



VERMONT WIC

Food Guide

Effective October 2017

WIC WOMEN
INFANTS
CHILDREN
VERMONT DEPARTMENT OF HEALTH

WIC provides healthy food, and a whole lot more...

Including nutrition education, breastfeeding support, and referrals to health care and other community programs. You can trust WIC to be your family's nutrition expert during important periods of growth and development, like pregnancy, infancy and early childhood.

The full range of WIC's nutrition resources and benefits are available starting in pregnancy and continuing until your child's 5th birthday. When you choose WIC for your family, you'll get the support you need to give your child the best possible start in life. And, kids who stick with WIC until age 5 grow healthy, happy and smart.

Learn more at healthvermont.gov/wic



Healthy Foods



Nutrition Education



Breastfeeding Support



Healthcare Referrals
& Community Programs

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Healthy Foods

As part of WIC you'll receive a monthly food benefit, with healthy choices for each person in your family enrolled in WIC. Your WIC food benefits change, depending on whether you are pregnant or breastfeeding, and the age of your infant or child. WIC foods supplement the other foods you buy, and provide key nutrients to help you and your children grow at each stage of development.

WIC foods are purchased using the eWIC card at authorized grocery stores around the state. You can shop at the major grocery stores as well as many local smaller grocery stores and some co-ops. Your eWIC card works just like a debit card, but for WIC foods. At the beginning of every month, WIC food benefits are automatically deposited into your eWIC account. Every time you purchase a WIC-approved food item with your eWIC card, that item will be subtracted from your monthly balance.

eWIC allows you to:

- Shop where and when it's convenient for you.
- Select from wide variety of WIC-approved foods.
- Buy your WIC foods throughout the month, whenever you need them.



Nutrition Education

Nutrition education is one of WIC's most important benefits. Completing at least two nutrition education activities each year (in between your regular WIC appointments) is a requirement of WIC. You choose the nutrition education option that matches your learning style, interests and schedule.

There are three basic types of WIC Nutrition Education activities:



Group Activities

Pick from the list of activities your Local WIC Office provides each month. Visit your Local WIC Office's Facebook or web page, or call to find out what's happening in your area.



Online Learning

Use a computer or your smartphone! **WICHealth.org** is WIC's online nutrition education resource. Choose from a variety of topics and lessons when it's convenient for you.



In-Person Counseling

Talk with your WIC nutritionist about nutrition goals that are important to you. Make an appointment to fit your schedule, or talk by phone.



Breastfeeding Support

You Can Do It! Plan for your breastfeeding success.

Learn about breastfeeding. Read. Attend classes. Talk to your WIC Breastfeeding Peer Counselor and other breastfeeding supporters.

Enlist help and plan ahead. Share plans with your family and friends. Work with your doctor and employer to get the support and help you need to be successful.

Be confident. Most moms make the right amount of milk for their babies. Your milk is perfect for your baby at every stage of development.

WIC Can Help! We're here to help moms succeed.

You already know that breastfeeding is best for you and your baby. Did you know that 90% of Vermont moms start breastfeeding? Vermont WIC offers many services to help you succeed with your breastfeeding goals. Whether you're looking for support as you and your baby learn to breastfeed, or as you prepare to go back to work, you can rely on WIC to help you every step of the way.

- Extra WIC foods for breastfeeding moms
- Breastfeeding peer counselors
- Referrals to community lactation consultants and other support services
- Breast pumps
- Breastfeeding groups and classes

Knowledge + Support + Confidence = Success

“It was helpful knowing I had support at WIC when I needed it”



Healthcare Referrals & Community Programs

WIC is an important part of your community. Your Local WIC Office is well-connected to healthcare providers, community organizations and other partners. WIC can help you access a wide variety of programs and services, such as:

- Pregnancy and pediatric care
- Finding a dentist
- Help quitting smoking
- Drug and alcohol abuse counseling
- Immunizations
- Other programs including Home Visiting, Head Start, and 3SquaresVT



WIC2Five

Mobile Support

WIC2Five is Vermont WIC's text message service. Get weekly health and nutrition tips, appointment reminders and more!

Your Local WIC Office can sign you up – just provide your current mobile phone number!

Renewing Your Benefits

In order to maintain your WIC benefits and keep your eWIC card active, you need to connect with WIC 4 times a year.

Your food benefits will be renewed for 3 months, after completing each WIC Appointment and WIC Nutrition Education Activity.

✓ Attend a WIC Appointment twice each year

During your WIC appointment we will:

- Review and document your income (once a year), identification and Vermont residency.
- Weigh and measure each family member enrolled in WIC.
- Screen for anemia (once a year).
- Talk with you about your nutrition interests and goals.
- Connect you with other health and community services.

AND

✓ Complete a WIC Nutrition Education Activity twice each year

In between each WIC appointment, choose an activity from the list your Local WIC Office provides. For example, you can:

- Attend a cooking class, supermarket tour, or “Baby Behavior” talk.
- Learn online with **WICHealth.org**. See page 7 to sign up.
- Talk in-person or by phone with a WIC nutrition professional.

Join **wichealth.org**

Do your nutrition education online!

