

**South Carolina
Women, Infants & Children**

FOOD GUIDE

MWONGOZO WA CHAKULA

**wa South Carolina Women,
Infants & Children**



OKTOBA 1, 2025 - SEPTEMBER 30, 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

KARIBU!

Mpango wa WIC wa South Carolina hutoa mwongozo huu ili kukusaidia kununua vyakula vyako vya WIC. Ndani ya mwongozo huu utapata maelezo kuhusu:

- Maelekezo kuhusu eWIC
- Elimu ya mtandaoni ya WIC
- Vyakula vilivyoidhinishwa na WIC



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Every store may not carry all WIC-approved foods.

Huenda kila duka lisiwe na vyakula vyote vilivyoidhinishwa na WIC.

GUIDE TO eWIC
MWONGOZO WA 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**.



JINSI YA KUTUMIA KADI YAKO YA EWIC

Wezesha kadi ya eWIC na uweke PIN yako.

- Piga simu kwa nambari iliyo nyuma ya kadi yako ya eWIC ili kuiwezesha.
- Weka nambari yako ya kadi yenye tarakimu 16, msimbo wa eneo uliko (zip) na tarehe ya kuzaliwa ya mmiliki mkuu wa kadi.
- Chagua Nambari yako ya Utambulisho (PIN) yenye tarakimu 4).
- Baada ya kuweka PIN yako, kadi yako itakuwa tayari kutumika.

Kufanya ununuzi ukitumia Kadi yako ya eWIC.

- Kagua mafao ya chakula ya WIC ambayo yalipakiwa kwenye kadi yako na utafute ishara ya SC WIC Inakubalika Hapa kabla ya ununuzi.

- Chagua vyakula vyako vya WIC kwa kutumia salio la mafao ya kaya yako na mwongozo huu wa chakula.
- Kuponi na kadi za uaminifu za wateja zinaweza kutumika kupunguza gharama ya vyakula vya WIC.
- Telezesha kadi yako ya eWIC kwanza kabla ya kutumia njia nyingine za malipo na uweke PIN yako yenye tarakimu nne.
- Baada ya muamala huo kukamilika, kagua risiti yako kwa kuwa itaorodhesha vyakula vya WIC ulivyonunua, vyakula vilivyosalia na tarehe ya mwisho ya matumizi ya mafao yako.

Kadi ya eWIC Imepotea, Imebiwa au Kuharibiwa.

- Wape watu unaowaamini pekee kadi na PIN yako ili kuhakikisha kuwa kadi na PIN yako iko salama.
- Piga simu kwa ofisi yako ya WIC kuripoti kadi yako iliyopotea, kuibiwa au kuharibika na upate kadi nyingine ya WIC.
- Mafao yako ya chakula cha WIC yatahamishiwa kwenye kadi mpya.

Changanua msimbo huu wa QR ili kuona Mwongozo wa Kadi ya eWIC ya South Carolina!



Ikiwa una maswali kuhusu kifurushi chako cha chakula cha WIC au ikiwa unahitaji kufanya mabadiliko kwenye vyakula au maziwa ya kopo (formula) ya WIC, piga simu **ofisi ya WIC ya eneo uliopo**.

Ikiwa una matatizo au maswali kuhusu utumiaji wa kadi ya eWIC, piga simu kwa **Huduma kwa Wateja kwa 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.

Vidokezo vya Kukumbuka:

- Mafao ya WIC ya kaya yako yatawekwa kwenye kadi moja ya eWIC katika ofisi yako ya WIC.
- Mafao ya mwezi mmoja, miwili au mitatu yatawekwa kwenye kadi yako ya eWIC.
- Thibitisha manufaa yako ya WIC kila wakati kwa kuangalia kwenye orodha yako ya ununuzi au programu ya WIC kuwa vyakula vinavyofaa viliwekwa kwenye kadi yako. Wasiliana na ofisi yako ya WIC ikiwa una maswali yoyote.
- Usikubali kupewa ahadi ya ununuzi wa chakula hicho baadaye kwa bei ya sasa kwa chakula ambacho hakipo dukani.



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.

Fanya ununuzi kwa busara!

