



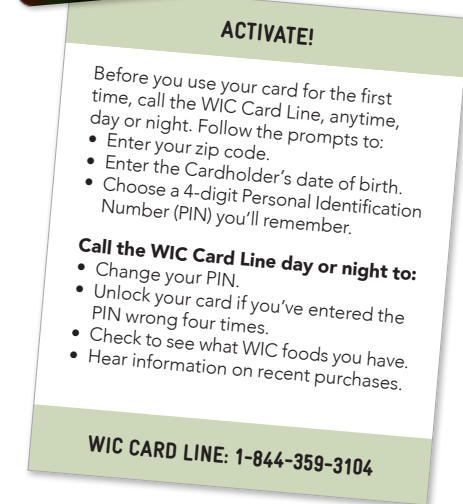
SHOPPING WITH YOUR WIC CARD



SET YOUR PIN

Before you shop with your WIC Card

- Call the WIC Card Line and follow the prompts to enter:
 - **Your 16-digit card number**
 - **The Cardholder's date of birth**
 - **Your zip code**
- Set a 4-digit Personal ID Number (PIN).
 - Pick a PIN that is easy for you to remember and hard for others to guess.
 - Don't share your PIN with anyone you don't want using your WIC Card.
 - Don't write your PIN on your card or on anything you keep with your card.



WIC staff can help you if you need assistance setting your PIN.

SAFETY TIPS

Keep Your Pin and Card Safe

- Anyone with your WIC Card and PIN can use your WIC benefits. WIC can't replace those benefits.
- Keep your card in a safe place, like your purse or wallet.
- If your card is lost or stolen report it to your WIC office.
- Call WIC if you move or change your address.



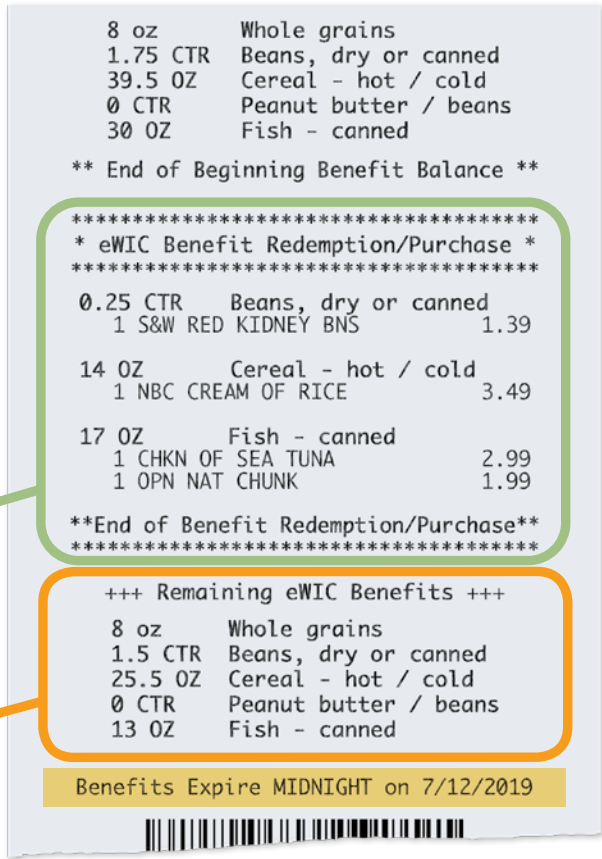
YOUR WIC BENEFITS

Use the Shopping List the first time you shop.

Benefit Month	Serial Number	Quantity	UOM	Description
8/5/2020 thru 9/4/2020	998833	\$11.00	\$\$\$\$	Fruit and Vegetables - Cash Value Voucher
	998833	16	Ounce	Whole Wheat Bread or Whole Grains
	998833	2	Dozen	Eggs - all WIC
	998833	2	CTNR	Peanut Butter/Beans All WIC
	998833	6	Gallon	Milk or Soy (1% & Nonfat) All WIC - Cow,Goat,Soy

Your store receipt will show you what you bought on a specific shopping trip and what food you can still buy before the **benefits end date**.

New benefits begin at 12:01 a.m. on the day after your benefits expire.



Tips:
Keep your current receipt in your WIC ID and Card folder or in your wallet. or Take a picture of your receipt and store it in your phone.

