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# APPROVED FOOD GUIDE

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## JANUARY 2018

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SOUTH DAKOTA WIC PROGRAM



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WIC food benefits are prescribed for the individual, to promote and support the nutritional wellbeing of the participant and to help meet the recommended intake of important nutrients or foods. The food provided by the Program is supplemental, i.e., it is not intended to provide all of the participant's daily food requirements.



# PARTICIPANT RESPONSIBILITIES





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# MY RESPONSIBILITIES AS A PARTICIPANT OF THE WIC PROGRAM ARE TO:

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- Treat all WIC staff, store employees, and other WIC participants kindly and with respect
- Ensure that my family member eligible for the WIC Program is the person using the WIC foods received
- Ensure that I am not participating in the WIC Program at more than one WIC office
- Keep all appointments including certifications, assessments, and nutrition education
- Be aware if appointments are missed and rescheduled for later in the month, foods will be reduced to reflect the number of days left in the month
- Bring your eWIC card to each appointment. If the card is lost multiple times, additional training will be required
- Notify the WIC clinic if my income, address, phone number, or the number of family members changes
- Do NOT sell or return any benefits for cash or other items
- Select the least expensive food item so that all eligible WIC participants can continue to receive WIC services

## THINGS TO KNOW

## SHOPPING WITH YOUR eWIC CARD

Before shopping check your benefit balance at [www.ebtedge.com](http://www.ebtedge.com) or call **1-877-231-9314**. Buy only what you need. You do not have to buy all your foods at one time.

### AT CHECKOUT

Before foods are scanned, tell the cashier you are using an eWIC card. Some grocery stores may ask you to separate WIC foods from non-WIC items. When the cashier tells you, slide your card in the eWIC device or hand your eWIC card to the cashier. The amount of approved food items and dollar amount of fresh vegetables or fruits you purchase will be deducted from your benefits account.

### KEEP YOUR RECEIPT

The cashier will give you a receipt listing your remaining benefit balance and the date your benefits expire.

### KEEP YOUR CARD – IT IS REUSABLE

Save your eWIC card and keep it in a safe place. Even when your WIC foods are used, your card is reusable. Once benefits have been issued by a health professional, they will be in your household account on the beginning date to spend as indicated on your shopping list.





## WHAT SHOULD I DO IF I LOSE MY CARD OR SOMEONE FINDS OUT MY PIN?

If someone uses your card and PIN, your **BENEFITS WILL NOT BE REPLACED**. Immediately call customer service and change your PIN. For assistance contact: **1-877-231-9314** or [www.ebtedge.com](http://www.ebtedge.com) or visit your local WIC clinic.

## KEEP YOUR PIN SAFE

Do not give your PIN to anyone that you do not want to use your card. If someone knows your PIN and uses your card to get your food benefits without your permission, those benefits will not be replaced. Do not write your PIN on your card or keep your PIN in your wallet or purse.

## WHAT IF I FORGOT MY PIN?

For assistance if you forgot your PIN or to change your PIN, contact **1-877-231-9314** or [www.ebtedge.com](http://www.ebtedge.com) or visit your local WIC clinic.

## WHAT IF I ENTER THE WRONG PIN?

Do not try to guess your PIN. If the correct PIN is not entered on the 4th consecutive try, your PIN will be locked. This is done for your protection so someone else may not receive your food benefits. You will have to wait until after midnight for your account to unlock to try again.

## QUESTIONS:

What if I run out of formula before my next WIC appointment or before I receive my next month's benefits?

## ANSWER:

WIC is a supplemental nutrition program and may not provide all the formula your baby needs for a month.

## BUDGETING TIPS FOR FORMULA

- Put money aside from each paycheck for additional formula
- Only prepare the amount of formula your infant will need for each feeding
- If you receive SNAP (Food Stamps) you may use that for buying additional formula not provided by WIC
- Keep all your WIC appointments to receive your benefits