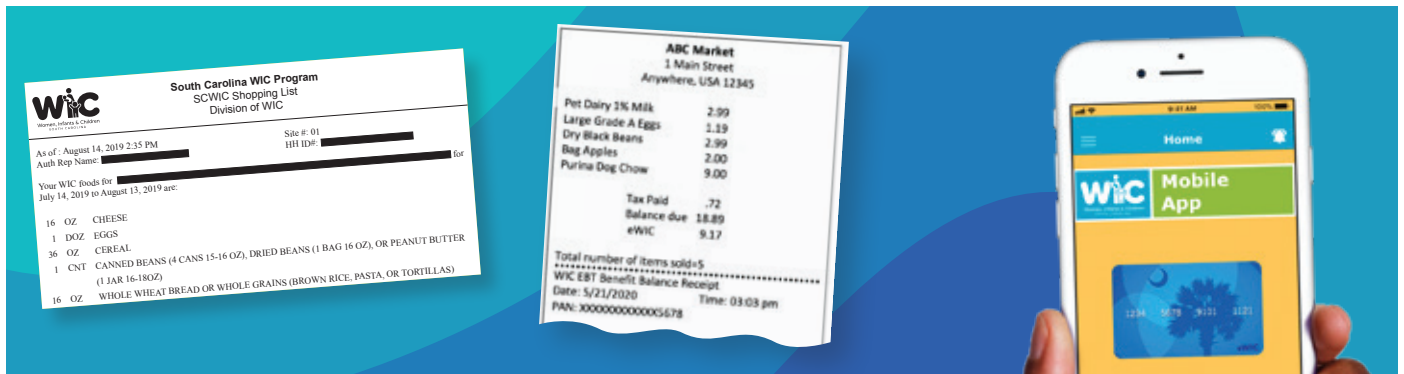
Unaweza kutumia kuponi za vyakula kupunguza gharama ya bidhaa za chakula cha WIC.

Kuna kikomo cha bidhaa ambazo unaweza kununua katika kila muamala wa eWIC. **Maduka madogo yanaweza kukubali bidhaa 32 zilizoidhinishwa na WIC huku maduka makubwa (ya ushirika) yanaweza kukubali hadi bidhaa 50.** Ikiwa unanunua bidhaa zaidi ya vikomo vya bidhaa vilivyoorodheshwa, basi muamala wako sharti ugawanywe katika ununuzi tofauti au muamala wako utakataliwa.

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**

JINSI YA KUANGALIA SALIO LA CHAKULA CHAKO

- Unaponunua vyakula vyako vya WIC, angalia salio lako kila wakati ili kuona **lini, nini na kiasi gani** vyakula vinapatikana kwa ajili ya kununuliwa.
- Kutakuwa na tarehe ya kuanza na tarehe ya mwisho ya kununua vyakula kila mwezi. Ni muhimu kufuatilia **tarehe ya mwisho** kwani mafao yoyote ambayo hayajatumika kufikia tarehe hii **hayata** hamishwa hadi kipindi cha mafao kijacho.

Njia za kuangalia Salio lako la Chakula la WIC:



1. Orodha ya Ununuzi

Orodha ya ununuzi hutolewa wakati wa kila ziara ya kliniki lakini inaweza pia kuombwa wakati wowote kutoka kwa ofisi yako ya WIC.

- ➔ **Haisasishwi kiotomatiki baada ya kila ununuzi**
- ➔ **Piga simu kwa nambari iliyu nyuma ya kadi yako ili kujua salio lako la chakula lililosasishwa.**

2. Risiti ya WIC

Unapotumia kadi yako ya eWIC kwenye duka la vyakula, risiti ya rejista yako ya pesa itaorodhesha vyakula vya WIC ulivyonunua, vyakula vilivyosalia na tarehe ya mwisho wa matumizi ya mafao yako.

- ➔ **Hifadhi risiti yako kwa ajili ya ununuzi wa baadaye.**

3. Programu ya simu ya eWIC

Pakua programu ya simu ya WIC ya South Carolina na usajili akaunti yako.

Tumia **kipengele cha kichanganuzi cha UPC** katika programu ya simu kuchanganua msimbo wa upau wa vyakula ili kuangalia ikiwa vime:

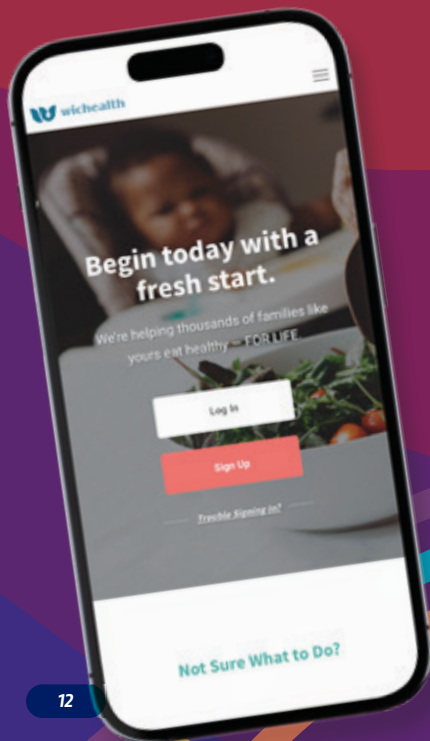
- ➔ **Idhinishwa na WIC**
- ➔ **Idhinishwa na WIC, lakini haviko kwenye salio lako la sasa la chakula**
- ➔ **Havijaidhinishwa na WIC**

