

**South Carolina  
Women, Infants & Children**

# **FOOD GUIDE**

**Fanm Kawolin Disid,  
Nourison ak Timoun**

**GID  
ALIMANTÈ**



**1 OKTÒB 2025 - 30 SEPTANM 2026**

# WELCOME!

The South Carolina WIC program provides this guide to help you purchase your WIC foods. Inside this guide you will find information on:

- eWIC instructions
- Online WIC education
- WIC approved foods

# BYENVINI!

Pwogram WIC Kawolin Disid la bay gid sa a pou ede w achte manje WIC ou yo. Anndan gid sa a w ap jwenn enfòmasyon sou:

- Enstriksyon pou eWIC
- Edikasyon WIC sou entènèt
- Manje WIC ki apwouve yo



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Every store may not carry all WIC-approved foods.

Chak magazen kapab pa genyen tout manje WIC ki apwouve yo..



**GUIDE TO *eWIC***  
**GID POU EWIC**



## HOW TO USE YOUR eWIC CARD

### Activate the eWIC card & set your PIN.

- Call the phone number on the back of your eWIC card to activate it.
- Enter your 16-digit card number, your zip code, and date of birth of the primary cardholder.
- Choose your 4-digit Personal Identification Number (PIN).
- After setting your PIN, your card is ready to use.

### Shopping with your eWIC Card.

- Review the WIC food benefits that were loaded on your card and look for the SC WIC Accepted Here sign before shopping.
- Select your WIC foods using your household benefit

balance and this food guide.

- Coupons and loyalty cards can be used to reduce the cost of WIC foods.
- Swipe your eWIC card first before using other forms of payment and enter your four-digit PIN.
- After the transaction is completed, review your receipt as it will list the WIC food items you bought, the remaining foods, and expiration date for your benefits.

### eWIC Card Lost, Stolen or Damaged.

- Only give your card and your PIN number to people you trust to keep your card and PIN number safe.
- Call your WIC office to report your lost, stolen, or damaged card and to get a replacement WIC card.
- Your WIC food benefits will be transferred to the new card.

Scan this QR code  
to view the South  
Carolina eWIC Card  
Guide!



If you have questions about your WIC food package or if you need to make a change to your WIC foods or formula, call your **local WIC office**.

If you have problems or questions about using the eWIC card, call **Customer Service at 1-855-279-0679**.



## FASON POU ITILIZE KAT eWIC OU A

### Aktive kat eWIC a epi defini PIN ou an.

- Rele nimewo telefòn ki nan do kat eWIC ou an pou aktive l.
- Antre nimewo 16 chif kat ou an, kòd postal ou a, ak dat nesans prensipal mèt kat la.
- Chwazi Nimewo Idantifikasyon Pèsonèl 4 chif ou an (PIN).
- Apre w fin defini PIN ou an, kat ou an prè pou itilize.

### Fè acha ak Kat eWIC ou a.

- Revize avantaj alimantè WIC yo ki te chaje sou kat ou an epi chèche siy SC WIC Accepted Here (Yo Aksepte

SC WIC la Isit la) anvan w achte.

- Seleksyone manje WIC ou yo pandan w ap itilize balans avantaj fwaye a ak gid alimantè sa a.
- Ou ka itilize kupon ak kat lwayote pou redwi frè manje WIC yo.
- Pase kat eWIC ou an anvan w itilize lòt fòm pèman epi antre PIN kat chif ou a.
- Apre tranzaksyon an fini, revize resi ou a paske li ap endike manje alimantè WIC ou te achte yo, manje ki rete yo, ak dat ekspirasyon pou avantaj ou yo.

### Kat eWIC ki Pèdi, Volè oswa Andomaje.

- Pataje kat ou an ak nimewo PIN ou an ak moun ou fè konfyans sèlman pou konsève kat ou an ak nimewo PIN ou an san danje.
- Rele biwo WIC ou an pou deklare kat ou genyen ki pèdi, yo vòlè, oswa ki andomaje a epi resevwa yon kat WIC ranplasan.
- Yo ap transfere avantaj alimantè WIC ou yo sou nouvo kat ou an.

Eskane kòd QR sa a pou gade Gid Kat eWIC Kawolin Disid la!



Si ou genyen kesyon sou pakè manje WIC ou an oswa si ou bezwen fè yon chanjman nan manje oswa lèt anfantil WIC ou yo, rele **biwo WIC lokal ou an**.

Si ou genyen pwoblèm oswa kesyon konsènan itilizasyon kat eWIC a, rele **Sèvis Kliyantèl la nan 1-855-279-0679**.

### Tips to Remember:

- Your household's WIC benefits will be loaded on one eWIC card at your WIC office.
- One, two, or three months of benefits will be loaded to your eWIC card.
- Always verify your WIC benefits by checking on your shopping list or WIC app that the correct foods were loaded onto your card. Contact your WIC office if you have any questions.
- Do not accept a rain check for food that is not in stock.

### Ti Konsèy pou Sonje:

- Yo ap chaje avantaj WIC fwaye ou a sou yon kat eWIC nan biwo WIC ou a.
- Yo ap chaje youn, de, oswa twa mwa avantaj sou kat eWIC ou an.
- Toujou verifye avantaj WIC ou yo pandan w ap tcheke lis acha ou a oswa aplikasyon WIC a pou w asire w yo chaje manje ki kòrèk yo sou kat ou an. Kontakte biwo WIC ou a si ou gen kesyon.
- Pa aksepte yon kupon acha pou manje ki pa nan stòk la.



## Shop wisely!

You can use grocery coupons to reduce the cost of WIC food items.

There is a limit of items that can be purchased in each eWIC transaction. **Small stores can accept 32 WIC-approved items while larger (corporate) stores can accept up to 50 items.** If you are purchasing more than the item limits, then your transaction must be broken into separate purchases or your transaction will decline.

## Fè acha ak sajès!

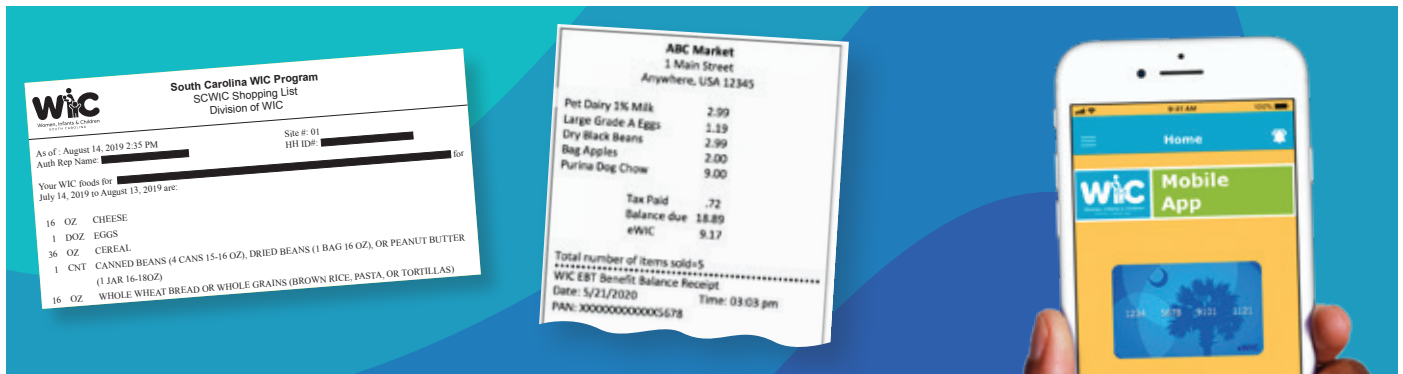
Ou ka itilize kupon alimentè yo pou redwi frè pwodwi alimentè WIC yo.

Genyen yon limit sou pwodwi ou ka achte nan chak tranzaksyon eWIC yo. **Ti magazen yo ka aksepte 32 pwodwi WIC apwouve yo pandan pi gran magazen (sosyete yo) ka aksepte jiska 50 pwodwi.** Si w ap achte plis pase limit pwodwi yo, nan ka sa tranzaksyon ou an dwe divize an acha separe oswa y ap refize tranzaksyon ou an.

# HOW TO CHECK YOUR FOOD BALANCE

- When shopping for your WIC foods, always check your balance to see **when, what and how much** foods are available to purchase.
- There will be a beginning date and end date to buy foods each month. It is important to keep an eye on the **end date** as any benefits not redeemed by this date **do not** carry over to the next benefit period.