You'll need your 6 digit WIC household ID number to create an account the first time you visit the site. If you don't have this, call your Local WIC Office.

Step 1: Set up your account

- a. Click the “Sign Up” button
- b. Select Vermont as your State
- c. Choose your Agency
(Agency = your Local WIC Office)
- d. Choose your Clinic
(Clinic = your Local WIC Office)
- e. Enter your 6 digit WIC household ID
(My number is: _____)
- f. Choose a username and password, enter your email and answer to a security question. You may want to write these down so you remember them.
- g. Click “Register”
- h. Enter information about you and your child

Step 2: Complete a Lesson

- a. Click “Start Lesson”
Example lessons:
 - Eat Well – Spend Less!
 - Preparing for a Healthy Pregnancy
 - Starting Your Infant on Solid Foods
 - Make Meals and Snacks Simple
 - Secrets for Feeding Picky Eaters
- b. Follow instructions to complete lesson
- c. Answer End of Lesson questions
- d. Click “Submit” to receive your certificate - it will also be sent to your Local WIC Office

Step 3: Visit often

Any day, any time:

- Find and complete lessons anywhere you have internet access
- Use a computer or your smartphone
- Lessons count as your nutrition education activity

What families are saying...

“Awesome website!! Lots of great information and very easy to follow”

“I can learn at my own pace, in the comfort of my own home.”

“I like that I get to choose the topic, and that I can do it anytime day or night.”



Participant Rights and Responsibilities and Notice of Privacy Practices

As a Vermont Women, Infants, and Children (WIC) Program participant, I understand the following:

1. WIC Certification periods vary by participant type:
 - a. pregnant women, until six weeks post-partum;
 - b. infants/breastfeeding women, through the month of the infant's first birthday;
 - c. children, for twelve month periods up to age five years; and
 - d. non-breastfeeding women, through six months post-partum.
2. When my and/or my child(ren)'s certification period ends, WIC Program benefits also end.
3. I will receive information about nutrition and health, including nutrition education, breastfeeding support, WIC foods, and referrals to other health services.
4. To continue my WIC benefits, I must attend all certification and nutrition education appointments.
5. I have the right to have information I give to the WIC program treated as confidential.

I understand that WIC participant information may be shared with the following programs: Home Visiting Programs, Foster Parent Services, Immunizations, and Pregnancy Risk Assessment Monitoring System (PRAMS). A separate Release of Information is required for WIC to share information with any other entity.
6. The Vermont Commissioner of Health may authorize use and disclosure of information about my participation in WIC for non-WIC purposes. Such information will be used by state and

Local WIC Offices and the programs listed above ONLY for program administration, coordinating benefits with other programs and improving WIC services and activities.

7. Race/ethnicity information is collected for statistical reporting requirements only and does not affect my participation in the WIC Program. Standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, national origin, age, handicap, or sex.
8. WIC staff may verify information I have provided. If I provide false information, I may not get WIC benefits; I may have to pay back money for WIC foods already purchased; and I may be prosecuted under state and federal law.
9. If I move out of Vermont I can request a Verification of Certification (VOC) to access WIC benefits in the new state.

WIC Program Participant Rights:

- If I disagree with any decision that affects my WIC eligibility or benefits, I have sixty (60) days from the date of notice to file an appeal and ask for a fair hearing to present the reasons for objection by me or by my representative(s), such as a relative/friend/legal counsel or other spokesperson(s).
- Information to request a fair hearing may be obtained from any Local WIC Office or from the State WIC Office at: Vermont Department of Health, WIC Program, 108 Cherry Street, PO Box 70, Burlington, VT 05402-0070. You may also call us to request a hearing at 1-800-649-4357.

- Continuation of benefits may be requested pending the outcome of the fair hearing appeal. The request must be filed within 15 days from the date of my Notice of Ineligibility. However, no benefits can be continued beyond a participant's certification period.
- WIC is an equal opportunity program. If I believe I have been discriminated against because of race, color, national origin, sex, age or disability, I may contact the Secretary of Agriculture, Washington, DC, 20250 directly, or request assistance from the WIC staff to do so.

WIC Program Participant Responsibilities:

1. To avoid loss of WIC benefits, I must attend all WIC appointments.
2. If I cannot make a WIC appointment, I will call in advance to reschedule. If I miss a recertification or nutrition education class, WIC benefits may be reduced.
3. I will notify WIC staff when I change my address or move to a different city or state so my WIC can be transferred to a different district or state.
4. WIC foods are for the participating family member. I will not sell or give my WIC benefits to anyone else and will contact WIC if I need to change my food benefits.
5. All formula/medical food exchanges must take place at the WIC Office. Any unused infant formula must always be returned to the WIC Office.
6. I will keep my WIC card in a safe place, and I will not give my personal identification number to anyone except someone who will make WIC purchases as my additional head of household or proxy.

7. If my Vermont WIC card is lost or stolen, I will report this to the WIC Office immediately. I understand that it is possible the current month's benefits will not be replaced.
8. I understand that WIC benefits are to be purchased only at WIC authorized stores within the month designated and consumed by the participant for whom they were issued, and that unused benefits do not carry over to future months.
9. I am responsible for training my additional head of household or proxy to use the card at the store.
10. I am responsible to ensure that my alternate shopper adheres to these same responsibilities.

