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WIC SALES STEPS

1. Before shopping, check your TN WIC balance with one of the following tips:

   a. Go online! Create your account at www.WICConnect.com with the “Cardholders” feature. This will allow you to view your current balance anytime.

   b. Call the number on the back of your card. They will read your balance to you.

   c. Ask the store to print a copy of your balance. They will need to swipe your card to do this for you.

   d. Keep your receipts from your WIC shopping trips. Your remaining balance and the date your current benefits expire will print near the bottom of the receipt each time you shop with your card.
2. Know your PIN for using your TN WIC card.

3. Take your TN WIC Shopping Guide with you to the store.

4. Select your correct WIC-approved items.
   a. Double check food type and package size matches your benefits.
   b. You can buy a little or a lot – no need to buy all your food at one time. Remember your benefit cycle and buy as much as you want before the cycle expires.

5. At checkout, many locations do not need you to separate the WIC foods or mention this is a WIC transaction. Ask store staff what their system allows.
   a. To pay, always swipe your WIC card first!
   b. Enter your PIN.
   c. A redemption receipt will print. You may review it to check that all your WIC items will be paid for by WIC.
   d. When you are satisfied with the redemption receipt, choose “confirm” on the keypad.
   e. Pay for any remaining balance with SNAP or other form of payment.
FRUITS AND VEGETABLES

All fruits and vegetables are to be purchased with the fruit and vegetable Cash Value Benefits (CVB) except juices, dried beans or peas and canned beans which must be purchased with food benefits.

FRESH FRUITS

ALLOWED:
- Any variety of fresh fruits - whole or cut - without added sugars
- Dried fruit
- Organic

FROZEN FRUITS

ALLOWED:
- Any variety of plain fruits without added sugar, fats, oils or salt (e.g., sodium)
- Any size
- The fruit must be listed as the first ingredient
- Organic

NOT ALLOWED:
- Edible blossoms or flowers (e.g. squash blossoms)
- Dried vegetables
- Ketchups or other condiments, pickled vegetables or olives
- Soups
- Fruit leathers or fruit roll-ups
- Bundled packages of herbs or spices
- Vegetable-grain (pasta or rice mixtures), breaded vegetables or creamed or sauced vegetables
FRESH VEGETABLES

ALLOWED:
- Any variety of fresh vegetables – whole or cut – without added sugars, fats, oils, herbs or spices
- Organic

FROZEN VEGETABLES

ALLOWED:
- Any variety of vegetables without added sugars, fats, oils, breading, herbs or spices
- Any size
- The vegetable must be listed as the first ingredient
- Organic

NOT ALLOWED:
- Fruit/nut mixtures, fruit basket, party trays or fruits or vegetables from salad bars
- Peanuts or other nuts
- Ornamental or decorative fruits or vegetables (e.g. chili peppers on a string, garlic on a string or gourds)
- Foods containing fruits such as blueberry muffins and other baked goods
- Home canned or home preserved fruits and vegetables
WHOLE GRAINS

WHOLE WHEAT/WHOLE GRAIN BREAD, BUNS AND ROLLS

Eligible bread, buns and rolls must have whole wheat or whole grain as the primary ingredient by weight. Whole wheat products must have “whole wheat flour” and/or “bromated flour” as the only flours listed in the ingredients. Whole grain products must be labeled as a “whole grain food with moderate fat content”.

SIZE: 16 oz only

WAYS TO BUY WHOLE GRAINS

- or -
16 oz package of sandwich buns

- or -
16 oz loaf of bread

- or -
16 oz tortillas

- or -
16 oz brown rice

- or -
16 oz whole wheat pasta
ARNOLD/OROWHEAT SELECT
- 100% Whole Wheat Hamburger Buns
- 100% Whole Wheat Hot Dog Buns

BUNNY
- 100% Whole Wheat Bread

HOLSUM
- 100% Whole Wheat Bread

HEALTHY LIFE
- Soft Style 100% Whole Wheat Sandwich Buns
- Soft Style 100% Whole Wheat Hot Dog Buns