Shop for WIC Foods

- Shop at WIC authorized stores. Look for the “WIC Accepted Here” sign.
- Buy only the foods you want at each visit.
- Use the WIC Shopping Guide to know what foods are WIC approved.
- Not all WIC-approved foods are approved for everyone.
- Check your WIC Shopping List.
- Register your WIC Card in the WICShopper app and check My Benefits.

SHOP!

Choose one of these options to learn what WIC foods you have available:

- The Shopping List from your clinic.
- Your last WIC grocery store receipt.
- Ask store customer service.
- Call the WIC Card Line.



- The WICShopper app helps you shop for WIC foods.
- Download from your app store.
- Select Washington State.



WASHINGTON
SHOPPING
GUIDE
EFFECTIVE OCTOBER 2020



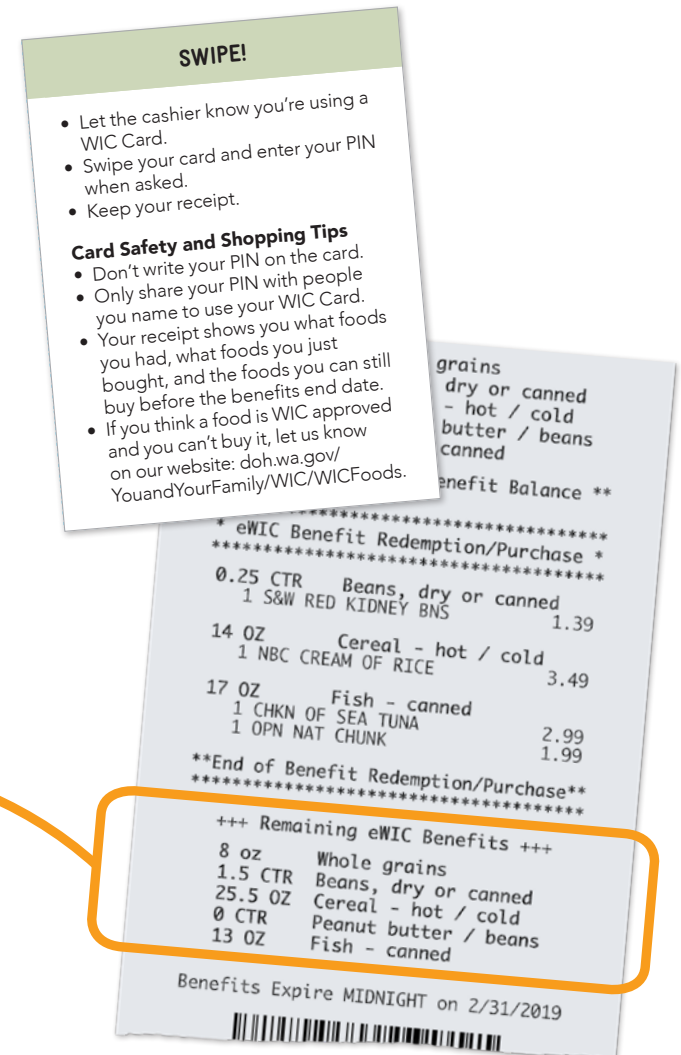
Use the WIC Shopping Guide for selecting brands and sizes.



AT THE CHECK STAND

- Separate your WIC foods from other non-WIC foods.
- Let the cashier know you're using a WIC Card.
- Swipe your WIC Card.
- Enter the 4-digit PIN.
- The cashier will give you a receipt showing your benefit balance. You'll see what foods you just bought, and the foods you can still buy before the benefits end date.
- Keep your receipt, it shows your remaining benefits.

If you think a food is WIC approved and you can't buy it. Let us know on our website or in the WICShopper app.



Tips at the Check Stand



TIME SAVING TIP Place WIC foods ahead of other groceries you're buying. It will help you quickly see what WIC is paying for.



MONEY SAVING TIP Place more expensive WIC foods ahead of less expensive WIC foods at the check stand and WIC will pay for the more expensive WIC foods.

For example:

Jonnie is pregnant and has 16 ounces of whole grain choices available to use before her end benefit date.

She plans to buy a package of whole grain pasta (\$1.48) and a loaf of whole wheat bread (\$3.29). Both items are WIC approved, but her WIC benefits will only cover one of the items.

Jonnie places the whole wheat bread ahead of the noodles at the check stand and since it was the first scanned item, WIC will pay for the bread and Jonnie will pay for the pasta.