**WICHEALTH.ORG ONLINE
WIC EDUCATION
WICHEALTH.ORG ONLINE WIC
EDUCATION**



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

Changanua msimbo huu wa QR
ili kutembelea **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.

KUHUSU MAFUNZO YA MTANDAONI YA WIC

WIC inatoa elimu ya mtandaoni ya lishe na unyonyeshaji kwenye **wichealth.org**. Kwenye tovuti hii unaweza:

- Kukamilisha mafunzo katika lugha unayopendelea: Kiingereza au Kihispania.
- Kukamilisha mafunzo ya mtandaoni wakati wowote na mahali popote kwani unaweza kuyafikia kupitia kompyuta au simu mahiri ukiwa nyumbani.
- Pata vidokezo kuhusu mada zinazohusiana na vyakula vinavyofaa, mazoezi ya mwili na unyonyeshaji ili kukusaidia wewe na familia yako kujifunza tabia bora zaidi.

Muulize mshauri wako wa WIC ikiwa unaweza kukamilisha mafunzo ya mtandaoni ya WIC kwenye **wichealth.org**. Ikiwa unaweza, utapewa maagizo ya jinsi ya kuweka mipangilio ya akaunti yako.

Mara tu unapomaliza somo la mtandaoni, cheti chako cha kuthibitisha kuwa umekamilisha kitatumwa kwa njia ya kielektroniki kwenye ofisi yako ya WIC ili uweze kupata uidhinishaji kwa miadi yako na mafao yako ya WIC kuwekwa kwenye kadi yako ya eWIC.

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!

KUANZA

1. **Tembelea wichealth.org**
2. **Bofya “Jiunge” ili kufungua akaunti yako.**
3. **Weka Maelezo Yako**
{Weka Shirika, Jimbo, Kliniki na Kitambulisho chako cha WIC.
4. **Weka Mipangilio ya Akaunti Yako**
Chagua jina lako la mtumiaji, nenosiri, na maswali ya usalama. Hifadhi maelezo yako kwa marejeleo ya baadaye.
Kumbuka: *Kuweka na kuthibitisha anwani yako ya barua pepe ni hiari lakini inapendekezwa ili uweze kuweka upya nenosiri lako ikihitajika.*
5. **Tuambie Kuhusu Familia Yako**
Kamilisha wasifu wako kwa hali ya matumizi iliyobinafsishwa zaidi.
6. **Gundua wichealth.org**
Tembelea tovuti na upate vidokezo na mapisi mazuri ambayo wewe na familia yako mtafurahia!



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.

Kumbuka:

Unaweza kuchagua njia unayopendelea ya kupata mafunzo ya WIC:

Mtandaoni kupitia wichealth.org

Kikao cha ana kwa ana na mtaalamu wa lishe wa WIC

Darasa la kikundi linalotolewa na mtaalamu wa lishe wa WIC

Wajulishe wafanyakazi wako wa WIC kile unachopendelea unaporatibu miadi yako inayofuata.

APPROVED FOODS **VYAKULA** **VILIVYOIDHINISHWA**





INFANT FOODS
VYAKULA VYA WATOTO
WACHANGA



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

MATUNDA NA MBOGA ZA WATOTO WACHANGA

★ *Kwa Watoto Wachanga wa Miezi 6 au Zaidi*

Tunaruhusiwa: Mikebe ya aushi (oz) 3.5 au aushi (oz) 4:

- Aina yoyote ya kiungo kimoja cha matunda au mboga za watoto
- Mchanganyiko wowote wa matunda na mboga
- Iliyozalishwa kiasili, kifurushi cha kusaidia mgeni kununua matunda au mboga na aina mbalimbali za pakiti.