Disqualification, suspension, prosecution, and cash recovery may occur for:

- A. Misuse of WIC benefits such as exchanging/selling or intending to sell the Vermont WIC card or food items purchased with WIC benefits verbally, in print, online, or by any other method for cash, credit, or non-food items;
- B. Purchasing/receiving foods not on the WIC Approved Foods List;
- C. Physical abuse, threat of physical abuse, or verbal abuse to WIC or grocery store staff.

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Tips for shopping with WIC



Get the free WICShopper app.

Use your smartphone to scan items at the store to find out if they are Vermont WIC-eligible.

✓ Before you go shopping:



Watch the *Shopping with WIC* video to learn the basics of using your card. Watch it on YouTube or at healthvermont.gov/wic.



1 Review your Family Food Benefits.

Make sure you know your current balance:

- Check your last receipt
- Call eWIC EBT Customer Service: 1-855-769-8890



2 Choose from the WIC options.

Use the WIC Food Guide to help you identify the particular brands allowed by WIC.



3 Make a grocery list.

List the specific WIC food items you plan to purchase, including the package size, so you'll know what to choose at the store.

Not all products are available in every store. If there is a WIC item you would like your store to add, ask them at the customer service desk.

✓ **At the store:**



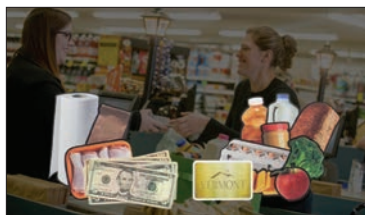
Look for Vermont WIC Approved Food **shelf tags**, or **WIC** on the **shelf tags** at Price Chopper and Hannaford to help you find WIC allowed food items in the store.



When you're ready to check-out, you can go to any lane **with a cashier**. Put your WIC-eligible foods first.



After all of your items have been scanned and totaled, give the cashier any coupons. When ready to pay, use your **WIC card as the first form of payment**. Swipe your card and enter your 4-digit PIN. You will then see the total dollar amount of the WIC foods you are buying and be asked to approve the purchase.



Some **smaller stores** may need you to keep your WIC items separate and **swipe your card before any items are scanned** to start the eWIC transaction.

✓ **Save your receipt so you'll know your remaining balance for the month.**

✓ **Things to take shopping:**

- This Food Guide
- Grocery list
- WIC card
- Reusable shopping bags
- Coupons or store card

✓ **Shop at participating grocery stores.**

Contact your Local WIC Office for a complete list of WIC-approved stores. Shopping resources and store lists are also available at healthvermont.gov/wic.



✓ **Remember to spend all of your benefits each month.**



Each time you shop, the WIC foods you buy are subtracted from your monthly total. Any food remaining in your account will expire at midnight on the last day of the month.

? If you have a question about shopping or need to report a shopping issue, contact **your Local WIC Office**. **To hear your balance or to set your PIN**, eWIC EBT Customer Service is available, 24 hours a day 7 days a week, at connectebt.com and **1-855-769-8890**.

- **Handle your WIC card carefully.** Report a lost or stolen card immediately to your Local WIC Office.
- **Family Food benefit changes.** Contact your Local WIC Office to make any changes to your benefits.
- **WIC foods cannot be returned.** WIC foods cannot be returned to the store for cash or exchanged for other items.

Fruits & Vegetables

Provide a variety of vitamins, minerals and fiber

\$ Amount

- \$11 per month for women
- \$8 for per month for each child

✓ Varieties

- Fresh, frozen or canned (see details next page)
- Regular or low sodium
- Organic allowed
- Fresh white potatoes allowed

⊘ Cannot buy

- Canned or frozen white potatoes
- Added sugars, fats or oils
- Canned fruits packed in syrup (must be packed in water or juice)
- Herbs or spices
- Salad kits or party trays
- Dried fruits or vegetables
- Salsa
- Sauce (pizza, spaghetti or tomato), stewed tomatoes or tomato paste
- Single servings

Any size containers, except single servings

Any brand

Fresh produce sources change frequently during the season. If a fresh produce item does not scan as expected, let the store know so it can be added to their database.



Fruits & Vegetables (continued)

Provide a variety of vitamins, minerals and fiber

Fresh



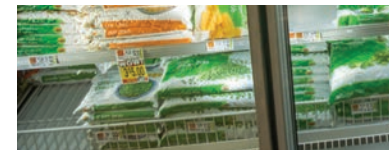
Any variety

- Organic and non-organic
- Including fresh potatoes
- Whole, cut, bagged or packaged

⊘ Cannot buy

- Salad bar items
- Salad kits, party trays with added food items (dip, dressing, nuts)
- Fruit baskets
- Dried fruits or vegetables
- Herbs or spices
- Edible blossoms

Frozen



Any brand and package type

- Any size, except single serving
- Organic and non-organic
- Any plain fruit or vegetable without added sugar or artificial sweetener

⊘ Cannot buy

- Non-fruit or non-vegetable ingredients (pasta, rice, cheese, etc)
- Vegetables with sauce
- Added sugar
- Artificial sweetener

Canned



Any brand and container (can, jar, plastic)

- Any size, except single serving
- Organic or non-organic
- Any plain fruit or fruit mixtures packed in water or juice
- Any plain vegetable or vegetable mixtures

⊘ Cannot buy

- Fruit cocktails packed in syrup
- Fruit with added sugar
- Pickled vegetables
- Creamed vegetables
- Salsa
- Sauce (pizza, spaghetti or tomato), stewed tomatoes or tomato paste
- Guacamole

Use this chart to help estimate produce cost.