NATURE’S OWN
- 100% Whole Wheat Bread with Honey

PEPPERIDGE FARM
- Very Thin 100% Whole Wheat Bread
- Stone Ground 100% Whole Wheat Bread

ROMAN MEAL
- Sungrain 100% Whole Wheat Bread
SARA LEE
- Classic 100% Whole Wheat Bakery Bread
- 100% Whole Wheat Soft & Smooth Hamburger Buns
- 100% Whole Wheat Soft & Smooth Hot Dog Buns

WONDER
- 100% Whole Wheat Soft Bread

100% WHOLE WHEAT STORE BRAND/PRIVATE LABEL

BEST CHOICE

FOOD LION

FIT ACTIVE

KERN’S
(Food City)

KROGER

LEWIS

SIMPLY BALANCED

SIMPLY NATURE
NOT ALLOWED:

- Breads from in-store bakery
- Sugar-free
- Swirls such as cinnamon or honey
- Added fruit or nuts (e.g. raisins)
- English muffins or bagels
- Labeled organic
TORTILLAS

Eligible tortillas must have wheat or corn as the primary ingredient by weight. Whole wheat products must have whole wheat flour as the only flour listed in the ingredients.

SIZE: 16 oz only

100% CORN TORTILLAS

ANY corn tortilla with corn as the primary ingredient by weight.

100% WHOLE WHEAT TORTILLAS

AZTECA

BEST CHOICE
• Soft Taco Size
• Fajita Style

CELIA'S

CHI CHI'S
• Fajita Size
100% Whole Wheat Pasta

Eligible macaroni (pasta) products must have “whole wheat flour” and/or “whole durum wheat flour” as the only flours listed in the ingredients. Other shapes and sizes that meet these requirements (e.g., whole wheat rotini and whole wheat penne) are also allowed.

Size: Only 16 oz

Allegra
- Spaghetti

America’s Choice
- Spaghetti

Barilla
- Elbows
- Linguine
- Medium Shells
- Penne
- Rotini
- Spaghetti
- Thin Spaghetti

Food Club
- Penne Rigate
- Spaghetti

Gia Russa
- Angel Hair
- Linguine
- Penne Rigate
- Roman Rigatoni
- Rotini
- Spaghetti

Great Value
- Elbow Macaroni
- Linguine
- Penne
- Rotini
- Spaghetti
- Thin Spaghetti
HODGSON MILL
- Angel Hair
- Elbow
- Spaghetti
- Thin Spaghetti
- Spirals

KROGER
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti

LAURA LYNN
- Penne
- Rotini
- Spaghetti

RONZONI HEALTHY HARVEST
- Linguine
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti

NOT ALLOWED:
- Added sugar, fats, oils or salt (e.g., sodium)

OTHER WHOLE UNPROCESSED GRAINS

SIZE: Only 16 oz

BRANDS: Any brand of brown rice, bulgur (cracked wheat), oatmeal and whole grain barley without added sugars, fats, oils or salt.

ALLOWED:
- Instant, quick or regular cooking

NOT ALLOWED:
- Pearled barley
- Organic
COLD CEREAL

Cereal with added pieces such as nuts or clusters is not recommended for children under 3.

SIZE: Minimum 11 oz box or bag

GENERAL MILLS

Cheerios®
Multi-Grain®
Fiber One
Berry Berry Kix®
Honey Clusters®

Honey Kix®
Kix®
Wheaties®
Whole Grain Total®

Dora the Explorer
Blueberry Chex
Cinnamon Chex
Corn Chex

KASHI

Rice Chex
Vanilla Chex
Wheat Chex®
Go Lean

*Indicates Whole Grain
STORE BRAND/PRIVATE LABEL

Eligible varieties include Corn Flakes, Crispy Rice, Toasted Oats, Frosted Shredded Wheat, Bran Flakes, Honey Oat Clusters, Honey Oat Clusters with Almonds.
HOT CEREAL

Cereal with added pieces such as nuts or clusters is not recommended for children under 3.