# FRUITS & VEGETABLES

## FRESH PRODUCE CHART

4 lb	1.96	2.36	2.76	3.16	3.56	3.96	4.36	4.76													
3.5 lb	1.72	2.07	2.42	2.77	3.12	3.47	3.82	4.17	4.52	4.87											
3 lb	1.47	1.77	2.07	2.37	2.67	2.97	3.27	3.57	3.87	4.17	4.47	4.77									
2.5 lb	1.23	1.48	1.73	1.98	2.23	2.48	2.73	2.98	3.23	3.48	3.73	3.98	4.23	4.48	4.73	4.98					
2 lb	0.98	1.18	1.38	1.58	1.78	1.98	2.18	2.38	2.58	2.78	2.98	3.18	3.38	3.58	3.78	3.98	4.18	4.38	4.58	4.78	4.98
1.5 lb	0.74	0.89	1.04	1.19	1.34	1.49	1.64	1.79	1.94	2.09	2.24	2.39	2.54	2.69	2.84	2.99	3.14	3.29	3.44	3.59	3.74
1 lb	0.49	0.59	0.69	0.79	0.89	0.99	1.09	1.19	1.29	1.39	1.49	1.59	1.69	1.79	1.89	1.99	2.09	2.19	2.29	2.39	2.49
PRICE PER POUND	0.49	0.59	0.69	0.79	0.89	0.99	1.09	1.19	1.29	1.39	1.49	1.59	1.69	1.79	1.89	1.99	2.09	2.19	2.29	2.39	2.49

## BUYING FRESH FRUITS & VEGETABLES WHEN SOLD BY THE POUND

- 1 Select a fruit or vegetable that is priced by the pound.
- 2 Place the item on the grocery scale for an estimated weight.
- 3 Round the weight up to the nearest pound or half-pound.
- 4 Estimate the cost of the item using the **FRESH PRODUCE CHART**.

### EXAMPLE: BANANAS

PRICE = \$0.59 / LB

WEIGHT = 1 3/4 LBS

- Round the weight up to 2 lbs; find 2 lbs on the left side of the chart
- Find the price per pound (\$0.59/lb) on the bottom of the chart
- Follow the 2lb row across to the right and the \$0.59/lb column up until they meet
- The weight (2lbs) and the price (\$0.59/lb) meet at \$1.18 on the chart

**2 POUNDS AT \$0.59/LB = \$1.18**

# FRUITS & VEGETABLES

## FRESH USE YOUR CASH VALUE BENEFIT

### ALLOWED

- Any Brand
- Any Package Type or Size
- Any Variety of Fresh Fruits or Vegetables
- Cooking Pumpkins
- Cut or Whole
- Fruits and Vegetable Mixtures with Potatoes
- Organic
- Packaged
- Salad Mixtures without Dressing
- Shredded Lettuce
- Potatoes
- Garlic, Ginger, Onions

### NOT ALLOWED

- Added Creams, Dips, Sauces
- Added Croutons, Dried Fruit, Nuts
- Decorative Pumpkins
- Deli Items
- Dried Fruits & Vegetables
- Dried Legumes, Peas
- Fruit & Nut Mixtures
- Herbs or Spices
- Party Trays
- Pickled Items
- Salad Mixtures with Dressing
- Salad Bar Items



## FROZEN USE YOUR CASH VALUE BENEFIT

### ALLOWED

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- Any Brand
- Any Package Size or Type (Bag, Box)
- Any Variety or Mixture of Plain Fruits or Vegetables
- Organic
- Potatoes
- Garlic, Ginger and Onions

### NOT ALLOWED

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- Artificial Sweeteners (Like Splenda)
- Ingredients Other Than Plain Fruits & Vegetables
- Frozen Vegetables-No Added Butter, Sauces, Sugars, Fats, Oils and Salts
- Frozen Fruits-No Added Sugars, Fats, Oil

***FRUITS & VEGETABLES IN CANS AND/OR JARS ARE NOT ALLOWED***



### HELPFUL HINT!

16 OZ = 1 POUND

8 OZ = 1/2 POUND

# WHOLE GRAINS

## BREAD 16 OZ PACKAGES



### BEST CHOICE

100% Whole Wheat



### FAMILY CHOICE

100% Whole Wheat



### OUR FAMILY

100% Whole Wheat



### PEPPERIDGE FARM

100% Whole Wheat, Very Thin, Stone Ground, Rye, Hamburger Buns-Whole Wheat



### SARA LEE CLASSIC

100% Whole Wheat



### VILLAGE HEARTH

100% Whole Wheat



### WONDER

100% Whole Wheat

## NOT ALLOWED

- Deli or Bakery Bread
- Frozen Bread Dough
- Organic
- Rolls, Bagels, English Muffins, Pita Bread