Haturuhusu:

- Vyakula vya watoto wachanga vilivyowekwa sukari, chumvi, wanga au sodiamu
- kilichoongezwa DHA
- chajio



Brands/Chapa:

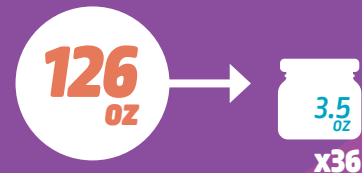
- Beech-Nut
- Beech-Nut Naturals
- Beech-Nut Organics
- Comforts
- Earth's Best
- Gerber
- Gerber Natural for Baby
- Gerber Organic for Baby
- Greenwise Organic
- Happy Baby Organics
- Natures Promise Organic
- Once Upon a Farm
- Plum Organics
- Simple Truth Organic
- Tippy Toes
- Wild Harvest Organic





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

Unaweza kununua matunda na mboga za watoto wachanga na aina yoyote ya vifurushi. Hapa kuna mifano ya jinsi ya kununua:



3.5 oz containers are available. MAXIMIZE your food benefits.



Mikebe ya 3.5 oz inapatikana. NUKA Zaidi kutokana na mafao yako ya chakula.



FORMULA

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

MAZIWA YA KOPO (FORMULA)

Sharti ununue chapa, aina, ukubwa na idadi ya makopo kwenye salio la chakula la kadi ya eWIC.

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/Chapa:

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



NYAMA YA MTOTO MCHANGA

★ *Watoto wanaotumia maziwa ya mama pekee wenye umri wa miezi 6 na zaidi*

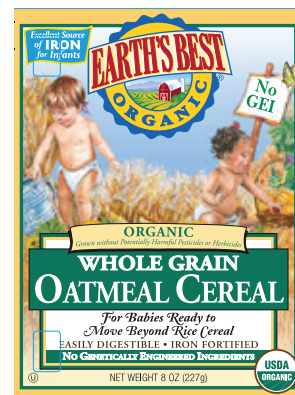
Tunaruhusiwa: Chupa za glasi ya oz 2.5:

- Aina yoyote ya nyama ya watoto wachanga au kuku na mchuzi ulioongezwa au sosi
- Ya Asili

Haturuhusu:

- Mchanganyiko wa nyama ya watoto wachanga au yenye sukari iliyoongezwa au chumvi.





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)

NAFAKA YA WATOTO WACHANGA

★ Watoto wachanga wenye umri wa miezi 6 na zaidi

Tunaruhusu: Mikebe ya oz 8 au oz 16 kama ilivyobainishwa kwenye salio la chakula chako:

- | | |
|--------------------|---------------------|
| • Ya Nafaka Nyingi | Haijasindikwa |
| • Unga wa shayiri | • Shayiri |
| • Mchele | • Shayiri na quinoa |
| • Ngano ambayo | • Ya Asili |

Haturuhusu: Nafaka za watoto wachanga zilizoongezwa viambato (yaani matunda, maziwa ya kopo, mtindi, DHA)

Brands/Chapa:

- Gerber
- Tippy Toes
- Earth's Best



PROTEIN
PROTINI



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

MAYAI

Tunaruhusiwa: Bidhaa yoyote dazeni 1

- Kati, kubwa, au kubwa zaidi
- Mayai Meupe au ya Kahawia

Haturuhusu:

- Mayai ya kioevu
- Pakiti 6 au ukubwa mwingine wowote
- Isiyowekwa kwenye nasi yenye kizuizi na Inayotembea bila kizuizi
- Inayolishwa kwa nafaka au mboga
- Ya Asili

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

SIAGI YA KARANGA

Tunaruhusiwa: Mkebe wowote wa oz 16 au oz 18

- Kamili
- Kawaida
- Sodiamu ya Kiwango cha chini
- Kiwango cha mafuta kilichopunguzwa
- Yenye krimu, yenye kupasuka, yenye vipande, na yenye vipande vingi zaidi
- Ya Asili

Haturuhusu: Siagi ya karanga au iliyo na madini ya omega-3, jeli, asali





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

Kwa kila mfuko wa aushi 16 unaweza kupata makopo 4 ya maharagwe

1 bag mfuko



BEANS, PEAS, LENTILS

Dried:

Allowed: 1 lb. container

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

MAHARAGE, MBAAZI, DENGU

Imekaushwa:

Tunaruhusiwa: Mkebe wa pauni 1

- Maharagwe Meusi Garbanzo
- Mbaazi yenye doa jeusi
- Maharagwe ya Great northern
- Maharagwe ya lima
- Maharage ya

