bad?

Small amounts of WIC juice are a good source of Vitamin C.

**Be sure to eat plenty of fresh fruits and vegetables to get more fiber in your diet.**

## Frozen - 11.5 oz and 12 oz



**Orange Juice**

Any brand



**Grapefruit Juice**

Any brand or variety



**Dole**

Any flavor



**Old Orchard**

Any flavor with green peel strip



**Welch's**

Any flavor with yellow peel strip

## Non-Frozen - 11.5 oz



**Welch's**

Any flavor with yellow band



# WIC Shopping Tips

- Take your MI-WIC Shopping List with you.
- If you have already used some food benefits, print a balance inquiry at the store to see what you can purchase today.
- Make sure the foods you buy with your WIC Bridge Card are WIC authorized.
- Make sure the foods you buy are on your MI-WIC Shopping List.
- Product availability can vary by store. Not all items can be found in all areas of the state.
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.
- Coupons and store promotions may be used with your WIC Bridge Card.
- Choosing lower priced foods helps reduce costs and serve more WIC clients.

## About your MI WIC Bridge Card

- See your Michigan WIC Cardholder Training Brochure for important information.
- For problems, questions, or balance inquiries, call **1-888-678-8914** or visit <https://www.connectebt.com/ebtcards/miwic/index.jsp>.
- WIC foods cannot be purchased before the Starting Date or after midnight Eastern Standard Time on the Expiration Date of your WIC benefit period.



# WIC Fraud is Serious

## **DON'T FALL FOR THE TRAP**



### **BUYING, SELLING, OR TRADING WIC FOODS IS ILLEGAL!**

If you buy, sell, or trade WIC foods, it could result in prosecution and/or disqualification from participating in the WIC Program.

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