Price per pound	Pounds					
	1½	2	2½	3	3½	4
\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42	\$2.76
\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47	\$3.96
\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22	\$5.96
\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97	\$7.96
\$2.49	\$3.74	\$4.98	\$6.23	\$7.47	\$8.72	\$9.96
\$2.99	\$4.49	\$5.98	\$7.48	\$8.97	\$10.47	\$11.96



How can I help my child eat more fruits and vegetables?

Share the adventure. Try some new fruits and vegetables. Shop together and let your child choose.

Cook together. Teach your child to tear lettuce or add vegetable toppings to pizza.

Eat together. Let your child see you enjoying fruits and vegetables at meals and snacks.

Take it with you. Put apples, oranges or sliced veggies in your bag for quick snacks on the go.



Make the most of your benefit

Celebrate the season. Choose fresh vegetables and fruits that are in season for the best quality and flavor.

Try canned or frozen. For quick side dishes and less prep time, canned and frozen fruits and vegetables are convenient, easy to store and recipe ready.

Buy in bulk when items are on sale. For fresh vegetables or fruits

you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

Make it easy. Buy whole vegetables and fruits. Wash, cut and keep in the refrigerator for ready-to-eat snacks or lunch box additions your family can enjoy anytime.



Eggs

Good source of protein and iron

✓ Varieties

- Whole dozen
- White or Brown

✗ Cannot buy

- Enhanced or specialty (Omega-3)
- Organic

Medium and Large



Any brand allowed

Milk

Good source of protein, calcium, and vitamins A & D

✗ Cannot buy

- Enhanced or specialty
- Organic
- Glass bottles
- Flavored
- Reduced-fat (2%)

Cow's Milk Any brand allowed

Gallon, ½ gallon, quart



- Whole: For children 12–23 months
- Low-fat (1%) or Nonfat (skim)
- Lactose-free

Quart



- Shelf-stable (UHT)

25.6 oz (makes 2 gallons)



- Non-fat dry milk powder

Goat's Milk Meyenberg brand only

½ gallon, quart



- Whole fluid: For children 12–23 months

12 oz (makes 3 quarts)



- Whole powdered: For children 12–23 months

Quart



- Low-fat (1%) fluid

12 oz (makes 3 quarts)



- Nonfat powdered

Cheese

Good source of protein and calcium

✓ Varieties

- Regular
- Low-fat

✗ Cannot buy

- Imported or deli
- Flavored
- Organic
- String, shredded or individually wrapped slices
- Specialty or special reserve

Size: 8 oz and 16 oz Blocks



Cheddar



Colby



Colby Jack



American

Size: 8 oz and 16 oz Slices



Monterey Jack



Mozzarella



Muenster

National brands



Store brands



Tofu

Good source of protein and calcium

✓ Varieties

- Only specific types listed
- Must be calcium set (made with calcium salts)
- Organic allowed

Size: 8 oz, 14 oz, and 16 oz



- Azumaya**
- Silken
 - Firm
 - Extra Firm



- Nasoya**
- Silken
 - Soft
 - Firm
 - Extra Firm
 - Cubed, Super Firm

- Lite
- Silken
- Firm
- Sprouted Super Firm



- O Organics**
- Firm
 - Sprouted Super Firm
 - Cubed, Extra Firm



- Vermont Soy**
- Firm

Choose the size combinations that maximize your benefits.

- 1 lb = (1) 16 oz package OR (2) 8 oz packages
- 4 lbs = (4) 16 oz packages OR (4) 14 oz packages + (1) 8 oz
- 6 lbs = (6) 16 oz packages

Soy milk Beverage

Good source of protein, calcium, and vitamin D

Size: 64 oz (½ gallon)
Refrigerated

Size: 32 oz
(1 quart)
Shelf-stable

- ✗ Cannot buy
- Organic



- 8th Continent Silk**
- Original
 - Vanilla



- Pacific**
- Ultra Soy Original
 - Ultra Soy Vanilla

Yogurt

Good source of protein and calcium

✓ Varieties

- Low-fat / Nonfat yogurt: For women and children 2-5 years
- Whole milk yogurt: Only for children 12-23 months
- Organic allowed

- ✗ Cannot buy
- Pouches
 - Artificial sweeteners

Size: 32 oz tubs (907g)