SIZE: Minimum 11 oz box or bag

CREAM OF WHEAT

| Regular 1 Minute | Regular 2½ Minute | Regular 10 Minute | Original Box of 12 (1 oz packs) |

CREAM OF RICE

| Whole Grain 1 Minute* | Whole Grain 2½ Minute* | Regular | Instant |

*Indicates Whole Grain
MALT-O-MEAL

- Original
- Chocolate
- CoCo Wheats

QUAKER

- Original Box of 12 (.98 oz packs)
- Original Box of 12 (1 oz packs)
- Butter Box of 12 (1 oz packs)
- Quick 5 Minute
STORE BRAND/PRIVATE LABEL

Best Choice

- Creamy Wheat Farina
- Instant Grits (original and butter)
- Regular Flavor Instant Oatmeal

Food Club

- Instant Regular Oatmeal
- Instant Grits (original and butter)
- Instant Oatmeal Original Flavor

Food Lion

- Instant Regular Oatmeal
- Instant Grits (original and butter)

Great Value

- Instant Grits (original and butter)

Hy-Top

- Regular Instant Oatmeal

Iga

- Instant Regular Oatmeal

Kroger

- Instant Oatmeal Regular Flavor
- Instant Grits (original and butter)

Laura Lynn

- Instant Grits (original and butter)

*Indicates Whole Grain
**MARKET PANTRY**
- Original Instant Oatmeal
- Regular Instant Oatmeal

**PARADE**
- Regular Instant Oatmeal

**PIGGLY WIGGLY**
- Instant Oatmeal Original
- Instant Grits Original
- Instant Butter Grits

**PUBLIX**
- Original Instant Oatmeal

**RALSTON**
- Instant Regular Oatmeal
- Creamy Wheat Farina

**SHURFINE**
- Instant Oatmeal
- Instant Grits Original

**WAYS TO BUY CEREAL**
MILK

As listed on benefit statement

SIZE: As listed on benefit statement

BRANDS: Any brand

ALLOWED:
- Fat free (skim)
- Lowfat (1%)
- Sweet acidophilus (1%)
- Reduced fat (2%) (See benefits)
- Whole (See benefits)
- Lactose-free
- Ultra-high temperature (UHT)
- Nonfat dry powdered
- Evaporated milk
  - Lowfat
  - Whole
  - Buttermilk

NOT ALLOWED:
- Chocolate milk
- Non-dairy beverages (except when soy beverage is on benefits)
- Organic
SOY BEVERAGE
As listed on benefit statement

ALLOWED:
• Organic

GREAT VALUE
• Original
  (refrigerated half-gallons)

8TH CONTINENT
• Original
• Vanilla
  (refrigerated half-gallons)

PACIFIC NATURAL
• Ultra Soy Original
  (non-refrigerated quarts)

SILK
• Soymilk Original
  (refrigerated half-gallons and 2 packs)
Cheese

Must purchase store brand or private label only unless the store has no store brand cheese available.

**SIZE:** 8 or 16 oz package

**ALLOWED:**
- Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Process American, Provolone and Swiss
- Block, cubed, shredded, stick, string
- Sliced, including individually wrapped, if not listed as cheese food, cheese product or imitation cheese
- Blended cheeses of any of the above
- Cheeses that are labeled low, free, reduced, less or light in sodium, fat or cholesterol

**NOT ALLOWED:**
- Added ingredients or seasonings
- Flavored cheeses such as smoked
- Cheese food, spread or product
- Imitation cheese
- Imported cheese
- Cheese from store deli or cheese shop
- Organic
WAYS TO BUY CHEESE

1 POUND OF CHEESE (16 oz) = ½ POUND OF CHEESE (8 oz) + ½ POUND OF CHEESE (8 oz)
YOGURT
SIZE: 32 oz

LOWFAT AND NON-FAT

ACTIVIA
- Black Cherry
- Blackberry/Blueberry Fusion
- Blueberry
- Cherry/Vanilla Fruit Fusion
- Coconut/Pineapple
- Mixed Berry
- Peach
- Peach Lactose Free
- Peach/Mango Fruit Fusion
- Prune
- Strawberry
- Strawberry Banana
- Vanilla
- Vanilla Lactose Free

