

**South Carolina
Women, Infants & Children**

FOOD GUIDE



OCTOBER 1, 2026 - SEPTEMBER 30, 2027

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



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*Every store may not carry all
WIC-approved foods.*

GUIDE TO 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.

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.



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.



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**.

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**

**WICHEALTH.ORG ONLINE
WIC EDUCATION**





Scan this QR code to
visit wichealth.org



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.

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.

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 it's recommended so you can 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!

APPROVED FOODS





INFANT FOODS

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

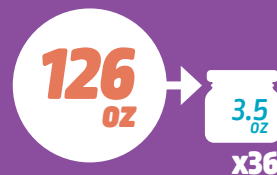
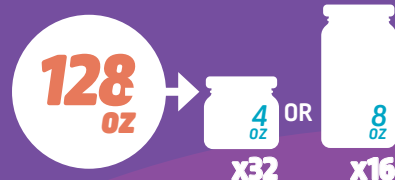
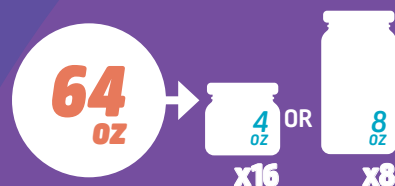


Brands:

- Beech-Nut
- Beech-Nut Naturals
- Beech-Nut Organics
- Comforts
- Earth's Best
- Gerber
- Gerber Natural for Baby
- Gerber Organic for Baby
- Good & Gather
- 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:



3.5 oz containers are available. MAXIMIZE your food benefits.



