

Smart Shopping with your WIC EBT Card



When grocery shopping, always have:

1. Your WIC EBT card. Make sure you know your PIN number.

2. The Florida WIC Foods pamphlet. This lists the brands and sizes of foods that you are allowed to buy.

3. Your WIC EBT shopping list. This will tell you the

foods that you are able to buy for your family each month. The food for everyone in your family will be added together. For example, if 3 people in your family each receive 36 oz of breakfast cereal each month, there will be 108 oz of breakfast cereal on your WIC EBT card.

4. Your most recent store receipt from a WIC EBT purchase. Keep your grocery store receipt each time you shop with your WIC EBT card. At the bottom of the receipt will be a list of the food left on your card for the current month. Look at your receipt to make sure it is correct before you leave the store.



Breakfast Cereal

- ❖ Buy cereals that are higher in whole grains like oatmeal, whole wheat, and whole grain corn.



On the Florida WIC Foods pamphlet, breakfast cereals higher in whole grains have a star (★).

- ❖ Cereal is allowed in 11 to 36 oz sizes.
- ❖ Keep track of the cereal balance left on your WIC EBT card.
- ❖ Plan your cereal purchase so you are able to use all of the ounces for the month. If you buy 12, 18, 24, and 36 oz sizes of cereals, you will be more likely to use all of your cereal ounces.

Cheese

Buy the **least expensive available** of the type of cheese that is allowed.



Milk

- ❖ Try to make milk a part of meals and snacks. Milk is packed with vitamins, minerals, and protein for strong bones and healthy bodies.
- ❖ Your WIC EBT shopping list will show you the container size, amount, and type of milk you are able to buy. You must buy the **least expensive available** of the type and size of milk shown on your shopping list.
- ❖ When a **quart size** is shown on your shopping list, you may buy either refrigerated milk or UHT milk. UHT milk does not need refrigeration until the box is opened. It can usually be found in the store aisle where canned and dry milk are located.



Florida Department of Health
WIC Program
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Whole Grains

Buy **one of the following for each 1 pound (lb) of whole grains** that is listed on your shopping list:

- ❖ 16 oz loaf of 100% whole wheat bread
- ❖ 14 to 16 oz box or bag of brown rice
- ❖ 16 oz bag of corn tortillas



Fruits & Vegetables

- ❖ Choose **fresh, frozen, or canned** fruits and vegetables when using the **fruit and vegetable dollar amount** on your WIC EBT shopping list.
- ❖ Buy only those canned and frozen fruits with no added sugar, syrup, or artificial sweeteners.
- ❖ Choose vegetables with no fat or oil.



Beans

- ❖ **Dry or canned beans, peas, and lentils are very good sources of fiber and protein. Plan a few meals a week with these foods.**

- ❖ For each bag of beans on your WIC EBT card, you can buy either a 16 oz bag of dry beans OR 4 (four) 15 to 16 oz cans of beans.

- ❖ Each can of beans counts as 0.25 bag.
1.00 bag = 4 cans 0.50 bag = 2 cans
0.75 bag = 3 cans 0.25 bag = 1 can

- ❖ When 0.75, 0.50, or 0.25 bag is left on your WIC EBT card, you can only buy canned beans.



Eggs

- ❖ **Eggs are a good source of protein.**
- ❖ Buy the **least expensive available** of large, white eggs.



Light Tuna & Pink Salmon

- ❖ Women who are fully breastfeeding or pregnant with more than one baby will receive canned fish.
- ❖ Canned fish may be purchased in 5 oz to 14.75 oz cans. Plan your purchase of canned fish so you are able to use all of the ounces for the month.



Fruit Juice

- ❖ **100% fruit juices are excellent sources of vitamin C. Young children should have no more than 4 to 6 oz of juice per day.**

- ❖ **Children** receive juice in 64 oz bottles, cartons, or jugs. A gallon size bottle of juice will count as 2 (two) 64 oz bottles.

- ❖ **Women** receive juice in 48 oz bottles. A 96 oz bottle of juice will count as 2 (two) 48 oz bottles. An 11.5 or 12 oz can of juice concentrate can be bought in place of a 48 oz bottle.

- ❖ Buy the **least expensive available** of the size and flavor of **refrigerated juice** and **frozen juice** that you select.



Baby Foods

- ❖ Buy the baby foods on your WIC EBT shopping list and feed these foods to your baby **from 6 months until 1 year of age.**
- ❖ Most babies will receive **baby cereal** and **baby fruits and vegetables.** Babies who are fully breastfed will also receive **baby meats.** Stage 2 baby food starts at about 6 months and Stages 2½ and 3 start at about 8 months.