HELPFUL HINT  
16 OZ = 1 POUND

## TORTILLAS 16 OZ PACKAGES

### BEST CHOICE



100% Whole Wheat



Corn

### CHI-CHI'S



Whole Wheat

### DON PANCHO



Whole Wheat

### LA BURRITA



Corn

### MISSION



Yellow Corn - Extra Thin



Whole Wheat - 6" or 8"

### NOT ALLOWED

- Deli or Bakery Bread
- Flat Bread or Pita Bread
- Hard Shell Tortillas or Taco Shells
- Organic

## BROWN RICE 14-16 OZ BAG OR BOX

### ALLOWED

- Any Brand (Except Uncle Ben's)
- Instant, Regular, or Quick Cooking
- Long Grain or Medium

### NOT ALLOWED

- Added Fat, Flavor, Oil, Salt, Sugar
- Individual Packets
- Mixes or Wild Rice
- Uncle Ben's





# WHOLE GRAINS

## PASTA - WHOLE GRAIN OR WHOLE WHEAT 1 LB (16 OZ) PACKAGES ONLY



### RONZONI

- Penne
- Spaghetti
- Thin Spaghetti
- Rotini
- Linguine



### BARILLA

- Penne
- Spaghetti
- Thin Spaghetti
- Rotini
- Linguine
- Elbow
- Angel Hair
- Shells



### HODGSON MILL

- Spaghetti
- Thin Spaghetti
- Rotini
- Linguine
- Elbow
- Angel Hair
- Spiral

### NOT ALLOWED

- Added Sugar, Fats, Oils or Salts



# DAIRY

## YOGURT 32 OZ (2LB) CONTAINERS ONLY

### DANNON



Nonfat  
Plain



Nonfat  
Strawberry



Low Fat  
Vanilla



Whole  
Milk Plain

### YOPLAIT



Low Fat  
Original  
Harvest  
Peach



Low Fat  
Original  
Strawberry



Low Fat  
Original  
Vanilla

### NOT ALLOWED

- Individual Servings
- Fruit Mixtures



## DAIRY

### MILK GALLON, HALF GALLON, QUART

#### ALLOWED

MILK TYPE WILL BE LISTED  
ON WIC SHOPPING LIST

- Any Brand
- Low Fat (1%, Fat Free , Skim)
- Reduced Fat (2%)
- Whole
- Acidophilus
- Buttermilk — Liquid Only
- Dry/Powdered
- Evaporated — 12 oz Cans Only (Fat Free, Low Fat, Whole)
- Goat— (Dry or Evaporated Only)
- Lactose Reduced, Lactose Free - 1/2 Gallon Only, (Low Fat, Reduced Fat, Whole)



#### NOT ALLOWED

- Added Calcium, Protein, or Other Nutrients (Other Than Vitamin A & D)
- Added Sugar or Flavorings
- Glass Bottles
- Individual Packets
- Organic Milk, Rice Milk, Almond Milk
- Sweetened Condensed Milk

## NOTE FOR ALL MILK

Can purchase 1/2 gallon if list states two quarts

Can purchase two 1/2 gallons if list states 1 gallon

Can purchase 1 gallon if list states two 1/2 gallons

## SOY BEVERAGE



8th Continent  
Original



Silk Original

#### NOT ALLOWED

- Added Flavoring
- “Light”

# DAIRY

## CHEESE 8 OR 16 OZ

### ALLOWED

- American
- Cheddar (All Varieties)
- Cheddar-Jack
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella (Part Skim)
- Reduced Fat

### BLOCK CHEESE

- Any Brand

### SHREDDED CHEESE



Best  
Choice



Essential  
Everyday



Fareway



Great Value



Kraft



Our  
Family



### NOT ALLOWED

- Added Bits or Deli Cheese
- Cheese and Cracker Packs
- Cheese Food or Products (Velveeta)
- Cheese Products in Cans, Bottles, Jars
- Cottage Cheese
- Cream Cheese or Cheese Spread
- Organic
- Random Weight
- String, Sliced, Smoked