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

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

INFANT CEREAL

★ *Infants 6 months and older*

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

- Organic
- Rice
- Multigrain
- Baby Grits
- Oatmeal

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



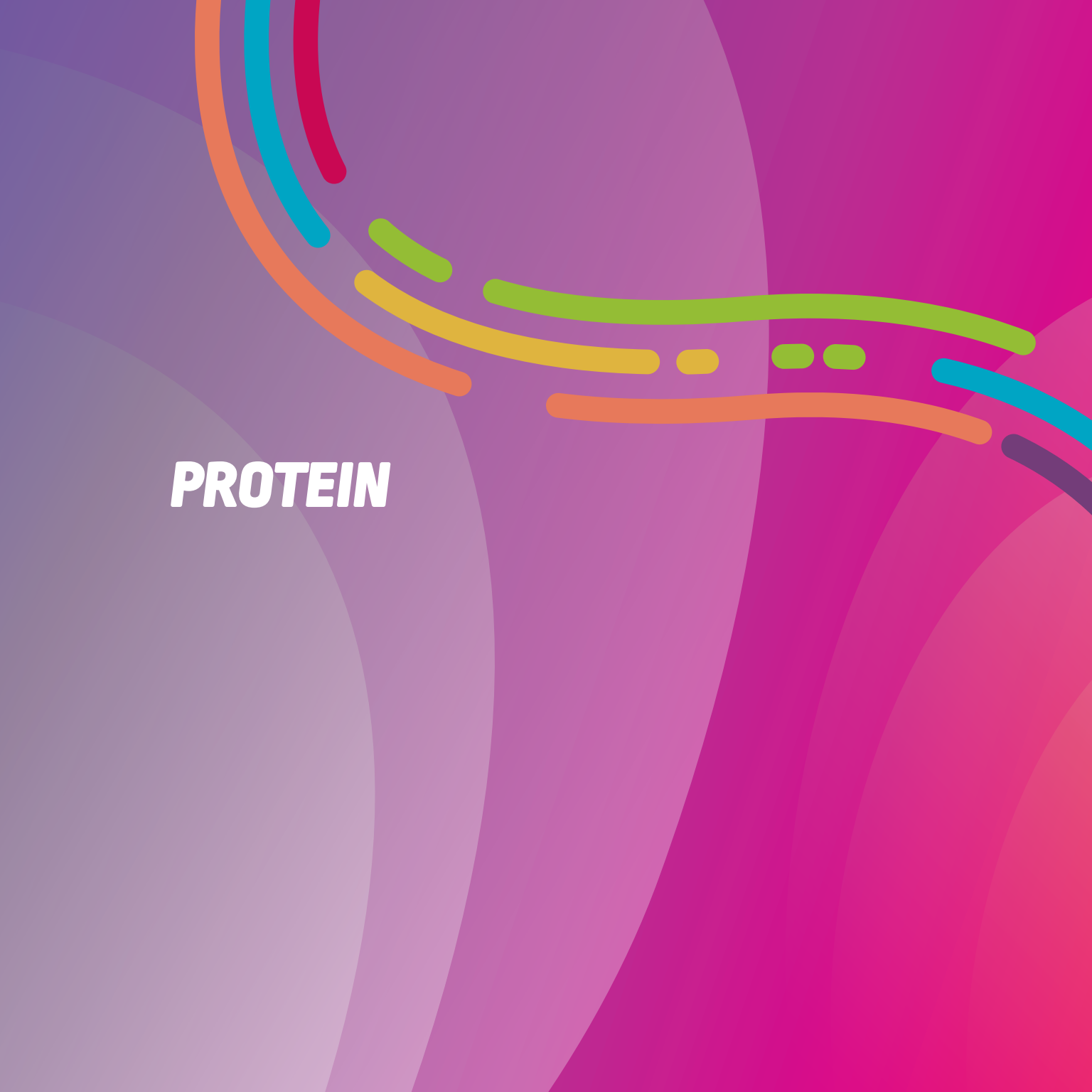
Brands

- Gerber
- Earth's Best



FORMULA

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



PROTEIN



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.



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.

PEANUT BUTTER

Allowed: Any brand 16 oz or 18 oz container

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

Not Allowed:

Peanut butter spread or with added omega-3, jelly, honey, organic





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

BEANS, PEAS, LENTILS

Dried:

Allowed: 1 lb. container

- Black Beans
- Black-eyed peas
- Garbanzo beans
- Lima beans
- 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
- Unflavored
- Regular or low sodium
- Single variety

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



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

1 bag



DAIRY PRODUCTS

MILK

Allowed: Lowest cost or store brand only of cow's milk, pasteurized or ultra pasteurized in gallon, half-gallon, or quart containers.

- 1% Lowfat (light)
- Nonfat (fat free, skim)

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

- Whole milk
- 2% Reduced fat milk
- Lactose-free milk (half-gallon)
- Powdered dry milk
- Ultra high temperature milk (UHT)

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



Available
in half-
gallon

PLANT-BASED MILK

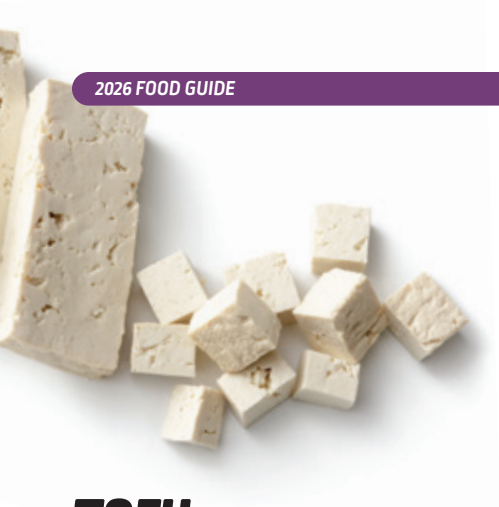
Allowed: Half gallon or quart size containers

Not Allowed: Other flavors, organic.



Brands:

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



TOFU

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

Brands:

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



NOT ALLOWED

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

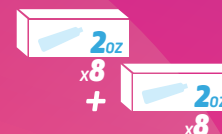
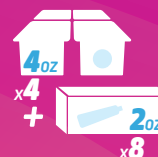
Not Allowed: Honey and similar ingredients, drinkable yogurts; mix-ins such as granola, candy, sprinkles, nuts, etc.

Brands:

- | | | |
|----------------------|---------------------------|---------------------------|
| • Activia | • Food Club | • Oikos Triple Zero |
| • Activia ProActive | • Food Lion | • Our Family |
| • Best Choice | • Good & Gather | • SE Grocers |
| • Best Yet | • Great Value | • Stonyfield Organic |
| • Brown Cow | • Harris Teeter | • Two Good |
| • Chobani | • Kroger | • Wallaby Organic |
| • Dannon | • LALA | • Yoplait |
| • Dannon Light & Fit | • Lowes Foods | • Yoplait Kid |
| • Danonino | • Mountain High | • Yoplait Go-Gurt Protein |
| • Essential Everyday | • Natures Promise Organic | • Yoplait Go-Gurt Simply |
| | • Oikos | |



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



Depending on the ounces selected, the full benefit amount may not be redeemed."

BREAKFAST CEREALS



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.



Sin gluten

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



Ways to Maximize 36 oz. of Cereal

Ounces Allowed:

Up to 36 oz. You may combine 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.