GO-GURT
- Avengers
- Berry Strawberry
- Cookies N' Cream
- Cotton Candy
- Finding Dory
- Frozen
- Guardians of the Galaxy
- Jolly Rancher
- Lowfat Blueberry
- Melon Berry
- Ninja Turtle
- Paw Patrol
- Raspberry
- Scooby Doo
- Simply Gogurt Strawberry
- Sour Patch Kids
- Spongebob
- Strawberry Berry
- Strawberry Punch
- XL Peach
- XL Strawberry

CHOBANI
- Non-fat Greek Vanilla
- Non-fat Plain
- Non-fat Strawberry
- Peach
- Plain
- Strawberry
- Strawberry Banana

DANNON
- Lowfat Plain
- Lowfat Vanilla
- Non-fat Plain
- Non-fat Strawberry
- Non-fat Strawberry Banana
**LAIA US**
- Lowfat Mixed Berry
- Mango
- Peach
- Pina Colada
- Strawberry
- Strawberry Banana

**Nuestra Cocina**
- Plain Lowfat

**OIKOS**
- Fat Free Greek Plain
- Non-fat Vanilla
- Plain 0%
- Triple Zero Vanilla
- Vanilla 0%

**Yoplait**
- Blueberry
- Fat Free Original Plain
- Finding Dory
- Greek 100 Fat Free Plain
- Greek 100 Vanilla
- Guardians of the Galaxy
- Harvest Peach
- Lowfat Original Vanilla
- Paw Patrol
- Scooby Doo
- Spongebob
- Strawberry
- Strawberry Banana
- Strawberry Berry
- Strawberry Blueberry
- Vanilla

**Prairie Farms**
- Fat Free Greek

---

**WAYS TO BUY YOGURT**

- **ONE 32 OZ TUB**
- **TWO PACKS OF FOUR 4 OZ CUPS**
- **ONE PACK OF EIGHT 4 OZ CUPS**
- **ONE PACK OF FOUR 4 OZ CUPS AND ONE PACK OF EIGHT 2 OZ TUBES**
- **ONE PACK OF SIXTEEN 2 OZ TUBES**
- **TWO PACKS OF EIGHT 2 OZ TUBES**
STORE BRAND/PRIVATE LABEL

**BEST CHOICE**
- Greek Non-fat Plain
- Greek Non-fat Vanilla
- Lowfat Strawberry
- Lowfat Vanilla
- Plain Non-fat

**FOOD CLUB**
- Blended Lowfat Strawberry
- Blended Lowfat Vanilla
- Greek Non-fat Plain
- Greek Non-fat Strawberry
- Plain

**GREAT VALUE**
(Walmart)
- Greek Non-fat Plain
- Greek Non-fat Strawberry
- Greek Non-fat Vanilla
- Lowfat Vanilla
- Non-fat Plain
- Non-fat Strawberry
- Non-fat Vanilla
- Peach
- Strawberry
- Strawberry Banana

**COBURN FARMS**
(Save-A-Lot)
- Greek Non-fat
- Lowfat Plain
- Lowfat Vanilla
- Vanilla Greek Non-fat

**FOOD LION**
- Greek Non-fat Plain
- Greek Non-fat Vanilla
- Lowfat Vanilla
- Non-fat Plain

**KROGER**
- Greek Plain
- Lowfat Plain
- Non-fat Plain
- Vanilla

**CROWLEY**
- Fat Free Vanilla
- Lowfat Plain

**FRIENDLY FARMS**
- Plain
- Vanilla Greek Non-fat

**LAURA LYNN**
(Ingles)
- Greek Vanilla
- Lowfat Peach
- Lowfat Strawberry
- Lowfat Vanilla
- Non-fat Plain
- Non-fat Plain Greek