- Annie's**
- Any flavor



- Butterworks Farm**
- Any flavor



- Cabot**
- Any flavor



- Chobani**
- Greek: Any flavor



- Dannon**
- Any flavor
 - Oikos Greek: Any flavor



- Green Mountain Creamery**
- Any flavor



- Kingdom Creamery of VT**
- Any flavor



- Stonyfield Organic**
- Smooth & Creamy: Any flavor
 - Greek: Any flavor



- Yoplait**
- Original: Any flavor

Store Brands Allowed



- Best Yet**
- Any flavor



- Hannaford**
- Any flavor



- Pics**
- Any flavor



- Sure fine**
- Any flavor



- Lucerne**
- Any flavor



- Great Value**
- Any flavor

- ✗ Cannot buy
- Light Vanilla

- ✗ Cannot buy
- Nonfat Vanilla

Size: 8-packs of 2 oz tubes (8-packs of 56g)



- Annie's**
- Any flavor



- Chobani**
- Any flavor



- Stonyfield Organic**
- YoKids Squeezers: Any flavor



Bean & Peanut Butter Options:

If your Family Food Benefits list shows: **1 Peanut Btr/Beans/Peas** you can buy:



A

16 oz package dry beans, lentils, peas

OR



B

4 cans 15–16 oz canned beans, lentils or black eyed peas

OR



C

16–18 oz jar peanut butter

Beans, Lentils, Peas

Good source of protein, iron, and fiber

✓ Varieties

- Canned or dried
- Regular or low-sodium
- Organic allowed

✗ Cannot buy

- Added sugars, fats or oils
- Added vegetables, fruits or meats
- Soup mix
- No refried beans

A Dried: 1 lb packages (454g)



Any Brand

- Any type of mature beans, lentils or peas

B Canned: 15 oz – 16 oz cans (425g – 454g)



Any Brand

- Any type of mature beans, peas or lentils.

Peanut Butter

Good source of protein

✓ Varieties

- Smooth
- Chunky
- Plastic or glass jars

✗ Cannot buy

- Reduced fat
- Specialty peanut butters
- Low sodium
- Peanut butter spreads
- Organic
- Flavored or mix-in ingredients

C 16 oz – 18 oz jars (454g – 510g)



Store Brands

- Any store brand



Teddie



Smuckers



Jif

✗ Cannot buy

- Simply Jif
- Natural Jif
- Reduced Fat Jif



Skippy

✗ Cannot buy

- Skippy Natural
- Reduced Fat Skippy



Peter Pan

✗ Cannot buy

- Reduced Fat Peter Pan

Canned Fish for Fully-Breastfeeding Women

Good source of protein

✓ Varieties

- Packed in water or oil
- Sardines may include bones and skin

✗ Cannot buy

- Albacore tuna
- Pouches
- Chunk white tuna

Mix & match up to 30 oz (850g)

Any Brand Tuna (Chunk Light Only)



- 5 oz

Any Brand Salmon



- 5 oz, 6 oz, 7.5 oz



Any Brand Sardines



- 3.75 oz

Whole grain choices:

When you select whole grains, choose bread, tortillas, rice or pasta up to the total ounces on your Family Food Benefits list (16, 32, 48 or 64 oz). For example, you can buy 1 loaf of bread and 1 pound of brown rice to equal 32 ounces; or one 16 oz box of whole wheat pasta and one 32 oz bag of brown rice to equal 48 ounces.

32 oz =  1 lb (16 oz) loaf +  16 oz tortilla

48 oz =  16 oz box pasta +  32 oz bag rice

Teach your kids about healthy foods

Tell them how foods help them grow and make them strong.

- **Grains** give them energy to grow and learn.
- **Whole grains** have fiber to keep them healthy inside.
- **Vegetables and fruits** help them to fight sickness and stay fit.

- **Milk** makes their bones and teeth strong.
- **Meats and beans** give them healthy blood and strong muscles.

Best of all, show them by eating these foods yourself!



Whole Grain Bread

Good source of fiber

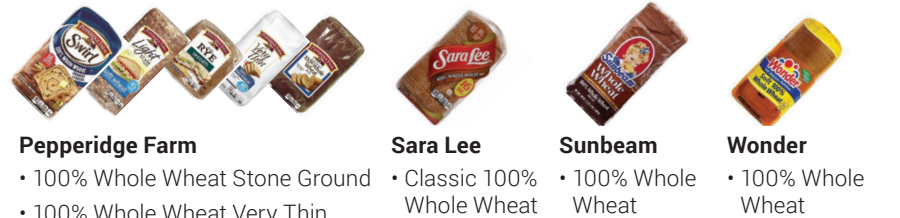


- 100% Whole Wheat
- Whole Grain

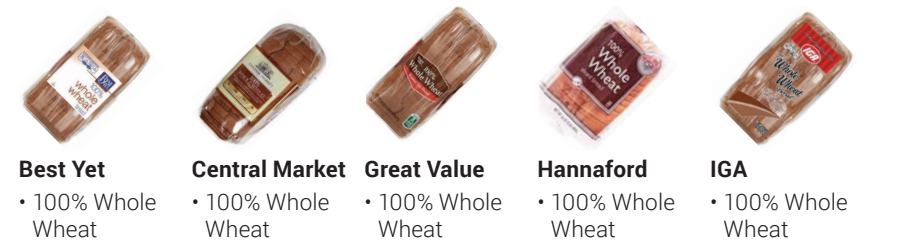
Size: 16 oz (1 lb)