## Ways to check your WIC Food Balance:



### 1. Shopping List

The shopping list is provided during each clinic visit but can also be requested at any time from your WIC office.

- ➡ **Does not automatically update after each purchase**
- ➡ **Call the number on the back of your card to know your updated food balance.**

### 2. WIC Receipt

When you use your eWIC card at the grocery store, your cash register receipt will list the WIC food items you bought, the remaining foods, and expiration date for your benefits.

- ➡ **Keep your receipt for future shopping trips.**

### 3. eWIC Mobile app

Download the South Carolina WIC Mobile app and register your account.

Use the **UPC scan function** in the mobile app to scan the bar code of food items to check if they are:

- ➡ **WIC approved**
- ➡ **WIC approved, but not on your current food balance**
- ➡ **Not WIC approved**

## FASON POU TCHEKE BALANS MANJE OU A

- Lè w ap achte manje WIC ou yo, toujou verifye balans ou pou wè **ki lè, kisa, ak ki kantite** manje ki disponib pou achte.
- Pral genyen yon dat kòmansman ak dat fen pou achte manje chak mwa. Li enpòtan pou kontwòle **dat fen** an paske tout avantaj ou pa reklame anvan dat sa a **pa** transpòte nan pwochen peryòd avantaj la.

### Fason pou verifye Balans Manje WIC ou a:



### 1. Lis Acha

Yo bay lis acha a pandan chak vizit klinik men ou ka mande l tou nenpòt lè nan biwo WIC ou a.

- ➔ **Pa otomatikman aktyalize apre chak acha**
- ➔ **Rele nimewo ki dèyè kat ou a pou konnen balans manje ki aktyalize ou an.**

### 2. Resi WIC

Lè ou itilize kat eWIC ou a nan magazen alimantè a, resi rejis lajan kach ou a ap endike manje WIC ou te achte yo, manje ki rete, ak dat ekspirasyon pou avantaj ou yo.

- ➔ **Konsève resi ou a pou pwochen acha yo.**

### 3. Aplikasyon Mobil eWIC

Telechaje aplikasyon Mobil WIC Kawolin Disid la epi anrejistre kont ou an.

Itilize **fonksyon eskanerizasyon UPC a** nan aplikasyon mobil la pou eskane kòd ba pwodwi alimantè yo pou tcheke si yo:

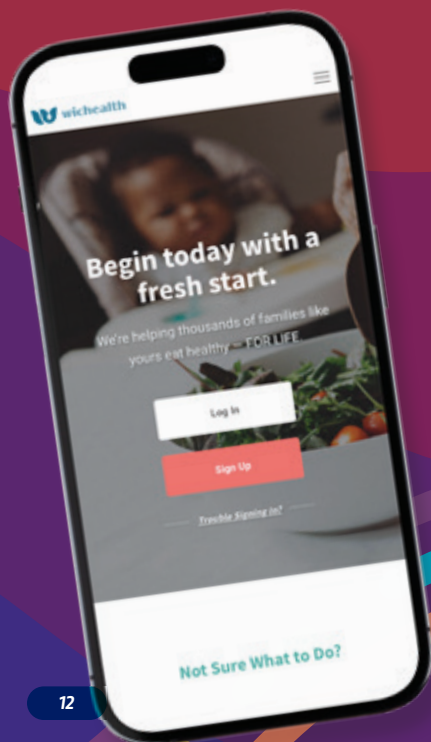
- ➔ **Apwouve ak WIC**
- ➔ **Apwouve ak WIC, men pa nan aktyèl balans alimantè ou an**
- ➔ **Pa Apwouve ak WIC**

**WICHEALTH.ORG**  
**ONLINE WIC EDUCATION**  
**WICHEALTH.ORG EDIKASYON**  
**WIC SOU ENTÈNÈT**



Scan this QR code to  
visit **wichealth.org**

Eskane kòd QR sa a pou vizite  
**wichealth.org**



## ABOUT WIC ONLINE EDUCATION

WIC offers online nutrition and breastfeeding education on **wichealth.org**. On this website you can:

- Complete lessons in your preferred language: English or Spanish.
- Complete online education anytime and anywhere as they can be accessed from your computer or smart phone at home.
- Get tips on topics related to healthy eating, physical activity, and breastfeeding to help you and your family learn healthier habits.

Ask your WIC counselor if completing WIC online education on **wichealth.org** is an option for you. If yes, you will be provided instructions on how to set up your account.

Once you complete an online lesson, your certificate of completion will be sent electronically to your WIC office so that you can get credit for your appointment and your WIC benefits issued on your eWIC card.

## KONSÈNAN EDIKASYON SOU ENTÈNÈT WIC A

WIC ofri fòmasyon sou entènèt sou nitrisyon ak alètman matènèl sou **wichealth.org**. Sou sit entènèt sa a ou ka:

- Fini leson yo nan lang ou prefere a: Anglè oswa Espanyòl.
- Fini fòmasyon sou entènèt la nenpòt lè ak nenpòt kote paske ou ka jwenn aksè ak yo nan òdinatè ou a oswa telefòn entelijan ou an lakay ou.
- Resevwa ti konsèy ki lye ak alimantasyon ki an sante, aktivite fizik, ak alètman pou ede ou menm ak fanmi w aprann abidid ki bon pou sante yo.

Mande konseye WIC ou a si fini fòmasyon sou entènèt WIC a sou **wichealth.org** se yon opsyon pou ou. Si wi, yo ap ba w enstriksyon sou fason pou defini kont ou an.

Depi ou fini yon leson sou entènèt, yo ap voye sètifika akonplisman ou an ba ou yon fason elektwonik nan biwo WIC ou a pou ou ka resevwa kredi pou randevou ou a epi resevwa avantaj WIC ou yo sou kat eWIC ou a.

## GETTING STARTED

1. **Visit wichealth.org**
2. **Click “Sign Up” to create your account.**
3. **Enter Your Information**  
Enter your Agency, State, Clinic, and WIC ID.
4. **Set up Your Account**  
Choose your username, password, and security questions. Keep your information for future reference.  
**Note:** Entering and verifying your email address is optional but recommended to be able to reset your password if needed.
5. **Tell Us About Your Family**  
Complete your profile to receive a more personalized experience.
6. **Explore wichealth.org**  
Navigate the website and find healthy tips and recipes that you and your family will enjoy!

## KÒMANSE

1. **Vizite wichealth.org**
2. **Klike sou “Enskri” pou kreye kont ou an.**
3. **Antre Enfòmasyon Ou yo**  
Antre Ajans ou an, Eta, Klinik, ak Nimewo Idantifikasyon WIC ou a.
4. **Defini Kont Ou an** Chwazi non itilizatè ou a, modpas, ak kesyon sekirite yo. Konsève enfòmasyon ou yo pou referans alavni.  
**Nòt:** Ou pa oblije antre ak verifiye adrès imel ou an men li rekòmande pou kapab reyinisyalize modpas ou an si sa nesesè.
5. **Pale Nou De Fanmi W** Ranpli pwofil ou an pou fè yon eksperyans ki plis pèsonalize.
6. **Eksplòre wichealth.org**  
Pakouri sit entènèt la epi jwenn ti konsèy ki bon pou sante ak resèt ou menm ak fanmi w ap renmen!



### Note:

You can choose your preferred method to get WIC education:

**Online through wichealth.org**

**A one-on-one session with a WIC nutritionist**

**A group class with a WIC nutritionist**

Let your WIC staff know which you prefer when scheduling your next appointment.

### Nòt:

Ou ka chwazi metòd ou prefere a pou resevwa fòmasyon WIC:

**Sou entènèt atravè wichealth.org**

**Yon sesyon endividyèl ak yon nitrisyonis WIC**

**Yon klas an gwoup ak yon nitrisyonis**

Fè pèsonèl WIC ou a konnen kisa ou prefere lè w ap pwograme pwochen randevou ou a.

# APPROVED FOODS

## MANJE KI APWOUVE





**INFANT FOODS**  
**MANJE POU NOURISON**

# INFANT FRUITS AND VEGETABLES

★ *For Infants 6 Months or Older*

**Allowed:** 3.5 oz or 4 oz containers:

- Any variety of single ingredient infant fruits or vegetables
- Any combination of fruits and vegetables
- Organic, starter kit fruits or veggies, and variety packs.