Additional Shopping Tips

Small stores may have stand-beside card readers. These work a little differently. Follow these tips:

- Hand your WIC Card to the cashier. They'll slide it for you.
- Separate your WIC foods from your other groceries.
- Place WIC foods like cereal, milk, etc. **before** any fruits and vegetables. The cashier must ring up the fruits and vegetables last.
- The cashier will scan each item and manually enter the price.
- The cashier will let you know if any item is not covered by the WIC Card.
- When asked, **enter your own PIN.** Don't tell the cashier your PIN or let the cashier enter your PIN.



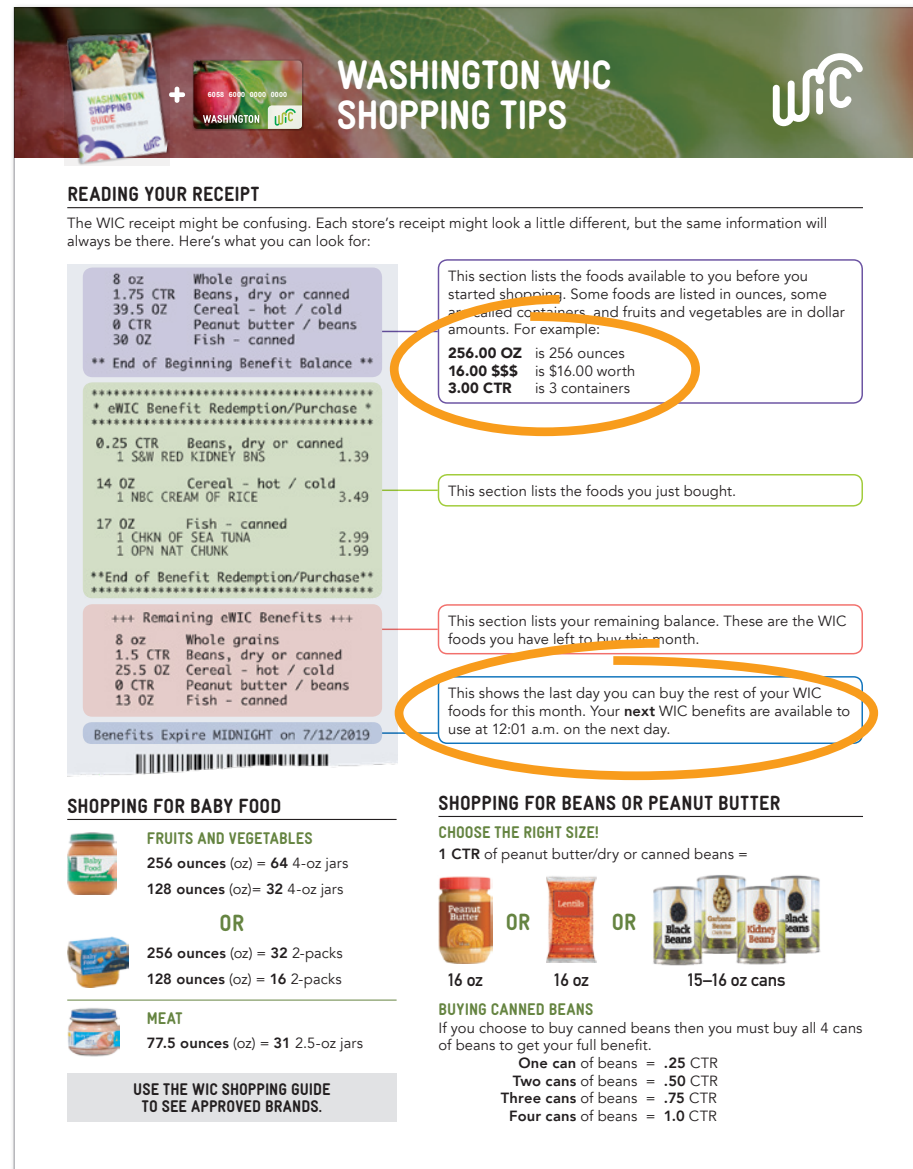
Important Card Reader tips for everyone:

- If you're paying for additional foods **not covered by your WIC Card**, pay in this order:
 - Use a SNAP card first (if you have one).
 - Then, use cash.
 - Then, use credit or debit.
- There's a 50 item WIC food limit when using your WIC Card.
 - Split up any transactions with 50 or more WIC food items into two or more transactions.



Reading Your Receipt

- Each store receipt might look a little different.
- The receipt uses **ounces** for some foods, and **containers** for other foods.
- All your family's foods are on one receipt.
- The **Shopping Tips** handout has information to help you know about the amounts of foods and how to buy them.
- **Find when your new benefits start!** It's at 12:01 a.m. on the day after your Benefits End date.