- Arnold**
 - Stone Ground Wheat
- Bimbo**
 - 100% Whole Wheat
- The Bread Shed**
 - Sunflower Flax Whole Wheat
- Country Kitchen**
 - 100% Whole Wheat
- La Panciata**
 - Whole Wheat Honey & Oats



- Pepperidge Farm**
 - 100% Whole Wheat Stone Ground
 - 100% Whole Wheat Very Thin
 - Light Style, Soft Wheat
 - Whole Grain Seeded Rye
 - Swirl 100% Whole Wheat Cinnamon w/ Raisins
- Sara Lee**
 - Classic 100% Whole Wheat
- Sunbeam**
 - 100% Whole Wheat
- Wonder**
 - 100% Whole Wheat



- Best Yet**
 - 100% Whole Wheat
- Central Market**
 - 100% Whole Wheat
- Great Value**
 - 100% Whole Wheat
- Hannaford**
 - 100% Whole Wheat
- IGA**
 - 100% Whole Wheat



- Pics by Price Chopper**
 - 100% Whole Wheat
- Signature Kitchen**
 - 100% Whole Wheat
 - 100% Whole Wheat No Salt
- Shaw's**
 - 100% Whole Wheat
 - No Salt Added 100% Whole Wheat

Tortillas

Good source of fiber

✓ Varieties

- 100% Whole Wheat
- Corn

Size: 16 oz (1 lb)



Celia's Tortillas

- White Corn
- Whole Wheat
- Yellow Corn



Chi-Chi's

- White Corn, Taco Style
- Whole Wheat, Fajita Style



Don Pancho

- White Corn
- Whole Wheat



La Banderita

- Corn
- Whole Wheat
- Whole Wheat, Fajita



Mission

- Whole Wheat, Soft Taco
- Whole Wheat, Fajita
- Extra Thin Yellow



Ortega

- Whole Wheat



Great Value

- Whole Wheat



Hannaford

- Whole Wheat, Fajita



IGA

- Whole Wheat, Taco Style



Shurfine

- Whole Wheat, Fajita Style

Brown Rice

Good source of fiber

✓ Varieties

- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag
- Organic allowed

✗ Cannot buy

- Added sugars, fats, oils or salt

14 oz – 16 oz packages

28 oz – 32 oz packages



Any brand



Any brand

Whole Wheat Pasta

Good source of fiber

✓ Varieties

- 100% Whole Wheat Pasta
- Any shape

Size: 16 oz (1 lb)



Barilla



Bella Terra



Bionaturae



Delallo



Full Circle



Garofalo



Gia Russa



Hodgson Mill Luigi Vitelli



O Organics



Racconto



Ronzone



Shurfine



Mantova



Great Value

Choose whole grain

Make simple switches. Try whole grains in place of refined-grain products. Eat 100% whole-wheat bread instead of white bread, and brown rice instead of white rice.

Try whole-wheat versions.

For a change, try whole-wheat pasta in macaroni and cheese, or with tomato sauce. Use corn tortillas for enchiladas and whole wheat tortillas for quesadillas.

Be a good role model for children. Set a good example for your children by serving and eating whole grains every day with meals or as snacks.

Cold Cereal

Good source of iron, B vitamins, and folic acid



Varieties



Whole grain

• Non-whole grain



Gluten-free

Any size from 9 oz – 36 oz (255g–1kg)

GENERAL MILLS



Cheerios

- Ancient Grains
- Original
- Multi-Grain



Chex

- Corn
- Rice
- Wheat



Fiber One

- Honey Clusters



Kix

- Plain
- Berry
- Honey



Total



Wheaties



KELLOGG'S



All Bran

- Complete Wheat Flakes



Corn Flakes

- Original



Crispix

- Original



Rice Krispies

- Original



Special K

- Original



Mini Wheats

- Unfrosted
- Frosted Original
- Frosted Little Bites
- Frosted Touch of Fruit, Raspberry

QUAKER



Life

- Original



Oatmeal Squares

- Hint of Brown Sugar
- Hint of Cinnamon

SUNBELT BAKERY



Simple Granola



POST



Great Grains

- Banana Nut Crunch



Bran Flakes

- Original



Grape Nuts

- Original
- Flakes



Honey Bunches of Oats

- Almond Crunch
- Honey Crunch
- Vanilla Bunches
- Honey Roasted
- w/ Almonds
- w/ Cinnamon Bunches



Best Yet

- Bran Flakes
- Frosted Shredded Wheat
- Nutty Nuggets
- Toasted Oats
- Corn Flakes
- Crispy Rice



Hannaford

- Bran Flakes
- Bite Size Frosted Shredded Wheat
- Bite Size Strawberry Frosted Shredded Wheat
- Frosted Shredded Wheat
- Multigrain Tasteeos
- Nutty Nuggets
- Simple Living
- Toasted Wheat



Great Value

- Bran Flakes
- Frosted Shredded Wheat
- Wheat Squares
- Corn Flakes
- Corn Squares
- Crispy Rice
- Crunchy Honey Oats
- Crunchy Honey Oats with Almonds
- Rice Squares