# HOT & COLD CEREAL

12 - 36 OZ

## ESSENTIAL EVERYDAY

### COLD CEREAL



Bran Flakes\*



Frosted Shredded Wheat\*



Toasted Oats\*

### HOT CEREAL



Instant Oatmeal Regular\*

## GREAT VALUE

### COLD CEREAL



Bran Flakes\*

### HOT CEREAL



Original Instant Oatmeal\*



## HYVEE

### COLD CEREAL



Bran Flakes\*



Corn Flakes



Crispy Rice

## FAREWAY

### COLD CEREAL



Bran Flakes\*



Tasteros\*

## SIGNATURE KITCHENS

### COLD CEREAL



Bran Flakes\*



Bite Size Frosted Shredded Wheat\*



Corn Flakes

### HOT CEREAL



Original Instant Oatmeal\*

\*WHOLE GRAIN  
‡ GLUTEN FREE

# HOT & COLD CEREAL

# HOT & COLD CEREAL

12 – 36 OZ

## GENERAL MILLS

### COLD CEREAL



Cheerios\*



Multi Grain Cheerios\*



Rice Chex‡



Wheat Chex\*



Corn Chex‡



Honey KiX\*



KiX\*

## KELLOGG'S

### COLD CEREAL



All-Bran Complete\*



Corn Flakes



Rice Krispies

## BEST CHOICE

### COLD CEREAL



Bran Flakes\*



Happy O's\*



Corn Flakes



Frosted Shredded Wheat\*



Frosted Shredded Wheat Bite Size Maple & Brown Sugar\*



Frosted Shredded Wheat Bite Size Strawberry\*

## QUAKER

### HOT CEREAL



Instant Grits Original



Instant Oatmeal\* Original Flavor Individual Packets



### HOT CEREAL



Creamy Wheat Farina



## OUR FAMILY COLD CEREAL



Toasted Oats\*



Corn Flakes

## HOT CEREAL



Instant Oatmeal Regular\*

## RALSTON FOODS COLD CEREAL



Bran Flakes\*



Tasteeos\*

## MALT-O-MEAL COLD CEREAL



Crispy Rice



Frosted Mini Spooners\*



Strawberry Cream Mini Spooners\*

## HOT CEREAL



Malt-O-Meal Original



Malt-O-Meal Chocolate

## ALWAYS SAVE COLD CEREAL



Frosted Shredded Wheat\*



Crisp Rice



Corn Flakes



Toasted Oats\*

## KIGGIN'S COLD CEREAL



Bran Flakes\*



Frosted Shredded Wheat\*

## MAYPO HOT CEREAL



Instant Maple Oatmeal\*

## NABISCO HOT CEREAL



Cream of Wheat



Whole Grain Cream of Wheat\*

\*WHOLE GRAIN  
‡ GLUTEN FREE

# JUICE

## JUICE FOR CHILDREN 64 OZ PLASTIC CONTAINER 100% FRUIT JUICE

### ALLOWED

#### OLD ORCHARD

- Acai Pomegranate
- Apple
- Apple Cranberry
- Berry Blend
- Blueberry Pomegranate
- Cherry Pomegranate
- Cranberry Pomegranate

#### JUICY JUICE

- Apple
- Apple Raspberry
- Berry
- Cherry
- Fruit Punch
- Grape

- Grape
- Kiwi Strawberry
- Peach Mango
- Pomegranate
- Red Raspberry
- White Grape
- Wild Cherry

#### ANY BRAND

- Grapefruit, Orange, Pineapple
- With or Without Added Calcium Any Pulp Content



- Kiwi Strawberry
- Mango
- Orange Tangerine
- Strawberry Banana
- Tropical

### NOT ALLOWED

- Artificial Sweeteners
- Beverages That are Not 100% Juice
- Diet Juices
- Fruit Juice Blends, Juice Cocktail
- Glass Bottles
- Organic
- Refrigerated Juices
- V8 Fusion
- V8 or Any Tomato or Vegetable Juice





## JUICE FOR WOMEN 11.5-12 OZ 100% FRUIT JUICE - FROZEN CONCENTRATE

### ALLOWED

#### OLD ORCHARD

- Any Flavor



#### WELCH'S

- Purple Grape
- White Grape



#### ANY BRAND

- Grapefruit
- Orange
- Pineapple
- With or Without Added Calcium, Any Pulp Content



# PROTEIN

BEANS, PEAS, LENTILS CANS 15-16 OZ, DRY 16 OZ BAG ONLY

## ALLOWED

Any Brand, Any Single Variety

- Black Beans
- Black Eyed Peas
- Cowpeas
- Crowder Peas
- Garbanzo Beans (Chick-Pea)
- Great Northern Beans

- Kidney Beans (Red or White)
- Lentils
- Lima Beans
- Mung Beans
- Navy Beans
- Pinto Beans

- Red Beans
- Split or Whole Peas (Dry Only)
- Soy Beans

Regular, Low Sodium, No Sodium

## NOT ALLOWED

- Added Fats, Flavors, Meats, Oils or Sugars
- Added Fruits and/or Vegetables
- Baked Beans or Pork & Beans
- Chili Beans, Green Beans, Yellow Beans, Refried Beans, Wax Beans, Snap Beans
- Organic
- Seasonings or Other Ingredients
- Soup Mixes
- Sweet Peas, Green Peas



## EGGS CARTONS OF 1 DOZEN

### ALLOWED

- Any Brand (except Egglands Best)
- Fresh
- Medium or Large
- White
- Whole



### NOT ALLOWED

- Brown
- Cage-Free
- Extra Large
- Liquid Whole Eggs
- Lower Cholesterol Eggs
- Omega-3 Eggs
- Organic
- Specialty Eggs

## PEANUT BUTTER 16-18 OZ JAR

### ALLOWED

- Any Brand
- Crunchy or Creamy
- Reduced Fat

### NOT ALLOWED

- Added Jelly, Honey, or Flavoring
- Marshmallow
- Natural
- Omega-3
- Organic
- Other Nut Butters
- Spreads
- Squeeze Tubes



# FULLY BREASTFEEDING WOMEN & INFANTS

## WIC FOOD PACKAGES SUPPORT BREASTFEEDING

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Fully breastfeeding women who DO NOT receive formula from WIC will receive the largest amount and variety of foods.



## WOMEN CANNED FISH



### ALLOWED

CHUNK LIGHT TUNA  
PINK SALMON

- 5 oz Cans
- Any Brand
- Packed in Water or Oil

SARDINES

- 3.75 oz Cans
- Any Brand
- Packed in Water or Oil

### NOT ALLOWED

- Albacore Tuna
- Chunk White or Solid White Tuna
- Flavored or Seasoned
- Foil Packs or Pouches
- Low Sodium
- Organic

**HELPFUL HINT!**  
ADD 3 (5 OZ) CANS  
+ 4 (3.75 OZ) CANS  
= 30 OZ

## INFANT MEATS 2.5 OZ JARS ONLY

### ALLOWED

- Added DHA/ARA
- Any Plain Meat
- Broth or Gravy

### NOT ALLOWED

- Added Noodles, Pasta, Rice
- Added Salt, Sugars
- Dinners or Graduates
- Organic or Natural



BEECH NUT CLASSICS



GERBER



# INFANT FOODS

## INFANT CEREAL 8 OR 16 OZ CONTAINER

### ALLOWED

- Dry Infant cereal
- Multi Grain, Oatmeal, Rice, Whole Wheat, Barley



GERBER



BEECH NUT

### NOT ALLOWED

- Added DHA, Fruit, Formula, Milk
- Cans, Jars, or Single Serving Packets
- Organic



## INFANT FORMULA

Only WIC approved formula as printed on your shopping list.

No substitutions or exchanges are allowed at the store.

# INFANT FRUITS & VEGETABLES

## ALLOWED

- Beech Nut - 4 oz Single Jars - Stage 2 only
- Gerber - 4oz Plastic 2 Packs - 2nd Foods only
- Added DHA/ARA
- Any Variety of Plain Fruits or Vegetables
- Combinations of:
  - Plain Vegetables
  - Plain Fruits
  - Plain Fruits and Vegetables
- Mixed Fruits or Vegetables



BEECH NUT CLASSICS



GERBER 2 PACKS

## NOT ALLOWED

- |  |                       |
|--|-----------------------|
| • Added Cheese, Meat, Noodles, Pasta, Rice | • Graduates           |
| • Added Salt, Starches, Sugars, Sweeteners | • Organic or Naturals |
| • Dinners, Desserts, Cobblers              |                       |





## WIC PROGRAM

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