**ESSENTIAL EVERYDAY**
(Supervalu)
- Blended Vanilla
## Market Pantry
- 1% Vanilla
- Non-fat Plain

## Simply Balanced
- Plain Greek Non-fat
- Vanilla Greek

## Morning Fresh Farms
- Lowfat Vanilla
- Non-fat Plain

## Taste of Inspirations
- Greek Non-fat Vanilla
- Plain

## Whole Fat

<table>
<thead>
<tr>
<th>Brand</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dannon</td>
<td>Plain Natural, Whole Milk Strawberry, Whole Milk Vanilla</td>
</tr>
<tr>
<td>Oikos</td>
<td>Plain</td>
</tr>
<tr>
<td>Chobani</td>
<td>Plain</td>
</tr>
</tbody>
</table>

## Store Brand/Private Label

<table>
<thead>
<tr>
<th>Brand</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Club</td>
<td>Greek Whole Milk Vanilla</td>
</tr>
<tr>
<td>Great Value</td>
<td>(Walmart) Greek Whole Milk</td>
</tr>
<tr>
<td>Kroger</td>
<td>Plain, Vanilla</td>
</tr>
<tr>
<td>Food Lion</td>
<td>Greek Whole Milk Plain</td>
</tr>
<tr>
<td>Karoun Dairies</td>
<td>Plain</td>
</tr>
<tr>
<td>Tazah</td>
<td>Plain</td>
</tr>
</tbody>
</table>

## Yogurt
TOFU

As listed on benefit statement

SIZE: 16 oz packages

ALLOWED:
• Organic

NASOYA
• Silken
• Super Firm

AZUMAYA
• Extra Firm
• Silken

GREENWISE
• Silken

HOUSE FOODS
• Firm

NOT ALLOWED:
• Added fats, sugars, oils or sodium
• Seasoned Tofu

EGGS

SIZE: One dozen carton

ALLOWED:
• Large Grade A White

NOT ALLOWED:
• Brown
• Specialty (includes organic)
• Dried eggs mix
• Hard boiled
CANNED FISH FOR WOMEN WHO FULLY BREASTFEED*

SIZE: 30 oz

ALLOWED:
- Chunk Light Tuna – Any brand, packed in water or oil (5 oz.)
- Pink Salmon – Any brand, packed in water or oil (14.75 oz.)
- Mackerel (15 oz.)
- Sardines (3.75 oz. - added flavorings allowed)

NOT ALLOWED:
- Albacore tuna
- Tuna spreads
- Any other type of salmon
- Lunch packs

*and others as allowed

MIX & MATCH CANNED FISH UP TO 30 OZ

- SIX 5 OZ CANS
- TWO 15 OZ CANS
- EIGHT 3.75 OZ CANS
- TWO 14.75 OZ CANS
- ONE 15 OZ CAN AND THREE 5 OZ CANS
PEANUT BUTTER

Peanut butter is not provided nor recommended for children under 2 years old.

SIZE: 16 - 18 oz jar in glass or plastic

ALLOWED:
- Creamy *(smooth)* or chunky *(crunchy)*
- Refrigerated or non-refrigerated
- Salted or unsalted
- Added vitamins

NOT ALLOWED:
- Reduced fat
- Peanut butter spreads
- Added marshmallows, honey, jelly, chocolate or similar ingredients
- Store ground
- Organic

CANNED BEANS

SIZE: 15 - 16 oz can

BRANDS: Any brand and variety of plain beans including black-eyed peas, crowder peas, garbanzo (chick peas) and purple hull peas.

ALLOWED:
- Added sugar
- Reduced sodium

NOT ALLOWED:
- Corn Syrup
- Green peas
- Green beans
- Lima beans
- Snap beans
- Yellow beans
- Wax beans
- Added meat, sauces, spices, vegetables or fruits
- Soups
- Organic
DRIED BEANS/PEAS

SIZE: 16 oz bag

ALLOWED:
• Plain dry beans, peas or lentils

Varieties include, but are not limited to:
• Black beans
• Black-eyed peas
• Fava and mung beans
• Garbanzo beans (chickpeas)
• Great Northern beans
• Kidney beans
• Mature lima beans (butter beans)
• Pinto beans
• Soy beans/edamame
• Split peas and lentils
• White beans (navy and pea beans)