Malt O Meal

- Frosted Mini Spooners



Signature Kitchens

- Bran Flakes
- Crunchy Nuggets
- Frosted Shredded Wheat
- Toasted Oats
- Corn Flakes
- Crispy Rice
- Rice Pockets



IGA

- Bite Size Frosted Blueberry Shredded Wheat
- Bite Size Frosted Shredded Wheat
- Bite Size Strawberry Shredded Wheat
- Bran Flakes
- Nutty Nuggets
- Toasted Oats
- Crispy Corn and Rice
- Crispy Rice
- Corn Flakes
- Corn Squares
- Honey Oats & Flakes
- Rice Squares
- Tasteeos



Parade

- Corn Flakes
- Crisp Rice



Pics by Price Chopper

- Bran Flakes
- Frosted Shredded Wheat
- Good Choice Oat Crunch
- Nutty Nuggets
- Toasted Oats
- Strawberry Frosted Shredded Wheat
- Corn Flakes
- Crispy Rice
- Toasted Corn Crisps
- Toasted Rice Crisps

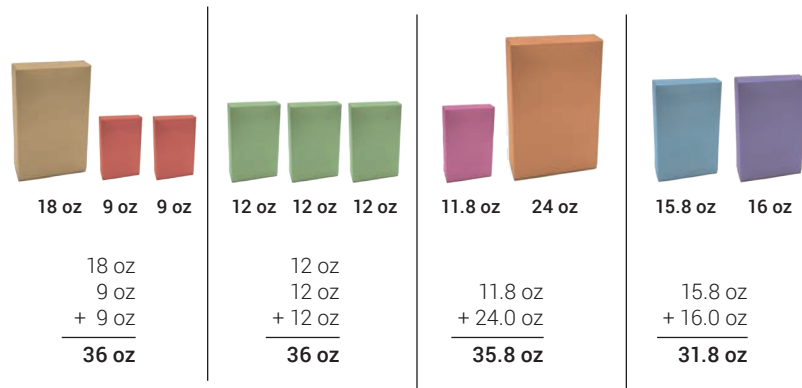


Shurfine

- Bran Flakes
- Frosted Shredded Wheat
- Nutty Crunchers
- Toasted Oats
- Wheat Squares
- Corn Flakes
- Corn Squares
- Crisp Rice
- Oats & More w/ Almonds
- Oats & More w/ Honey
- Rice Squares
- Twin Grain Crisp

Ways to buy up to 36 oz of cereal

You may combine cereals up to the total ounces on your Family Food Benefits list.



Breakfast starts the day

Eating breakfast gives children energy to learn. If they don't eat, they get hungry and it is hard for

them to think or listen. Let them help you plan breakfast and set the table.



Hot Cereal

Good source of iron and fiber



Varieties



Whole grain



Gluten-free

• Non-whole grain

Size: See each brand and product below



Cream of Rice

Gluten Free
- 14 oz



Cream of Wheat

- 1 Minute - 28 oz
- 2½ Minute - 14 oz - 28 oz
- 10 Minute - 28 oz
- Whole Grain (2½ min) - 18 oz



Maypo

- Maple Oatmeal - 14 oz
- Vermont Style Oatmeal - 19 oz



Quaker

- Original Instant Oatmeal Packets - 11.8 oz



Malt O Meal

- Original Hot Wheat Cereal - 18 oz - 28 oz - 36 oz



Farina

- Original Hot Wheat Cereal - 18 oz - 28 oz



Best Yet

- Regular Flavor Oatmeal - 11.8 oz



Great Value

- Regular Flavor Oatmeal - 11.8 oz



Hannaford

- Regular Flavor Oatmeal - 11.8 oz



IGA

- Regular Flavor Oatmeal - 11.8 oz



O Organics

- Regular Flavor Oatmeal - 11.29 oz



Pics by Price Chopper

- Regular Flavor Oatmeal - 11.8 oz



Signature Kitchens

- Regular Flavor Oatmeal - 11.8 oz

100% Juice for Kids

Good source of vitamin C

64 oz Shelf-stable



Apple & Eve
• Any flavor



Juicy Juice
• Any flavor



Langers
• Apple
• Ruby Red Grapefruit
• Red Grape
• White Grape



Northland
• Any flavor



Old Orchard
• Apple
• Apple Cranberry
• Berry Blend
• Pineapple



Welch's
• 100% White Grape
• 100% Red Grape
• Grape

Cannot buy
- Light
- Fiber added
- Calcium added



Best Yet
• Apple
• Grape
• Grapefruit
• Pineapple
• White Grape



Great Value
• Apple
• Grape
• White Grape
• White Grape Peach



Hannaford
• Apple
• Berry
• Cranberry Raspberry
• Grape
• White Grape
• White Grapefruit



IGA
• Apple
• Grape
• Grapefruit
• White Grape



Pics by Price Chopper
• Apple
• Cranberry Raspberry
• Grape
• Grapefruit
• Pineapple
• White Grape



Shurfine
• Apple
• Cranberry Apple
• Cranberry Raspberry
• Grape
• Grapefruit
• Pineapple
• White Grape



Signature Kitchens
• Apple
• Berry Blend
• Cranberry Raspberry
• Grape
• Pineapple
• White Grapefruit
• White Grape