WASHINGTON WIC SHOPPING TIPS

READING YOUR RECEIPT

The WIC receipt might be confusing. Each store's receipt might look a little different, but the same information will always be there. Here's what you can look for:

8 oz	Whole grains	
1.75 CTR	Beans, dry or canned	
39.5 OZ	Cereal - hot / cold	
0 CTR	Peanut butter / beans	
30 OZ	Fish - canned	

** End of Beginning Benefit Balance **

0.25 CTR	Beans, dry or canned	
1 S&W RED KIDNEY BNS		1.39
14 OZ	Cereal - hot / cold	
1 NBC CREAM OF RICE		3.49
17 OZ	Fish - canned	
1 CHKN OF SEA TUNA		2.99
1 OPN NAT CHUNK		1.99

End of Benefit Redemption/Purchase

8 oz	Whole grains	
1.5 CTR	Beans, dry or canned	
25.5 OZ	Cereal - hot / cold	
0 CTR	Peanut butter / beans	
13 OZ	Fish - canned	

Benefits Expire MIDNIGHT on 7/12/2019

SHOPPING FOR BABY FOOD

FRUITS AND VEGETABLES

256 ounces (oz) = 64 4-oz jars
128 ounces (oz) = 32 4-oz jars

OR

256 ounces (oz) = 32 2-packs
128 ounces (oz) = 16 2-packs

MEAT

77.5 ounces (oz) = 31 2.5-oz jars

USE THE WIC SHOPPING GUIDE TO SEE APPROVED BRANDS.

SHOPPING FOR BEANS OR PEANUT BUTTER

CHOOSE THE RIGHT SIZE!

1 CTR of peanut butter/dry or canned beans =

16 oz OR 16 oz OR 15-16 oz cans

BUYING CANNED BEANS

If you choose to buy canned beans then you must buy all 4 cans of beans to get your full benefit.

One can of beans = .25 CTR
Two cans of beans = .50 CTR
Three cans of beans = .75 CTR
Four cans of beans = 1.0 CTR

Annotations:

- Orange circle highlights: 256.00 OZ is 256 ounces, 16.00 \$\$\$ is \$16.00 worth, 3.00 CTR is 3 containers
- Green box highlights: This section lists the foods you just bought.
- Red box highlights: This section lists your remaining balance. These are the WIC foods you have left to buy this month.
- Blue box highlights: This shows the last day you can buy the rest of your WIC foods for this month. Your next WIC benefits are available to use at 12:01 a.m. on the next day.

Find Washington WIC foods and how to use your WIC Card at: doh.wa.gov/WIC/ShoppingwithWIC

GETTING HELP

Call the WIC Card Line to:

- Set or change your PIN.
- Unlock your card.
- Hear what foods you have.
- Hear when your benefits end.
- The WIC Card Line has someone to answer the phone 5 days a week (Monday through Friday) from 8 a.m. to 5 p.m.
- Report lost, stolen, or damaged cards to your WIC office or call the WIC Card Line during business hours.



THE WICSHOPPER APP

The WICShopper app makes shopping a little easier:

- Register your WIC Card and check your balance with **My Benefits**.
- Scan foods using the **Scan Barcode** button to see if a food item is WIC approved.
- Find the WIC Shopping Guide in the **WIC Allowable Foods** button.
- Use **I Couldn't Buy This** button to let WIC know when you're not able to buy a food you believe is WIC allowed.



USE THE APP TO:

- Keep track in **My Benefits**.
- Scan foods using **Scan Barcode** to see if a food is WIC allowed.
- View the **WIC Allowable Food** list to see what to Buy or Don't Buy.
- Use **I couldn't buy this!** to report a food you think is WIC allowed.
- Look for **Yummy Recipes**.
- Get simple tips in **Life Hacks!**
- Find a **WIC office** or a **WIC store**.
- Use the **Produce Calculator** and **Cereal Calculator** while you shop.

HOW TO INSTALL THE APP:

Download **WICShopper** from your app store.

GET IT ON **Google Play** Download on the **App Store**

WASHINGTON **WIC** Select **Washington**.



**Happy Shopping
with Your WIC Card!**

THANK YOU
for being
a member of WIC!



DOH 961-1159 March 2021

This institution is an equal opportunity provider.

Washington WIC doesn't discriminate.

To request this document in another format, call 1-800-841-1410. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email WIC@doh.wa.gov.