NOT ALLOWED:
• Seasoning packets
• Organic

WAYS TO BUY BEANS

ONE 16 OZ BAG OF DRIED BEANS = FOUR 15-16 OZ CANS OF CANNED BEANS
ALL JUICE

ALLOWED:
- Calcium fortified
- Blends
- Labeled 100% juice and at least 120% Daily Value (DV) of Vitamin C
- Refrigerated orange juice in 64 or 128 oz bottles

NOT ALLOWED:
- Sweetened juices, fruit drinks or juice cocktails
- Organic
- Added spices

JUICE FOR WOMEN
11.5/12 OZ FROZEN CANS

Makes 48 oz

ANY BRAND
Orange

ANY BRAND
White Grapefruit
Ruby Red Grapefruit
Pink Grapefruit

ALWAYS SAVE
Apple

BEST CHOICE
Apple

DOLE
Pineapple Orange
Pineapple Orange
Banana

FOOD CLUB
Grape

FOOD LION
Apple

FREEDOM’S CHOICE
Apple

GREAT VALUE
Apple
Grape
HY-TOP
Apple

KROGER
Apple
Grape
Pineapple
Pineapple Orange

MARKET PANTRY
Apple

OLD ORCHARD
Apple
Apple Cherry
Apple Kiwi Strawberry
Apple Raspberry
Berry Blend
Cranberry Blend
Cranberry Raspberry
Grape
Pineapple
Pineapple Orange
White Grape

PARADE
Apple

SENeca
Apple

SHURFINE
Apple

TIPTON GROVE
Apple

TREETOP
Apple

VALU TIME
Apple

WELCH’S
Grape
White Grape
White Grape Peach
White Grape Raspberry
48 OZ PLASTIC BOTTLE

ANY BRAND
Orange

LUCKY LEAF
Apple

ANY BRAND
White Grapefruit
Ruby Red
Grapefruit
Pink Grapefruit

MARKET PANTRY
Grape

CUTIES
Tangerine
Tangerine Orange
Pineapple

NORTHLAND
Cranberry

HARVEST CLASSIC
Apple

PARADE
Apple
Grape
Orange Mango
Orange Pineapple
Pineapple
Pineapple Mango
Vegetable
White Grape

JUICY JUICE
All flavors

PIGGLY WIGGLY
Apple
RUBY KIST
Grape
Pineapple

SHURFINE
Apple
Grape

SENECA
Apple

WELCH'S
Grape (also 96 oz)
White Grape

96 OZ PLASTIC BOTTLE  APPLE & GRAPE

Best Choice
Food Lion
Great Value
Old Orchard

✓
✓
✓
✓
✓
JUICE FOR CHILDREN
64 OZ PLASTIC BOTTLE

ANY BRAND
Orange (also 128 oz)

ANY BRAND
White Grapefruit
Ruby Red Grapefruit
Pink Grapefruit

ALWAYS SAVE
Apple
Grape

ARCHER FARMS
Apple Cider

BEST CHOICE
Apple (also 128 oz)
Apple Cider
Berry
Cherry
Grape
Pineapple
Punch
Tomato
Vegetable
White Grape

CAMPBELL’S
TOMATO JUICE
Regular
Low Sodium

DELSSEA FARMS
Granny Smith Apple
Honey Crisp Apple
DIANE’S GARDEN
Vegetable

ESSENTIAL EVERYDAY
Apple

FOOD CLUB
Apple (also 128 oz)
Cherry
Cranberry
Cranberry Grape
Grape
Pineapple
Tomato
Vegetable
White Grape

FOOD LION
Apple
Berry Blend
Cherry
Fruit Punch
Grape
Grapefruit
Tomato
White Grape
White Grape Peach

GREAT VALUE
Apple
Cranberry Blend
Cranberry Grape
Grape
Tomato
Vegetable
White Grape
White Grape & Peach

HY-TOp
Apple (also 128 oz)
Grape
Tomato
Vegetable
White Grape

IGA
Apple (also 128 oz)
Grape
White Grape

INDIAN SUMMER
Apple (also 128 oz)
**Juicy Juice**
All Flavors (also 128 oz)
Apple
Fruit Punch
Kiwi Strawberry