100% Juice for Kids (continued)

Good source of vitamin C

Orange juice: 64 oz Refrigerated



Hood



Thomas Dairy



Any Store Brand

Orange juice: 16 oz Frozen



Minute Maid



Any Store Brand

100% Juice for Women

Good source of vitamin C

48 oz Shelf-stable



Apple & Eve
• Any flavor



Juicy Juice
• Any flavor



Northland
• Any flavor



Best Yet
• Grape



Shurfine
• Apple
• Grape
• Vegetable

Cannot buy
- Organic

11.5 oz and 12 oz Frozen



Dole
• 100% juice
- Any flavor



Minute Maid
• Orange juice
- Any style
• Grapefruit juice



Old Orchard
• Green peel strip
- Any flavor



Welch's
• Yellow peel strip
- Any flavor



Any Store Brand
• Orange juice

Your baby is ready to try solid foods when he can do **ALL of these things AND is around 6 months old:**

- Sit up with a just little support
- Reach for things and put them in her mouth.
- Open his mouth to show he wants to eat.
- Close her mouth over her spoon and swallow her food.

Infant Fruits & Vegetables

Provides a variety of vitamins, minerals and fiber

✓ Varieties

- Stage 2 or 2nd Foods
- Any variety single fruit or vegetable
- Any variety mixed fruit and vegetable

✗ Cannot buy

- Added sugars, starches, rice or salt
- Dinners
- Pouches

4 oz containers (single and 2-packs*)



Beech-Nut Classics
• Single



Beech-Nut Naturals
• Single



Earth's Best Organic
• Single



O Organics
• Single



Gerber
• Single



*2-pack

If benefit is:

- **128 oz purchase (32) 4 oz jars**
- **256 oz purchase (64) 4 oz jars**

When buying infant foods it may be necessary to divide your purchase over the month, or divide it with two separate eWIC transactions at checkout.

Infant Cereal

Good source of iron

✓ Varieties

- Single and multigrain
- Organic allowed

✗ Cannot buy

- Added fruit
- Formula
- Vegetables

8 oz and 16 oz packages



Beech-Nut
• Oatmeal
• Rice
• Multigrain
• Organic Multigrain
• Organic Oatmeal



Earth's Best Organic
• Whole Grain Oatmeal
• Whole Grain Rice
• Whole Grain Multigrain



Gerber
• Oatmeal
• Rice
• Multigrain
• Whole Wheat
• Organic Rice
• Organic Oatmeal
• Barley

Infant Meats

for Exclusively Breastfed Infants Only

Good source of protein and zinc

✓ Varieties

- Stage 1 or 2nd Foods
- Any variety

✗ Cannot buy

- Added sugar or salt
- Dinners

2.5 oz jars



Beech-Nut Classics



Gerber



O Organics

If benefit is: 177.5 oz, purchase (31) 2.5 oz jars

When buying infant foods it may be necessary to divide your purchase over the month, or divide it with two separate eWIC transactions at checkout.

Infant Formula

- You must buy the exact type and size container of infant formula listed on your Family Food Benefits list.
- If your baby needs a different formula, contact your Local WIC Office right away for help in making a change.
- WIC provides enough formula to meet most babies' needs. As babies get older and drink more, you may have to buy more formula.

When preparing formula for your baby...

Keep everything clean

- Wash your hands with soap and hot water.
- Clean all equipment and surfaces.
- New bottles, nipples and rings should be cleaned in hot soapy water then sterilized in boiling water.
- Continue to sterilize bottles, nipples and rings for baby's first 3 months.

Use safe water

- Use cooled, boiled water for infant formula for the first 3 months of life.
- If using tap water, use only cold tap water for boiling.
- Most bottled water is not sterile and should be boiled before use.

Bacteria can get into formula when you are mixing it. Careful preparation and handling can reduce the risk of illness.

Infant Formula (continued)

Feeding your baby with a bottle

Newborns have tiny stomachs and need many small feedings—usually 8–12 feedings or more each day. Watch for feeding cues so you can offer a bottle when your baby is hungry.

- Babies enjoy being held at feeding time.
- Brush your baby's lips with the nipple and wait for her to accept the bottle into her mouth.
- Hold the bottle flat so that your baby can drink at his own pace.
- Hold your baby in your left arm for one feeding then switch to the right arm for the next feeding.
- Start with small amounts at feedings.
- Support your baby's head when burping.
- Your baby will let you know when he is finished; do not make him finish the bottle – this can lead to overfeeding.

Feeding cues

Signs of hunger:

- Sucks on fist
- Makes sucking noises
- Puckers lips
- Fussing or cries

Signs of fullness:

- Closes lips
- Stops sucking
- Spits the nipple out
- Turns head away

Warming a bottle

- You can warm a bottle in a small bowl of hot water, then shake.
- Do not heat a bottle in the microwave.
- After feeding throw away any formula your baby left in the bottle.





Vermont WIC
Vermont Department of Health
108 Cherry Street, PO Box 70
Burlington, VT 05402

healthvermont.gov/wic

wic@vermont.gov
1-800-649-4357

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(1) mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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