9
oz

x4

12
oz

x3

18
oz

x2

19
oz

16
oz

24
oz

12
oz

36
oz

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 *



Fiber One Honey Clusters *



Mott's Very Berry *

Mott's Apple Cinnamon *



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 Roasted

Honey Bunches of Oats with Almonds

Honey Bunches of Oats with Vanilla Bunches

Honey Bunches of Oats, with Maple & Pecans

Honey Bunches of Oats, with Cinnamon Bunches

Honey 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

Any Brand Corn Flakes

Any Brand Frosted or Unfrosted
Shredded Wheat *

Any Brand Tostitos *

Any Brand Toasted Oats *

Any Brand Oats & More with
Almonds or
Honey Cluster

Any Brand Bran Flakes *

Any Brand Oat Squares *



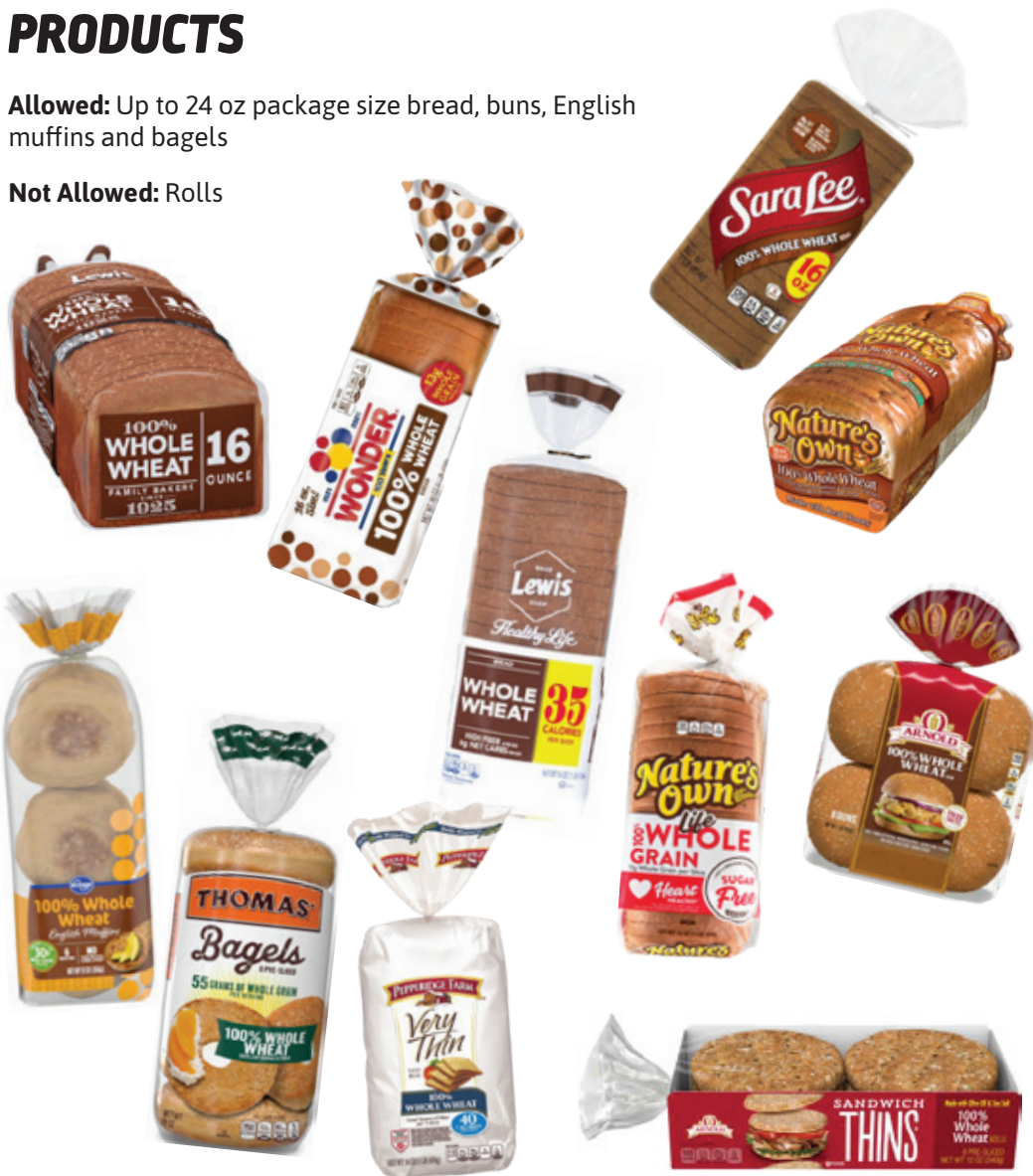


WHOLE GRAINS

WHOLE WHEAT BREAD PRODUCTS

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

Not Allowed: Rolls



Brands:

- Thomas
- Pepperidge Farm
- Sara Lee
- Nature's Own
- Wonder Bread
- Healthy Life
- Lewis
- Arnold
- **100% whole wheat breads from:**
 - 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.