**Kroger**
Apple (also 128 oz)
Cranberry
Grape
Low Sodium Vegetable
Orange Pineapple
Pineapple
Spicy Vegetable
Vegetable
White Grape
White Grape Peach

**Laura Lynn**
8 Vegetable
Apple
Apple with Calcium
Cranberry
Grape
Low Sodium 8 Vegetable
Low Sodium Tomato
Tomato
White Grape
White Grape Peach

**Libby’s**
Pineapple

**Lucky Leaf**
Apple

**Market Pantry**
Apple (also 128 oz)
Grape
Tomato
White Grape

**Mott’s**
Apple Original (also 128 oz)
Apple Cherry
Apple White Grape
MR. PURE
Apple

MUSSELMAN’S
Apple

NATURE’S NECTAR
Apple
Berry Burst
Cherry
Fruit Punch
White Grape

NORTHLAND
Blueberry
Blackberry Acai
Cranberry
Cranberry Blackberry
Cranberry Blueberry
Cranberry Grape
Cranberry Pomegranate
Cranberry Raspberry
Pomegranate
Blueberry
Purple Power

OLD ORCHARD
Apple
Apple Cranberry
Berry Blend
Black Cherry
Cranberry
Blueberry
Pomegranate
Cranberry
Pomegranate
Grape
Peach Mango
Wild Cherry

PARADE
Apple
Grape
Orange Mango
Orange Pineapple
Pineapple
Pineapple Mango
Vegetable
White Grape

PIGGLY WIGGLY
Apple (also 128 oz)
Grape
White Grape
<table>
<thead>
<tr>
<th>Brand</th>
<th>Varieties</th>
</tr>
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<tbody>
<tr>
<td>Publix</td>
<td>Apple (also 128 oz), Grape, Premium Apple,</td>
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<tr>
<td></td>
<td>Premium Unfiltered Apple</td>
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<td>Sam’s Choice</td>
<td>Apple</td>
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<tr>
<td>Seneca</td>
<td>Apple</td>
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<tr>
<td>Shurfine</td>
<td>Apple (also 128 oz), Cranberry Apple,</td>
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<td></td>
<td>Cranberry, Apple, Grape, Tomato, Vegetable,</td>
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<td></td>
<td>White Grape</td>
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<tr>
<td>That’s Smart</td>
<td>Grape</td>
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<tr>
<td>Tipton Grove</td>
<td>Apple, Cranberry, Grape</td>
</tr>
<tr>
<td>Tree Top</td>
<td>Apple, Apple Berry, Apple Cranberry,</td>
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<tr>
<td></td>
<td>Apple Grape, Pineapple Orange</td>
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<tr>
<td>V8 100%</td>
<td>Original, Low Sodium, Spicy, Hot</td>
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<tr>
<td>Vegetable Juice</td>
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</tbody>
</table>
VALU TIME
Grape

WELCH’S
Antioxidant Tropical Trio
Grape
White Grape
Red Grape
Super Oxidant Super Berry
White Grape

WHITE HOUSE
Apple *(also 128 oz)*
Natural Apple
Premium Apple *(128 oz only)*
INFANT FOOD

INFANT CEREAL

SIZE: 8 or 16 oz container

ALLOWED:

- Regular or whole wheat/whole grain

BEECHNUT
GERBER
HOME 360
KROGER
PARENT’S CHOICE
TIPPY TOES

NOT ALLOWED:

- Added ingredients such as infant formula, milk, fruit or other non-cereal ingredients
- Organic
- With DHA/ARA
BREASTFEEDING BENEFITS!

Breastfeeding is a priority of the WIC Program! It provides many health, nutritional, economical and emotional benefits to mother and baby.

✓ Breastfeeding moderates your infant’s weight gain which can lead to better health when your child is older!
✓ Breastfeeding over time lowers breast cancer risk!
✓ Breastfeeding moms and infants get support to meet their breastfeeding goals!
✓ Breastfeeding moms and infants get more foods from WIC!