**Not Allowed:**

- Infant foods with added sugar, salt, starch, or sodium
- added DHA
- dinners

## FWI AK LEGIM POU NOURISON

★ *Pou Nourison ki Gen 6 Mwa oswa Plis*

**Otorize:** Veso 3.5 ons oswa 4 ons:

- Tout kalite fwi oswa legim pou nourison ki gen engredyan inik
- Tout konbinezon fwi ak legim
- Fwi oswa legim biyolojik, kit demaraj ak pake varye.

**Pa Otorize:**

- Manje nourison ki gen sik ajoute, sèl, amidon, oswa sodyòm
- DHA ajoute
- dine



**Brands/Mak yo:**

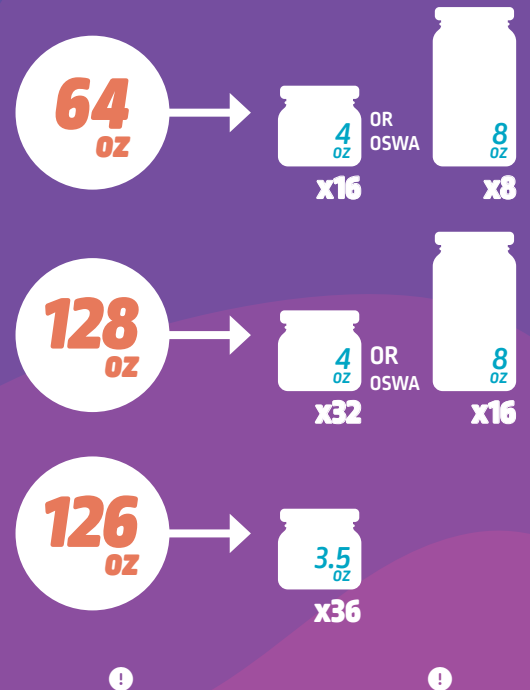
- Beech-Nut
- Beech-Nut Naturals
- Beech-Nut Organics
- Comforts
- Earth's Best
- Gerber
- Gerber Natural for Baby
- Gerber Organic for Baby
- Greenwise Organic
- Happy Baby Organics
- Natures Promise Organic
- Once Upon a Farm
- Plum Organics
- Simple Truth Organic
- Tippy Toes
- Wild Harvest Organic





You can buy infant fruits and vegetables with any combination of packages. Here are some examples of how to buy:

Ou ka achte fwi ak legim pou nourison ki gen tout konbinezon pake. Men kèk egzannp sou fason pou achte:



3.5 oz containers are available. **MAXIMIZE** your food benefits.

veso 3.5 ons yo disponib. **OGMANTE** avantaj alimentè ou yo.



## FORMULA

Must buy the brand, type, size, and number of cans on the eWIC card food balance.

## LÈT ANFANTIL

Dwe achte mak, tip, dimansyon, ak kantite kanèt ki sou balans manje kat eWIC a.

## INFANT MEAT

★ *Fully breastfeeding babies 6 months and older*

**Allowed:** 2.5 oz glass jars:

- Any variety of infant meats or poultry with added broth or gravy
- Organic

**Not Allowed:**

- Infant meats combinations or with added sugars or salt.

### Brands/Mak yo

- Beech-Nut
- Gerber
- Tippy Toes
- Earth's Best



## REPA POU NOURISON

★ *Tibebe ki gen 6 mwa ak plis yo bay tete konplètman*

**Otorize:** Bokal an kristal 2.5 ons:

- Tout kalite vyann pou nourison oswa volay ki ajoute ak bouyon oswa sòs
- Òganik

**Pa Otorize:**

- Konbinezon vyann nourison yo oswa sik oswa sèl ajoute.





## INFANT CEREAL

★ Infants 6 months and older

**Allowed:** 8 oz or 16 oz containers as specified on your food balance:

- Multigrain
- Barley
- Oatmeal
- Oat and quinoa
- Rice
- Organic
- Whole wheat

**Not Allowed:** Infant cereals with added ingredients (i.e. fruit, formula, yogurt, DHA)

## SEREYAL POU NOURISON

★ Nourison ki gen 6 mwa ak plis

**Otorize:** veso 8 ons oswa 16 ons yo presize sou balans manje ou an:

- Plizyè Grenn
- Òj
- Avwàn
- Avwàn ak quinoa
- Diri
- Òganik
- Ble konplè

**Pa Otorize:** Sereyal pou nourison ki gen engredyan ajoute (sa vle di fwi, lèt anfantil, yogout, DHA)

### Brands/Mak yo

- Gerber
- Tippy Toes
- Earth's Best



**PROTEIN**  
**PWOTEYIN**



## EGGS

**Allowed:** Any brand 1 dozen

- Medium, large, or extra-large
- White or Brown eggs

**Not Allowed:**

- Liquid eggs
- 6-packs or any other sizes
- Cage-free or free range
- Grain or vegetarian fed
- Organic

## ZE

**Otorize:** Tout mak 1 dozen

- Medyòm, laj, oswa ekstra laj
- Ze Blan oswa Mawon

**Pa Otorize:**

- Ze likid
- Pakè ki gen 6 oswa tout lòt dimansyon
- Elvaj an libète oswa a mwaye lib
- Ki nourri ak grenn oswa vejetyen
- Òganik

## PEANUT BUTTER

**Allowed:** Any brand 16 oz or 18 oz container

- Plain
- Regular
- Low sodium
- Reduced fat
- Creamy, crunchy, chunky, extra chunky
- Natural

**Not Allowed:** Peanut butter spread or with added omega-3, jelly, honey, organic

## MANBA

**Otorize:** Tout mak veso 16 ons oswa 18 ons

- Òdinè
- Règilye
- Fèb sodyòm
- Grès redwi
- Kreme, kwokan, epè, trè epè
- Natirèl

**Pa Otorize:** Mamba yo ajoute oswa ki genyen omega-3 ladan jele, myèl, òganik





For every 16 oz bag you can get 4 cans of beans

Pou chak sachè 16 ons ou ka resevwa 4 kanèt pwa

**1 bag sachè**



## BEANS, PEAS, LENTILS

### Dried:

**Allowed:** 1 lb. container

- Black Beans beans
- Black-eyed peas Lima beans
- Garbanzo Great northern beans

**Not Allowed:** Boxes or frozen snap beans, yellow beans, wax beans, sweet peas, organic

### Canned:

**Allowed:** 15–16 oz can

- Any brand sodium
- Unflavored Single variety
- Regular or low

**Not Allowed:** Green peas, green beans, wax or snap beans, soups, chili beans, seasoned beans, refried beans, baked beans; organic; added meat, fat, oil, or flavors

## ARIKO, PWA, LANTIY

### Seche:

**Otorize:** Veso 1 liv

- Pwa Nwa
- Ariko zye nwa
- Pwa Garbanzo
- Pwa Lima
- Pwa Great northern

**Pa Otorize:** Bwat pwa konjele, pwa jòn, pwa bè, pwa dous, òganik

### Nan Konsè:

**Otorize:** Kanèt 15–16 ons

- Tout mak
- San savè
- Regilye oswa fèb sodyòm
- Yon sèl varyete

**Pa Otorize:** Ariko vèt, pwa vèt, pwa bè oswa pwa vèt, soup, pwa piman, pwa asezone, pwa fri, pwa griye; òganik; vyann ajoute, lwil, oswa savè





## CANNED FISH

**Allowed:** Any brand up to 20 oz size can and/or package size

- Light tuna
- Mackerel (only North Atlantic or Chub Pacific)
- Pink salmon
- Sardines

**Not Allowed:** Resealable packages, albacore (white tuna), organic, red salmon, jack mackerel or with added sauces/flavor.

## PWASON NAN KONSÈV

**Otorize:** Nenpòt mak gwochè konsèy la ak/oswa anbalaj la pa depase 20 ons

- Tonn pal
- Makwo (sèlman North Atlantic oswa Chub Pacific)
- Somon woz
- Sadin

**Pa Otorize:** Anbalaj ki ka refèmen, albacore (tonn blan), òganik, somon wouj, chenchad oswa avèk sòs/savè ajoute.



## Ways to Combine Fish

Maximize your benefits by purchasing the container size(s) that total up to the amount specified on your food balance. Depending on the ounces selected, the full benefit amount may not be redeemed.

## Fason pou Melanje Pwason

Optimize avantaj ou yo lè w achte gwochè(yo) veso total ki koreponn ak kantite yo endike sou balans manje ou a. Selon ons ki seleksyone yo, li posib pou yo pa ka itilize montan total avantaj yo.

# **DAIRY PRODUCTS**

## **PWODWI LETYE**

## MILK

**Allowed:** Any brand of cow's milk, pasteurized or ultra pasteurized in gallon, half-gallon, or quart containers.

- 1% Lowfat (light)
- Nonfat (fat free, skim)
- Ultra high temperature milk (UHT)

The following are **allowed** if included in your food balance:

- Whole milk
- 2% Reduced fat milk
- Lactose-free milk (half-gallon)
- Powdered dry milk

**Not Allowed:** Almond milk, filled milk, goat's milk, organic milk, sweetened condensed milk, evaporated milk, buttermilk, acidophilus milk or flavored milk

## LÈT

**Otorize:** Tout mak lèt bèf, pasteurize oswa iltra pasteurize nan veso yon galon, mwatye galon, oswa ka galon.

- 1% Fèb Grès (lejè)
- San grès (san grès, ekreme)
- Lèt nan tanperati ki elve anpil (UHT)

Sa yo ki swiv yo **otorize** si yo enkli nan balans manje ou an:

- Lèt antye
- Lèt ki gen 2% rediksyon grès
- Lèt ki san laktoz (mwatye galon)
- Lèt an poud seche

**Pa Otorize:** Lèt zanmann, lèt anrichi, lèt kabrit, lèt òganik, lèt kondanse sikre, lèt evapore, babè, acidophilus oswa lèt awomatize



Available in half-gallon

Disponib nan mwatye galon



## PLANT-BASED MILK

**Allowed:** Half gallon or quart size containers

**Not Allowed:** Other flavors, organic.

## LÈT VEJETAL

**Otorize:** Veso ki kenbe demi galon oswa yon ka

**Pa Otorize:** Lòt savè, òganik.



### Brands/Mak yo

- 8th Continental Original
- Bettergoods Plant-Based Soymilk Original
- Silk Soy Milk Original

## TOFU

**Allowed:** 14 oz – 16 oz package, calcium set, organic.

## TOFU

**Otorize:** Pake 14 ons – 16 ons, gwoup kalsyòm, òganik.



### Brands/Mak yo

- Azumaya
- Nasoya
- Vitasoy
- O Organics
- House Foods
- Franklin Farms
- Franklin Farms Organic
- Greenwise
- Good and Gather Organic
- Simple Truth Organic
- Woodstock Organic

## CHEESE

**Allowed:** Any brand 16 oz containers only

Block, shredded, sliced, string, sticks, crumbles, cubed, or pearl.

Flavors:

- American
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss
- Blends of any of these cheeses

**Not Allowed:** Cheese food, cheese product, cheese spread, cheese from the store's deli department, specialty cheeses, cracker cuts, organic.



## FWOMAJ

**Otorize:** Veso 16 ons nenpòt ki mak sèlman

An blòk, rape, an tranch, an fisèl, an ti moso, an kib oswa an pèl.

Savè:

- Ameriken
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss
- Melanj nenpòt nan fwomaj sa yo

**Pa Otorize:** Manje fwomaj, pwodwi fwomaje, fwomaj pou tatine, fwomaj nan depatman chakitri magazen an, fwomaj espesyalize, moso bonbon, òganik.



**NOT ALLOWED  
PA OTORIZE**

# YOGURT

**Allowed:** Up to 64 total ounces (total amount of 32 oz or 64 oz as specified on your food balance)

## Styles:

- Nonfat
- Low fat
- Whole fat
- Lite/light
- Greek
- Swiss only

## Flavors:

- Plain
- Vanilla
- French Vanilla
- Fruit

**Not Allowed:** Honey and similar ingredients, drinkable yogurts; mix-ins such as granola, candy, sprinkles, nuts, etc.

## Brands/Mak yo:

- Activia
- Activia Light
- Activia Fusion
- Dannon
- Dannon All Naturals
- Dannon Creamy Classic
- Light & Fit
- Mountain High
- Oikos
- Oikos Triple Zero

- Yoplait
- Yoplait Kid
- Yoplait Go-Gurt Protein
- Yoplait Go-Gurt Simply
- Two Good
- Chobani
- LALA
- Wallaby Organic
- Coburn Farms
- Essential Everyday
- Food Club
- Great Value
- Harris Teeter
- Kroger
- Lowes Foods
- Food Lion
- Nostimo
- Good & Gather
- Taste of Inspiration
- Our Family
- SE Grocers
- Natures Promise Organic
- Brown Cow
- Stonyfield Organic

# YOGOUT

**Otorize:** Jiska 64 ons ototal (kantite total 32 ons oswa 64 ons jan yo endika sa sou balans manje ou a)

## Estil:

- San Grès
- Fèb grès
- Grès antye
- Aleje/leje
- Grèk
- Swis sèlman

## Savè:

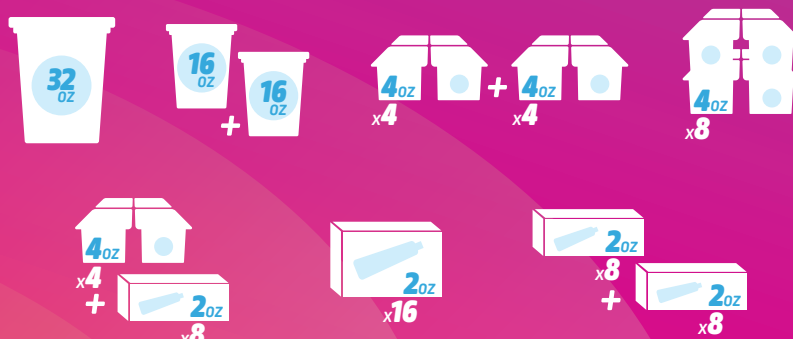
- Òdinè
- Vaniy
- Vaniy Fransè
- Fwi

**Pa Otorize:** Myèl ak engredyan similè, yogout ki ka bwè; melanj tankou granola, sirèt, nwa, elatriye.



Mix and match to get the most of your 32 or 64 total ounces.

Melanje epi koresponn yo pou pwofite de 32 oswa 64 ons an tou yo.





**BREAKFAST CEREALS**  
**SEREYAL POU TI DEJNE**



## Ways to Maximize 36 oz. of Cereal

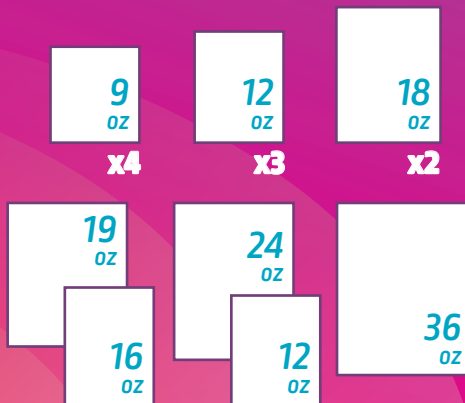
### Ounces Allowed:

Up to 36 oz. You may combined ounces not to exceed the total amount of ounces on the eWIC card. Depending on the ounces selected, the full 36 oz. may not be redeemed.

## Fason pou Ogmante 36 ons Sereyal

### Ons ki Otorize:

Jiska 36 ons. Ou kapab melanje ons ki pa depase kantite total ons ki sou kat eWIC a. Selon ons ki seleksyone yo, ou kapab reklame tout 36 ons yo.



## HOT CEREALS

**Allowed:** Up to 36 oz of any store brand original instant grits and original instant oatmeal along with the specific brands seen below.

## SEREYAL CHO

**Otorize:** Jiska 36 ons grits enstantane orijinal ak flokon avwàn nenpòt mak magazen, ak mak espesifik ki endike anba a.



Gluten free  
San glitenn

\* Cereals with \* contain "whole grain" as the first ingredient

\* Sereyal avèk \* ki gen ladan "grenn antye" antanke premye engredyan

## DRY CEREALS

\* Cereals with \* contain "whole grain" as the first ingredient

### GENERAL MILLS

Multi-Grain Cheerios Gluten Free \*

Original Cheerios Gluten Free \*

Cheerios Veggie Blends  
Blueberry Banana \*

Cheerios Veggie Blends Apple  
Strawberry \*

Maple Cinnamon Cheerios  
Hearty Nut Medley \*

Original Kix \*

Honey Kix \*

Corn Chex Gluten Free \*

Rice Chex Gluten Free \*

Blueberry Chex Gluten Free \*

Wheat Chex \*

Sesame Street 123 Berry  
Numbers \*

Sesame Street C is for  
Cinnamon \*

Total Whole Grain Flakes \*

Wheaties \*

Wheaties Protein Maple  
Almond \*

Wheaties Protein Honey  
Pecan \*

Fiber One Honey Clusters \*



## SEREYAL SECHE

\* Sereyal avèk \* ki gen ladan "grenn antye" antanke premye engredyan

## POST

Bran Flakes \*

Great Grains Banana Nut  
Crunch \*

Great Grains Crunchy Pecan \*

Great Grains Raisins, Dates &  
Pecans \*Great Grains Cranberry Almond  
Crunch \*Great Grains Red Berry Almond  
Crunch \*

Grape-Nuts \*

Grape-Nuts Flakes \*

Honey Bunches of Oats Honey  
RoastedHoney Bunches of Oats with  
AlmondsHoney Bunches of Oats with  
Vanilla BunchesHoney Bunches of Oats, with  
Maple & PecansHoney Bunches of Oats, with  
Cinnamon BunchesHoney Bunches of Oats with  
Strawberries

Raisin Bran \*



## KELLOGG'S

Kellogg's Frosted Mini Wheats Original \*

Kellogg's Frosted Mini Wheats Cocoa \*

Kellogg's Frosted Mini Wheats Little Bites Original \*

Kellogg's Frosted Mini Wheats Golden Honey \*

Kellogg's Frosted Mini Wheats Pumpkin Pie Spice \*

Kellogg's Frosted Mini Wheats Little Bites Chocolate \*

Kellogg's Frosted Mini Wheats Blueberry Muffin\*

Kellogg's Frosted Mini Wheats Strawberry \*

Kellogg's Frosted Mini Wheats Cinnamon Roll \*

Kellogg's Original Special K

Kellogg's Special K Protein Multigrain \*

Kellogg's Special K Cinnamon and Pecan \*

Kellogg's All-Bran Complete Wheat Flakes \*

Kellogg's Corn Flakes

Kellogg's Raisin Bran \*



## KASHI

Kashi Organic Honey Toasted \*

Kashi Organic Warm Cinnamon \*

Kashi Organic Blueberry Clusters \*

Kashi Organic Cocoa Clusters \*



## GRAIN BERRY

Grain Berry Original Toasted Oats \*

Grain Berry Cinnamon Toasted Oats \*

Grain Berry Multi-Bran Flakes \*

Grain Berry Cinnamon Frosted  
Shredded Wheat \*



## MALT-O-MEAL

Malt-O-Meal Raisin Bran \*

Malt-O-Meal Strawberry  
Cream Mini Spooners \*

Malt-O-Meal Frosted  
Mini Spooners \*



## QUAKER

Life Multigrain Original \*

Life Multigrain Vanilla \*

Life Multigrain Strawberry \*

Quaker Oatmeal Squares  
Brown Sugar \*Quaker Oatmeal Squares  
Cinnamon \*Quaker Oatmeal Squares  
Honey Nut \*

## ANY BRAND / TOUT MAK

Any Brand Corn Flakes  
Tout Mak KonflèksAny Brand Frosted or Unfrosted Shredded Wheat \*  
Tout Mak Ble Dechikte Jivre oswa Non-Jivre \*Any Brand Tosteeos \*  
Tout Mak Tosteeos \*Any Brand Toasted Oats \*  
Tout Mak Avwàn Griye \*Any Brand Oats & More with Almonds or  
Honey Cluster  
Tout Mak Avwàn ak Plis avèk Zanmann oswa Grap  
MyèlAny Brand Bran Flakes \*  
Tout Mak Flokon Son (Bran Flakes) \*Any Brand Oat Squares \*  
Tout Mak Flokon Avwàn \*

**WHOLE GRAINS**  
**GRENN KONPLÈ**



# WHOLE WHEAT BREAD PRODUCTS

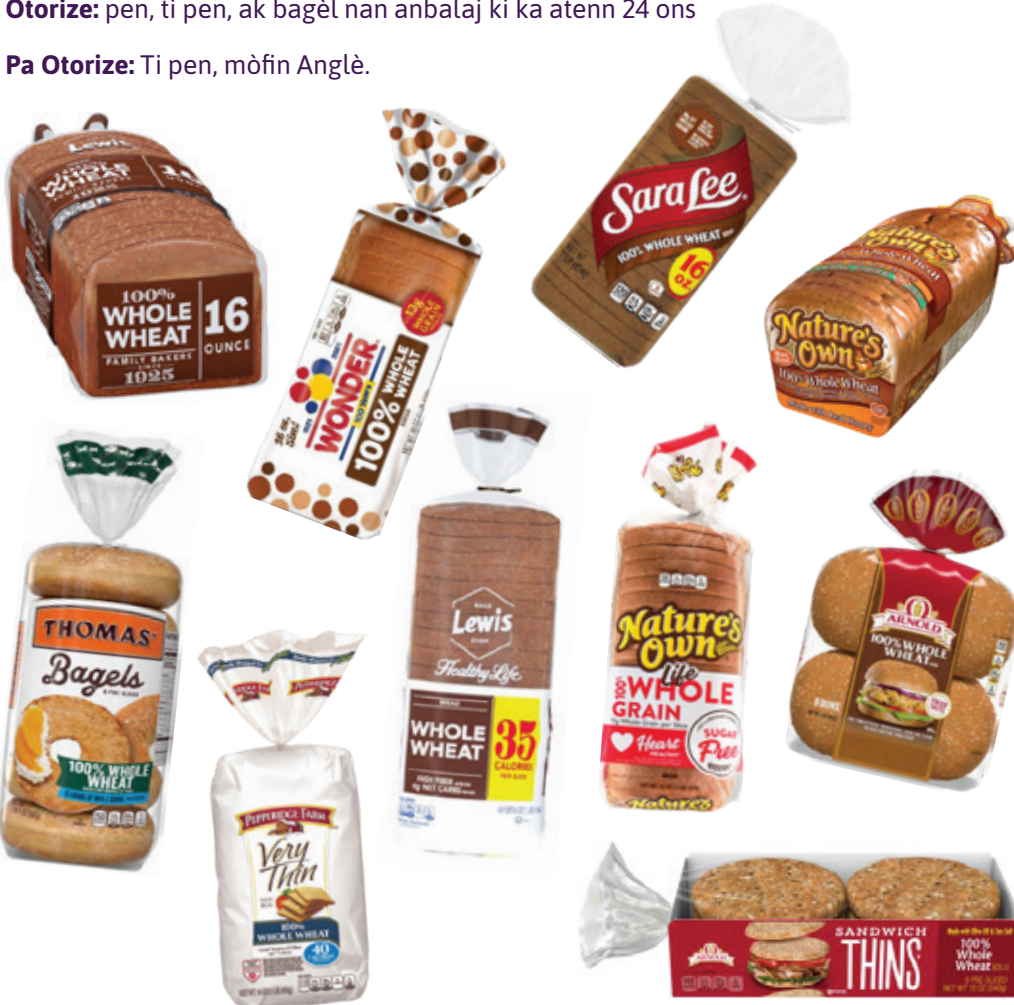
**Allowed:** Up to 24 oz package size bread, buns, and bagels

**Not Allowed:** Rolls, English muffins.

## PWODWI KI FÈT AK PEN BLE KONPLÈ

**Otorize:** pen, ti pen, ak bagèl nan anbalaj ki ka atenn 24 ons

**Pa Otorize:** Ti pen, mòfin Anglè.



### Brands/Mak yo:

- Thomas
- Pepperidge Farm
- Sara Lee
- Nature's Own
- Wonder Bread
- Healthy Life
- Lewis
- Arnold

### • 100% whole wheat breads from/100% pen ble konplè ki soti nan:

- Essential Everyday
- Food Lion
- IGA
- Kroger
- Harris Teeter
- Our Family
- Grissom's Mill
- Home Pride
- Lowes Foods
- Shoppers Value
- Market Pantry
- Private Selection

# TORTILLAS

★ *Corn and whole wheat*

**Allowed:** Up to 24 oz package size

**Not Allowed:** White or flour tortillas, organic.

# TÒTIYA

★ *Mayi ak ble konplè*

**Otorize:** Gwosè anbalaj jiska 24 ons

**Pa Otorize:** Tòtiya blan oswa ble, òganik.



## Brands/Mak yo:

### • Mission

- 100% Whole Wheat
- Small fajita
- Soft taco
- Yellow Corn
- Extra thin

### • La Banderita

- Whole Wheat
- Fajita
- Soft taco
- Corn Tortillas
- Corn (grande)

### • Celia's

- Whole Wheat
- Corn (white and yellow)

### • Mi Casa Whole Wheat

### • Ortega Whole Wheat

### • La Burrita Corn Tortillas

### • Don Pancho

- Whole Wheat
- White Corn

### • Chi-Chi's

- Whole Wheat
- Fajita Style
- White Corn Taco Style

### • Whole wheat tortillas from/ Tòtiya ki soti nan:

- Essential Everyday
- Food Lion
- Food Club
- Great Value
- Hy-Top
- IGA
- Kroger
- Lowes Foods
- Our Family
- Tio Santi.
- Shoppers Value

## WHOLE WHEAT PASTA

**Allowed:** Up to 24 oz package sizes of 100% whole grain pasta

**Not Allowed:** organic, flavored.

## PAT BLE KONPLÈ

**Otorize:** Anbalaj pat 100% konplè ki ka kenbe jiska 24 ons

**Pa Otorize:** òganik, ak savè.



### Brands/Mak yo:

- **Barilla**
  - Whole Grain
- **Hodgson Mill**
  - Whole Wheat
- **Ronzoni**
  - Healthy Harvest

### • Whole wheat pastas from/Pat ble konplè ki soti nan:

- Kroger
- Lowes
- HT Trader
- ShurFine or Piggly Wiggly
- Great Value

- Essential Everyday
- Our Family
- Food Lion
- Food Club

## WHOLE GRAINS

**Allowed:** any brand, up to 24 oz package size

- Long grain regular-cooking
- Instant
- Boil-in-bag
- Brown rice
- Wild rice
- Red Rice
- Quinoa

**Not Allowed:** White rice, organic.

## GRENN KONPLÈ

**Otorize:** tout mak, jiska 24 ons pou chak anbalaj

- Grenn long ki kwit yon fason regilye
- Enstantane
- kwit nan sachè
- Diri Jòn
- Diri sovaj
- Diri Wouj
- Quinoa

**Pa Otorize:** Diri blan, òganik.



**100% JUICE**  
**100% JI**



## JUICE

**Allowed:** 64 oz plastic containers of 100% juice (no added sugars)

- Single fruit and/or vegetable or juice blends (i.e. orange, apple, pineapple, tomato, cran-apple, cran-grape, apple mango)
- Vegetable juice may be regular or low- sodium
- Labeled at least 80% Vitamin C
- Pasteurized
- Calcium fortified
- From concentrate

**Not Allowed:** Fruit “drinks,” “infant” or “baby” juice, juice “cocktails,” glass bottles, organic juice, added sugars, sports drinks (e.g. Gatorade, Powerade).

## Ji

**Otorize:** Boutèy an plastik 64 ons ki gen 100% ji (ki pa gen sik yo ajoute)

- Fwi ak/oswa legim senp oswa melanj ji (sa vle di, zoranj, pòm, anana, tomat, kàn bèj-pòm, kàn bèj-rezen, pòm mang)
- Ji Legim kapab regilye oswa fèb an sodyòm
- Ki gen etikèt omwen 80% Vitamin C
- Pasterize
- Fòtifye ak kalsyòm
- Apati konsantre

**Pa Otorize:** Fwi “bwason,” ji “nourison” oswa “tibebe,” ji “kòktèl,” boutèy kristal, ji òganik, sik ajoute, bwason enèji (tankou Gatorade, Powerade).



All juices must be 100 percent juice (no added sugars), contain at least 80 percent Vitamin C (72 milligrams), and can be calcium fortified.

Tout ji yo dwe 100 pousan ji (ki pa gen sik yo ajoute), dwe genyen omwen 80 pousan Vitamin C (72 miligram), epi ka fòtifye ak kalsyòm.



**Brands/Mak yo:**

- Apple
- Naturally Cranberry
- Cranberry Raspberry
- Cherries and Berries
- Pòm
- Kanbèj Natirèl
- Kàn bèj Franbwaz
- Seriz ak Bè
- Cranberry Pomegranate
- Cranberry Apple
- Cranberry Grape
- Mango Strawberry
- Kàn bèj Grenad
- Kàn bèj Pòm
- Kàn bèj Rezen
- Mango Frèz
- Cranberry Juice
- Sesame Street (Apple, Berry, Punch & White Grape)
- Ji Kàn bèj
- Sesame Street (Pòm, Bè, Ponch & Rezen Blan)



- Tomato
- Low sodium tomato
- Tomat
- Tomat ki pa gen anpil sodyòm



- Apple
- Red Grape
- White Grape
- Grape
- Pineapple
- Ruby Red Grapefruit
- Pòm
- Rezen Wouj
- Rezen Blan
- Rezen
- Anana
- Chadèk Wouj Ribì
- Vegetable
- Tomato
- Apple Orange Pineapple
- Pineapple Orange
- Low Sodium Vegetable
- Apple Cranberry
- Legim
- Tomat
- Pòm Zoranj Anana
- Anana Zoranj
- Legim ki Pa Gen Anpil Sodyòm
- Pòm ak Kàn bèj
- Apple Grape
- Apple Berry Cherry
- Apple Kiwi Strawberry
- Orange
- Apple Peach Mango
- Cranberry Plus
- Pòm Rezen
- Pòm Bè Seriz
- Pòm Kiwi Frèz
- Zoranj
- Pòm Pwa (Peach) Mango
- Kàn bèj Plis



- Pineapple
- Anana



- All 100% Juices
- Tout 100% Ji



- Apple
- White Grape
- Apple Cherry
- Pòm
- Rezen Blan
- Pòm Seriz

- Apple Mango
- Fruit Punch
- Pineapple Passion Fruit
- Pòm Mang
- Ponch Fwi
- Anana ak Fwi Pasyon

- Strawberry Kiwi
- Frèz Kiwi



- All 100% Cranberry blends
- Tout melanj Kànbèj 100%



- Apple, Concord Grape
- Cranberry
- Cranberry Blackberry
- Cranberry
- Cherry
- Pòm, Rezen Konkòd
- Kànbèj
- Kànbèj Mi
- Kànbèj
- Seriz

- Cranberry Concord Grape
- Cranberry Elderberry
- Cranberry Mango
- Cranberry Pineapple
- Kànbèj Rezen Konkòd
- Kànbèj Siwo
- Kànbèj Mango
- Kànbèj Anana
- Kànbèj Grenad

- Cranberry Pomegranate
- Cranberry
- Raspberry
- Cranberry Watermelon
- Kànbèj
- Franbwaz
- Kànbèj Melon



- All 100% Juice flavors with green lids
- Tout Savè Ji 100% ak kouvèti vèt



- Apple
- Pòm



- Apple
- White Grape
- Pòm
- Rezen Blan

- Pineapple
- Grape
- Anana
- Rezen

- Orange
- Grapefruit
- Zoranj
- Chadèk



- Apple
- Apple Grape
- Pòm
- Pòm Rezen



- Original Vegetable
- Legim Orijinal

- Low Sodium Vegetable
- Legim ki Pa Gen Anpil Sodyòm

- Spicy Hot
- Epise ak Piman



- Grape
- Red Grape
- White Grape
- Tropical Trio
- Super Berry
- Rezen
- Rezen Wouj
- Rezen Blan
- Tropical Trio
- Bè ki bon anpil



- Apple
- Pòm

**ANY  
BRAND  
TOUT  
MAK**

- Grapefruit
- Pink Grapefruit
- Orange
- Chadèk
- Chadèk Woz
- Zoranj

- Black Cherry
- 100% Concord Grape with Fiber
- 100% Concord Grape with Calcium

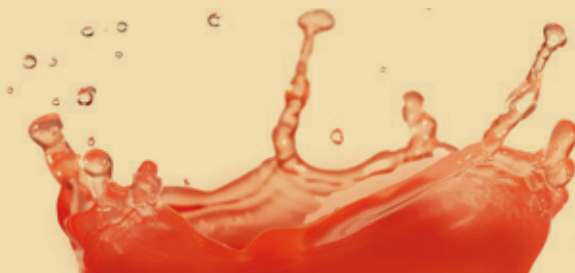
- Seriz Nwa
- 100% Rezen Konkòd ak Fib
- 100% Rezen Konkòd ak Kalsyòm

- White Grape Cherry
- White Grape Peach
- Orange Pineapple Apple

- Rezen Blan Seriz
- Rezen Blan Pwa (Peach)
- Zoranj Anana Pòm

**Allowed Store Brands for Apple, Grape, Pineapple, Tomato, Vegetable, or White Grape Juice/Mak Magazen ki Otorize pou Pòm, Rezen, Tomat, Legim, oswa Ji Rezen Blan:**

- |                      |                    |
|----------------------|--------------------|
| • Essential Everyday | • Food Lion        |
| • Great Value        | • Food Club        |
| • Harris Teeter      | • Our Family       |
| • IGA                | • Tipton Grove     |
| • Kroger             | • Southern Home    |
| • SE Grocers         | • Freedom's Choice |
| • HyTop              | • Market Pantry    |





***FRUITS AND VEGETABLES***  
***FWI AK LEGIM***

## WHAT'S IN SEASON NOW?

| <b>SPRING</b><br><i>Mar, Apr, May</i> | <b>SUMMER</b><br><i>Jun, Jul, Aug</i> | <b>FALL</b><br><i>Sep, Oct, Nov</i> | <b>WINTER</b><br><i>Dec, Jan, Feb</i> |
|---------------------------------------|---------------------------------------|-------------------------------------|---------------------------------------|
| Apples                                | Cherries                              | Grapes                              | Avocados                              |
| Collard Greens                        | Mangos                                | Bell Peppers                        | Kiwifruit                             |
| Onions                                | Bananas                               | Cauliflower                         | Swiss Chard                           |
| Apricots                              | Carrots                               | Turnips                             | Pineapples                            |
| Garlic                                | Celery                                | Winter Squash                       | Pears                                 |
| Peas                                  | Eggplant                              | Sweet Potatoes                      | Collard Greens                        |
| Asparagus                             | Raspberries                           | Kale                                | Cabbage                               |
| Broccoli                              | Tomatoes                              |                                     | Rutabagas                             |
|                                       | Zucchini                              |                                     |                                       |

## KISA KI NAN SEZON AN KOUNYE A?

| <b>PRENTAN</b><br><i>Mas, Avril, Me</i> | <b>ETE</b><br><i>Jen, Jiyè, Out</i> | <b>OTÒN</b><br><i>Sept, Okt, Nov</i> | <b>IVÈ</b><br><i>Des, Jan, Fev</i> |
|-----------------------------------------|-------------------------------------|--------------------------------------|------------------------------------|
| Pòm yo                                  | Seriz yo                            | Rezen yo                             | Zaboka                             |
| Chou Vèt                                | Mango                               | Pwavron                              | Kiwi                               |
| Zonyon                                  | Fig                                 | Chouflè                              | Bèt (Swiss Chard)                  |
| Abriko                                  | Kawòt                               | Navèt                                | Anana yo                           |
| Lay                                     | Seleri                              | Kouj Ivè                             | Pwa (Pears)                        |
| Pwa (Peas)                              | Berejèn                             | Patat Dous                           | Chou Vèt                           |
| Aspèj                                   | Franbwaz yo                         | Kale                                 | Chou                               |
| Bwokoli                                 | Tomat yo                            |                                      | Rutabagas                          |
|                                         | Koujèt                              |                                      |                                    |



Visit [snaped.fns.usda.gov/seasonal-produce-guide](https://snaped.fns.usda.gov/seasonal-produce-guide) to learn more information about seasonal produce.

Vizite [snaped.fns.usda.gov/seasonal-produce-guide](https://snaped.fns.usda.gov/seasonal-produce-guide) pou aprann plis enfòmasyon sou pwodwi sezonye yo.



## APPROVED

### Fruits with no added sugar, fats, oils or salt:

- fresh fruit
- frozen fruit
- fruit, juice-packed or water-packed in cans, glass or plastic containers
- pre-cut, diced or sliced fruit
- single serving packets
- organic fruits
- fruit pouches

### Vegetables with no added sugar, fats, oils:

- fresh vegetables
- frozen mature legumes (beans, peas or lentils)
- frozen vegetables
- low-sodium vegetables
- pre-cut diced, sliced or shredded vegetables
- canned tomato sauce or canned tomato paste
- single serving packets
- vegetables in cans, glass, or plastic containers
- organic vegetables
- vegetable pouches
- Fresh herbs, cut at the root or with the root intact

## NOT APPROVED

- breaded vegetables
- ketchup or other condiments
- dried fruits
- dried vegetables
- dry or canned mature legumes (beans, peas or lentils)  
**Obtained when on eWIC card (Legumes)—not allowed with cash-value vouchers/benefits**
- fruit and/or vegetable juices  
**Obtained when juice is on eWIC card—not allowed with cash-value vouchers/benefits**
- fruit baskets
- fruit leathers and fruit roll-ups
- fruit or vegetable items on party trays
- fruit or vegetable items on salad bars
- fruits or vegetables mixed with sauces or foods other than other fruits and vegetables, fruits or vegetables with added corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and/or maple syrup
- fruit packed in cans, glass or plastic containers with artificial sweeteners
- dried herbs used for flavoring
- infant fruits and vegetables
- ornamental and decorative fruits and vegetables
- pickled vegetables, olives
- soups
- salsa

## APWOUVE

### Fwi san okenn sik ajoute, grès, lwil oswa sèl:

- fwi ki fre
- fwi ki konjele
- fwi, ji fwi oswa dlo nan konsè, nan veso an kristal oswa an plastik
- fwi ki dekoupe alavans, nan fòm de (diced) oswa an tranch
- pake pou sèvi yon sèl fwa
- fwi òganik
- sachè fwi

### Legim san okenn sik ajoute, grès, lwil:

- legim fre
- legim mi ki fè glas (pwa, ariko oswa lantiy)
- legim ki konjele
- legim ki pa gen anpil sodyòm
- legim ki dekoupe alavans, nan fòm de (diced) oswa rape
- sòs tomat ki nan konsè oswa pat tomat ki nan konsè
- pake pou sèvi yon sèl fwa
- legim nan konsè, veso an kristal, oswa veso plastik
- legim òganik
- sachè legim
- Epis fre, ki koupe nan rasin oswa avèk tout rasin nan

## PA APWOUVE

- legim pane
- ketchòp ak lòt kondiman
- fwi seche
- legim seche
- legim mi seche oswa nan konsè (pwa, ariko oswa lantiy) **Yo jwenn avèk kat eWIC a (Legim)—pa otorize ak kupon/avantaj an espès**
- fwi ak/oswa ji legim **Yo jwenn lè ji a sou kat eWIC a—pa otorize ak kupon/avanyaj an espès**
- panye fwi
- fèy fwi ak woulo fwi
- fwi oswa pwodwi vejetal sou plato fèt
- fwi oswa pwodwi vejetal sou ba salad
- fwi oswa legim ki melanje ak sòs oswa manje ki diferan de fwi ak legim, fwi oswa legim ki gen siwo mayi ki ajoute, siwo mayi ki gen anpil friktoz, maltoz, dekstwoz, sakawoz, myèl, ak/oswa siwo derab
- fwi ki anbale nan konsè, veso an kristal oswa an plastik ki gen edilkoloran atifisyèl
- plant seche yo itilize pou bay gou
- fwi ak legim pou nourison
- fwi ak legim pou atraksyon ak dekorasyon
- legim marine, oliv
- soup
- sòs

## HELPFUL HINTS

If you choose fresh vegetables or fruits priced by the pound, complete the following steps:

1. Choose your fruits and/or vegetables.
2. Place the items on the grocery scale.
3. Weigh your fresh fruits and vegetables, and calculate the cost.
4. Round the weight up to the nearest pound or half pound.
5. Estimate the cost of the item based on the weight.
6. If you buy more than what your cash-value benefit is for, you can pay the extra with another form of payment.
7. If you buy less than the amount on the cash-value benefits, no change will be given.

## KONSÈY KI ITIL

Si ou chwazi legim ak fwi fre yo vann pa liv, ranpli etap ki vin aprè yo:

1. Chwazi fwi ak/oswa legim ou yo.
2. Mete pwodwi yo nan balans pou manje a.
3. Peze fwi ak legim fre ou yo, epi kalkile pri a.
4. Awondi pwa a jiska liv oswa demi liv ki pi rapwoche a.
5. Fè estimasyon pri pwodwi a selon pwa a.
6. Si ou achte plis pase sa valè espès ou an ye a, ou ka peye rès la ak yon lòt fòm pèman.
7. Si ou achte mwens pase montan avantaj espès la, yo p ap bay monnen.

### Example:

Apples are \$1.50 per pound. Your apples weigh two pounds on the scale. You will spend \$3.00 on apples because  $2 \times \$1.50 = \$3.00$ .



### Egzanp:

Pòm yo se \$1.50 pou chak liv. Pòm ou yo peze de liv sou balans lan. Ou ap depanse \$3.00 pou pòm yo paske  $2 \times \$1.50 = \$3.00$ .

## WIC FRAUD AND ABUSE

The South Carolina WIC program is intended for families in need of nutritional education and support. WIC foods and formula are to be used for the WIC participant only and cannot be sold, given away, traded, or donated. Unused WIC foods and formula should be returned to the local WIC site. Fraud and abuse take resources away from those who need them most.

### **Examples of fraud and abuse include participants who:**

- Sell, give away, trade, or donate WIC benefits.
- Sell, give away, trade, or donate formula or foods purchased with WIC benefits (including selling, giving away, trading or donating formula and/or foods through online sites such as Facebook, Craigslist, etc.)
- Do not tell the truth about income, current address, family size or pregnancy when applying for WIC.
- Intentionally obtain WIC benefits from more than one WIC site or another state at the same time
- Redeem WIC benefits after a change in custody.

### **In cases of fraud and/or abuse, you and your entire family may be:**

- Disqualified from the WIC program.
- Required to repay the value of the foods, baby formula or breast pump issued to you.
- Prosecuted under state and federal laws.

The South Carolina WIC program has a zero-tolerance policy for abusive behavior toward WIC staff, vendors, and farmers. You may be suspended from the WIC program if you verbally abuse, harass, threaten, or physically harm WIC staff, vendors, or farmers.

## FWOD AK ABI WIC

Pwogram WIC Kawolin Disid la fèt pou fanmi ki gen bezwen pou edikasyon ak sipò nitritif. Manje ak lèt WIC pou timoun yo dwe itilize pou patisipan WIC a sèlman epi yo pa ka vann yo, fè kado, echanje, oswa bay yo kòm don. Manje ak lèt anfantil WIC ki pa itilize yo dwe retounen nan sit lokal WIC a. Fwod ak abi anpeche moun ki plis bezwen resous yo resevwa resous yo.

### **Egzanp fwod ak abi yo gen ladan patisipan ki:**

- Vann, distribye, fè echanj, oswa fè don avantaj WIC yo.
- Vann, distribye, fè echanj, oswa fè don lèt anfantil oswa manje yo achte ak avantaj WIC yo (ki gen ladan vann, distribye, fè echanj oswa bay lèt anfantil ak/oswa manje kòm kado atravè sit entènèt tankou Facebook, Craigslist, elatriye.)
- Pa bay laverite sou revni, adrès aktyèl, kantite moun ki nan fanmi an oswa gwosès lè y ap aplike pou WIC.
- Entansyonèlman resevwa avantaj WIC nan plis pase yon sit WIC oswa nan yon lòt eta an menm tan
- Reklame avantaj WIC yo apre yon chanjman gad.

### **Nan kad fwod ak/oswa abi, ou menm ak tout fanmi w kapab:**

- Diskalifye nan pwogram WIC a.
- Oblije tounen peye valè manje yo, lèt anfantil pou tibebe yo oswa ponp pou lèt yo te ba w.
- Pouswiv ou selon lwa eta ak lwa federal yo.

Pwogram WIC Kawolin Disid la genyen yon politik zewo tolerans pou konpòtman abizif sou manm pèsònèl WIC a, founisè, ak travayè agrikòl yo. Yo kapab retire w nan pwogram WIC a si ou vèbalman abize, asele, menase, oswa fizikman blese pèsònèl, founisè, ak travayè agrikòl WIC yo.

To make a  
**WIC**  
**APPOINTMENT,**  
please call:

**1-855-472-3432**

Pou pran yon  
**RANDEVOU**  
**WIC,**  
tanpri rele:

**1-855-472-3432**

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If you have any questions or experience  
problems redeeming benefits, please  
call Customer Service at:

**1-855-279-0679**

If you are having any issues with the  
registers or system errors while using  
your eWIC card at the grocery stores,  
please call our Vendor Hotline:

**1-800-922-4406**

The Vendor Hotline is available  
Monday–Friday from 8:30 am to 5:00 pm  
(excluding weekends and holidays).

Si ou gen nenpòt kesyon oswa ou gen  
yon pwoblèm pou reklame avantaj yo,  
tanpri rele Sèvis Kliyantèl la nan:

**1-855-279-0679**

Si ou genyen nenpòt pwoblèm ak kès  
yo oswa erè nan sistèm nan pandan w  
ap itilize kat eWIC ou a nan magazen  
alimantè yo, tanpri rele Liy Asistans  
Founisè nou an:

**1-800-922-4406**

Lis Asistans Founisè yo disponib  
Lendi–Vandredi apati 8:30 am rive 5:00 pm  
(wikenn ak jou ferye pa ladan).



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To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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An akò ak lwa federal sou dwa sivil yo ak règleman epi politik Ministè Ameriken Agrikilti (U.S. Department of Agriculture, USDA) nan kad dwa sivil, USDA, ajans li yo, biwo, anplwaye ak enstitisyon ki ap patisipe oswa administre pwogram USDA yo pa ka fè okenn diskriminasyon ki baze sou ras, koulè, orijin nasyonal, relijyon, sèks, andikap, laj, eta sivil, sitiyaasyon famiyal/parantal, revni ki soti nan yon pwogram èd piblik, konviksyon politik, oswa reprezay pou yon aktivite pase nan kad dwa sivil, nan tout pwogram oswa aktivite USDA mennen oswa finanse (tout baz yo pa aplike nan tout pwogram yo). Rekou ak delè depo plent yo varye selon pwogram nan oswa ensidan an.

Moun ki gen andikap ki bezwen lòt mwayen komunikasyon pou jwenn enfòmasyon sou pwogram nan (tankou: Bray, gwo lèt, kasèt odyo, Lang Siy Ameriken, elatriye.), ta dwe kontakte Ajans Eta a oswa lokal ki responsab administre pwogram nan oswa kontakte USDA atravè Sèvis Federal Relè an nan 711 (mesaj vokal ak TTY). An plis, enfòmasyon sou pwogram nan gen dwa disponib nan lòt lang ki pa anglè.

Pou depoze yon plent pou diskriminasyon nan kad yon pwogram, ranpli Fòmilè Plent pou Diskriminasyon nan kad yon Pwogram USDA, AD-3027, disponib sou entènèt nan ribrik Kòman pou Depoze yon Plent pou Diskriminasyon nan kad yon Pwogram ak nan tout biwo USDA yo, oswa ekri yon lèt pou USDA pandan w ap bay tout enfòmasyon yo mande nan fòmilè a. Pou mande yon kopi fòmilè plent la, rele (866) 632-9992. Voye fòmilè ki ranpli oswa lèt ou a bay USDA atravè: (1) lapòs: Depatman Agrikilti Etazini, Biwo Sekretè Adjwen pou Dwa Sivil, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) faks: (202) 690-7442; oswa (3) imèl: [program.intake@usda.gov](mailto:program.intake@usda.gov).

USDA se yon founisè, yon anplwayè ak yon pretè ki ofri egalite chans a tout moun.



*[dph.sc.gov/wic](https://dph.sc.gov/wic)*