Brands:

- **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:**
 - 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.



Brands

- | | | | |
|---|--|--|--|
| <ul style="list-style-type: none"> • Barilla <ul style="list-style-type: none"> • Whole Grain • Hodgson Mill <ul style="list-style-type: none"> • Whole Wheat | <ul style="list-style-type: none"> • Ronzoni <ul style="list-style-type: none"> • Healthy Harvest • Whole wheat pastas from: <ul style="list-style-type: none"> • Kroger | <ul style="list-style-type: none"> • Lowes • HT Trader • ShurFine or Piggly Wiggly • Great Value | <ul style="list-style-type: none"> • Essential Everyday • Our Family • Food Lion • Food Club |
|---|--|--|--|

WHOLE GRAINS

Allowed: any brand, up to 24 oz package size

- | | |
|-------------------|-------------|
| • Regular-cooking | • Wild rice |
| • Instant | • Red Rice |
| • Quick | • Quinoa |
| • Boil-in-bag | • Oats |
| • Brown rice | • Bulgur |

Not Allowed: White rice, organic.





100% JUICE

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).

Brands :



- Apple
- Naturally Cranberry
- Cranberry Raspberry
- Cherries and Berries
- Cranberry Pomegranate
- Cranberry Apple
- Cranberry Grape
- Mango Strawberry
- Cranberry Juice
- Sesame Street (Apple, Berry, Punch & White Grape)



- Tomato
- Low sodium tomato



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





- Apple
- Red Grape
- White Grape
- Grape
- Pineapple
- Ruby Red Grapefruit
- Vegetable
- Tomato
- Apple Orange Pineapple
- Pineapple Orange
- Low Sodium Vegetable
- Apple Cranberry
- Apple Grape
- Apple Berry Cherry
- Apple Kiwi Strawberry
- Orange
- Apple Peach Mango
- Cranberry Plus



- Pineapple



- All 100% Juices



- Apple
- White Grape
- Apple Mango
- Fruit Punch
- Pineapple Passion Fruit
- Strawberry Kiwi
- Strawberry Peach



- All 100% Cranberry blends



- Apple, Concord Grape
- Cranberry
- Cranberry Blackberry
- Cranberry
- Cherry
- Cranberry Concord Grape
- Cranberry Elderberry
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry
- Raspberry
- Cranberry Watermelon



- All 100% Juice flavors with green lids



- Apple
- White Grape
- Pineapple
- Grape
- Orange
- Grapefruit



- Apple



- Apple
- Apple Grape



- Original Vegetable
- Low Sodium Vegetable
- Spicy Hot



- Grape
- Red Grape
- White Grape
- Tropical Trio
- Super Berry
- Black Cherry
- 100% Concord Grape with Fiber
- 100% Concord Grape with Calcium
- White Grape Cherry
- White Grape Peach
- Orange Pineapple Apple



- Apple

ANY BRAND

- Grapefruit
- Pink Grapefruit
- Orange

Allowed Store Brands for Apple, Grape, Pineapple, Tomato, Vegetable, or White Grape Juice:

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

FRUITS AND VEGETABLES



WHAT'S IN SEASON NOW?

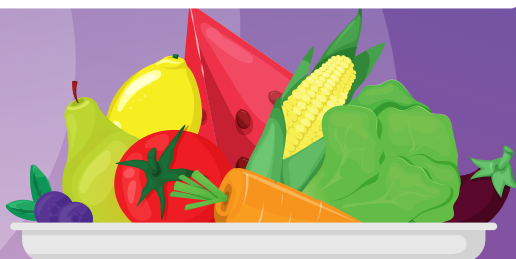
SPRING <i>Mar, Apr, May</i>	SUMMER <i>Jun, Jul, Aug</i>	FALL <i>Sep, Oct, Nov</i>	WINTER <i>Dec, Jan, Feb</i>
Apples	Cherries	Grapes	Avocados
Collard Greens	Mangos	Bell Peppers	Kiwifruit
Onions	Bananas	Cauliflower	Swiss Chard
Apricots	Carrots	Turnips	Pineapples
Garlic	Celery	Winter Squash	Pears
Peas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



Visit
snaped.fns.usda.gov/seasonal-produce-guide
 to learn more information about
 seasonal produce.

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 .



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.

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

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.
- Sell, give away, donate, or fail to return loaner breast pumps.

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.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

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.

USDA is an equal opportunity provider, employer, and lender.

Notes

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To make a **WIC APPOINTMENT**, please call:
1-855-472-3432

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).





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