INFANT FORMULA

✓ If your baby is formula fed, see your benefits statement for the brand and type allowed.
✓ Follow formula mixing and storage instructions carefully!
✓ WIC provides some baby food and formula, but you may need to purchase additional baby food and formula to meet your baby’s needs in a benefit period.
INFANT VEGETABLES

SIZE: 4 - 5 oz glass jars or plastic containers

ALLOWED:
- 2nd Stage (4 oz)
- 3rd Stage (5 oz)
- Single or mixed ingredients

BEECHNUT
GERBER
(TWIN PACKS)
TIPPY TOES

INFANT FRUITS

SIZE: 4 - 5 oz glass jars or plastic containers

ALLOWED:
- 2nd Stage (4 oz)
- 3rd Stage (5 oz)
- Single or mixed ingredients

BEECHNUT
GERBER
(TWIN PACKS)
TIPPY TOES

NOT ALLOWED FOR VEGETABLES OR FRUITS:
- With added sugars, starches or sodium
- With added cereal
- Any desserts (like fruit cobbler)
- Organic
- With DHA/ARA
INFANT MEATS  FOR FULLY BREASTFED INFANTS

SIZE: 2.5 oz jars

ALLOWED:
- Single ingredient of meat or poultry with added broth or gravy

BEECHNUT 1st stage
GERBER 2nd stage
TIPPY TOES 2nd stage

NOT ALLOWED:
- With added sugars or sodium
- Any combinations (like meat and vegetables)
- Any infant dinners (like spaghetti and meatballs)
- Organic
- With DHA/ARA

HOW MANY JARS IS THAT?

<table>
<thead>
<tr>
<th>OUNCES</th>
<th>4 OZ. JAR</th>
<th>4 OZ. TWO-PACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>128</td>
<td>32</td>
<td>16</td>
</tr>
<tr>
<td>96</td>
<td>24</td>
<td>12</td>
</tr>
<tr>
<td>64</td>
<td>16</td>
<td>8</td>
</tr>
<tr>
<td>32</td>
<td>8</td>
<td>4</td>
</tr>
</tbody>
</table>
DON’T FALL FOR THE TRAP!

Buying, selling or trading WIC benefits is ILLEGAL! If you buy, sell, trade or give away your WIC foods, you may:

× **BE CHARGED WITH FRAUD**; and/or

× **REPAY IN CASH** the value of the food/formula benefits; and/or

× **LOSE YOUR BENEFITS** from the WIC Program.

ABSOLUTELY NO:

- **TRADING**
- **CASH**
- **GARAGE SALES**
- **facebook**
- **ebay**
- **Craigslist**
- **OTHER ONLINE MARKETPLACES**

QUESTIONS?

Just call 1-800-342-5942 or contact your local WIC clinic.
SHOPPING TIPS
GET THE MOST FOR YOUR MONEY

• Use coupons. Most stores feature weekly specials.
• Buy store brands.
• No need to buy everything on your benefits at once.
• If you do not want an item you do not have to buy it.
• Foods can only be purchased during the valid benefit period. Any remaining foods expire on the last day of the benefit period.
• Rain checks for out-of-stock items are not allowed.
• Keep your receipts to know your balance or help solve issues.

WE ARE HERE TO HELP!

Tennessee Breastfeeding Hotline 24/7
855-423-6667
855-4BFMOMS

Tennessee Tobacco QuitLine
1-800-784-8669
1-800-QUIT-NOW

Tennessee Poison Center
1-800-222-1222

Tennessee Parent Helpline 24/7
1-800-CHILDREN
1-800-244-5373

Tennessee Crisis Line
1-855-274-7471

Tennessee WIC Program
1-800-DIAL-WIC
1-800-342-5942
NOTIFY THE WIC OFFICE IF YOU:

• are unable to keep a scheduled appointment.
• have your baby!
• need help or support with breastfeeding.
• are unable to purchase WIC foods.
• have any problems or concerns about the store.
• have questions about WIC services.
• are moving out of Tennessee.

CONTACT YOUR LOCAL WIC AGENCY AT: