

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 ounces of breakfast cereal each month, there will be 108 ounces 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 9 to 36-ounce 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, or 36-ounce sizes of cereals, you will be more likely to use all of your cereal ounces.

You can choose how little or how much you want to buy each time you shop with your WIC EBT card.

Make sure you buy all of the foods on your shopping list within the allowed dates.

MILK, CHEESE & YOGURT

• Try to make dairy foods such as milk, cheese and yogurt a part of meals and snacks. Dairy foods are packed with vitamins, minerals, and protein for strong bones and healthy bodies.

MILK: Your WIC EBT shopping list will show you the container size, amount, and type of milk you are able to buy. Buy the **least expensive available** of the type and size of milk shown on your shopping list.



CHEESE: Buy any brand of 8 or 16-ounce package of slices, shredded, block, round, string, or cubes of cheeses listed below. Whole milk, part skim, reduced fat, lowfat, and any blends of the cheeses listed below are allowed. Non-smoked and smoked cheeses are allowed.



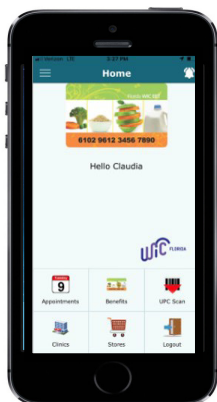
American Deluxe Colby **Monterey Jack Mozzarella** **Muenster Provolone** **Swiss**
Cheddar-mild, medium, sharp, and extra sharp

YOGURT: Any brand, any flavor including Greek yogurt.

- Whole milk yogurt for children 1 year of age.
- Nonfat or lowfat yogurt for women and children 2 years of age and older.
- For each “tub” of yogurt on your shopping list, these sizes may be purchased: one 32-ounce tub OR one 32-ounce package with eight 4-ounce servings OR two 16-ounce packages with four 4-ounce servings.



FLORIDA WIC APP



- Use the Florida WIC App on your Smartphone to view information about your WIC food benefits.
- To get started, visit the App Store or Google Play to install the App or scan the QR code. Use your Florida WIC EBT card to register.



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WHOLE GRAINS

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

- 16-ounce size of 100% whole wheat bread, pasta, or tortillas
- 14 to 16-ounce box or bag brown rice (28 to 32-ounce bag or box = 2 pounds)
- 16-ounce bag of corn tortillas
- 16-ounce bag, box or container of oatmeal, oats, bulgur, or cracked wheat (32-ounce bag, box, or container = 2 pounds)



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-ounce bag of dry beans OR four 15 to 16-ounce 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.



FRUIT JUICE

• 100% fruit juices are excellent sources of vitamin C.

• Limit fruit juice to 4 ounces per day for children 1 to 3 years of age and 4 to 6 ounces per day for children 4 to 6 years of age.

• Children receive juice in 64-ounce bottles, cartons, or jugs. A gallon size bottle of juice will count as two 64-ounce bottles. A 16-ounce can of juice concentrate can be bought in place of a 64-ounce bottle.

• Women receive juice in 48-ounce bottles. A 96-ounce bottle of juice will count as two 48-ounce bottles. An 11.5 or 12-ounce can of juice concentrate can be bought in place of a 48-ounce bottle.



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.



PEANUT BUTTER

• Peanut butter is a good source of protein.

• Buy any brand of peanut butter in a 16 to 18-ounce jar.



EGGS

• Eggs are a good source of protein.

• Buy the least expensive available of white eggs in large, extra large, or jumbo in one dozen or half dozen size.



LIGHT TUNA, PINK SALMON & MACKEREL

• Fish is a good source of protein.

• Women who are fully breastfeeding or pregnant with more than one baby will receive canned fish.

• Canned fish may be purchased in 5 to 15-ounce cans. Plan your purchase of canned fish so you are able to use all of the ounces for the month.



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.



Florida Department of Health
WIC Program
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FloridaWIC.org