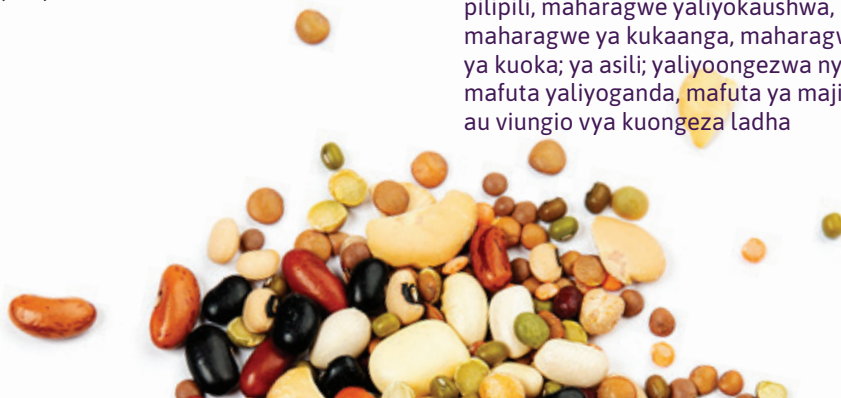
Haturuhusu: Maharagwe ya snap, maharagwe ya njano, maharage ya wax, mbaazi tamu, za asili ambazo zimepakwa kwa boksi au kugandishwa

Yaliyowekwa kwenye Kopo:

Tunaruhusiwa: Kopo la oz 15–16

- Chapa yoyote
- Isiyo ongezwa ladha
- Sodiamu ya kawaida au ya chini
- Aina moja

Haturuhusu: Mbaazi za kijani, maharage ya kijani, wax au maharagwe ya snap, supu, maharagwe yaliyowekwa pilipili, maharagwe yaliyokaushwa, maharagwe ya kukaanga, maharagwe ya kuoka; ya asili; yaliyoongezwa nyama, mafuta yaliyoganda, mafuta ya majimaji au viungio vya kuongeza ladha





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.

SAMAKI WALIOPAKIWA KWENYE MAKOPO

Tunaruhusiwa: Chapa yoyote inayofikia mkebe na/au kipimo cha aushi 20

- Tuna mwenye kiwango kidogo cha mafuta
- Mackerel (North Atlantic au Chub Pacific tu)
- Salmoni wa rangi waridi
- Dagaa

Haturuhusu: Vifurushi vinavyoweza kutumika tena, albacore (tuna mweupe), salmoni wa asili, ya rangi nyekundu au michuzi/ladha iliyoongezwa.



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.

Njia za Kuchanganya Samaki

Ongeza mafao yako kwa kununua ukubwa wa kontena unaofikia jumla ya kiasi kilichobainishwa kwenye salio lako la chakula. Kutegemea na aushi zilizochaguliwa, oz 36 kamili. haiwezi kutumika.

DAIRY PRODUCTS

BIDHAA ZA MAZIWA

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

MAZIWA

Tunaruhusiwa: Chapa yoyote ya maziwa ya ng'ombe, yaliyohifadhiwa baada ya kuchemshwa au yaliyohifadhiwa baada ya kuchemshwa kwa muda mrefu kwenye mikebe ya galoni, nusu galoni au lita.

- Asilimia 1 ya kiwango cha chini cha mafuta (mafuta kidogo)
- Yaisiyo na mafuta (yasiyo na mafuta, yaliyoondolewa mafuta)
- Maziwa yenye joto la juu sana (UHT)

Yafuatayo **yanaruhusiwa** ikiwa yamejumuishwa kwenye salio lako la chakula:

- Maziwa ambayo hayajasindikwa
- Asilimia 2 ya Mafuta ya maziwa yaliyopunguzwa
- Maziwa yasiyo na laktosi (nusu galoni)
- Unga mkavu wa maziwa

Haturuhusu: Maziwa ya almond, maziwa yaliyojaa mafuta, maziwa ya mbuzi, maziwa ya asili, maziwa ambayo maji yake yameondolewa na kuongezwa sukari, maziwa yaliyoyeyushwa na kuondolewa maji kwa asilimia kubwa, tindi au maziwa ya acidophilus



Available in half-gallon

Inapatikana kwa nusu galoni



PLANT-BASED MILK

Allowed: Half gallon or quart size containers

Not Allowed: Other flavors, organic.

MAZIWA YANAYOTOKANA NA MIMEA

Tunaruhusu: Kontena ya nusu au robo galoni

Haturuhusu: Ladha zingine, za asili.



Brands/Chapa:

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

TOFU

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

TOFU

Tunaruhusu: oz 14 - kifurushi cha oz 16, seti ya kalsiamu, kikaboni.



Brands/Chapa:

- 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.



CHEESE

Tunaruhusu: Makopo ya chapa yoyote ya oz 16 au oz 16

Mraba, ya vipande vidogo, vipande vipande, kamba, kama vijiti, krambo, kyubu, au lulu.

Ladha:

- American
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss
- Mchanganyiko wowote wa jibini hizi

Haturuhusu: Chakula cha jibini, bidhaa ya jibini, kuenea kwa jibini, jibini kutoka kwa idara ya deli ya duka, jibini maalum, vipande vya cracker, organic.



**NOT ALLOWED
HAIRUHUSIWI**

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/Chapa:

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • Activia • Activia Light • Activia Fusion • Dannon • Dannon All Naturals • Dannon Creamy Classic • Light & Fit • Mountain High • Oikos • Oikos Triple Zero | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • Harris Teeter • Kroger • Lowes Foods • Food Lion • Nostimo • Good & Gather • Taste of Inspiration • Our Family • SE Grocers • Natures Promise Organic • Brown Cow • Stonyfield Organic |
|--|---|---|

MTINDI

Tunaruhusu: Hadi aushi 64 (jumla ya kiasi cha aushi 32 au aushi 64 kama ilivyobainishwa kwenye salio lako la chakula)

Mitindo:

- Yasiyo na mafuta
- Kiwango cha chini cha mafuta
- Mafuta yote
- Kiwango kidogo cha Mafuta
- KiUgirikiki
- Uswisi pekee

Ladha:

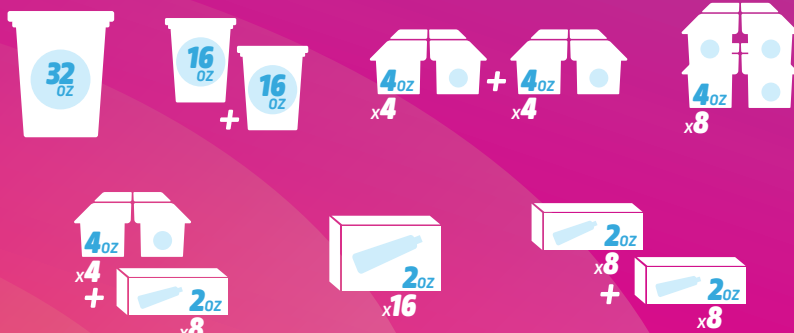
- Kamili
- Vanilla
- Vanilla ya Kifaransa
- Matunda

Haturuhusu: Asali na viambato sawa, mitindi unayoweza kunywa; mchanganyiko kama vile granola, peremende, vinyunyuzio, karanga, n.k.



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

Changanya na ulinganishe ili kupata kunufaika zaidi na jumla ya aushi 32 zako.



BREAKFAST CEREALS
NAFAKA ZA KIAMSHA KINYWA



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.

Njia za Kunufaika zaidi na oz 36 za Nafaka

Aunsi Zinazoruhusiwa:

Hadi 36 oz. Unaweza kuchanganya aunsi zisizidi jumla ya kiasi cha aunsi kwenye kadi ya eWIC. Kutegemea na aunsi zilizochaguliwa, oz 36 kamili. haiwezi kutumika.

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.

NAFAKA ZINAZOLIWA ZIKIWA MOTO

Tunaruhusiwa: Hadi oz 36 ya chapa asili ya grit zinazopikwa haraka za duka lolote na uji asili unaopikwa haraka pamoja na chapa mahususi zinazoonekana hapa chini.



Gluten free
Isiyo na gluten

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

* Nafaka zenye * ambazo "hazijakobolewa" kama kiungo cha kwanza

9
oz

x4

12
oz

x3

18
oz

x2

19
oz

24
oz

16
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 *

Wheaties Protein Maple
Almond *

Wheaties Protein Honey
Pecan *

Fiber One Honey Clusters *



NAFAKA KAVU

* Nafaka zenye * ambazo "hazijakobolewa" kama kiungo cha kwanza

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 / CHAPA YOYOTE

Any Brand Corn Flakes

Chapa Yoyote ya Corn Flakes

Chapa ya Ngano Yoyote Iliyogandishwa au
Haijagandishwa *

Chapa Yoyote Ya Tasteo *

Chapa Yoyote Ya Toasted Oat *

Any Brand Oats & More with Almonds or
Honey ClusterChapa Yoyote Ya Oats & More with Almonds or
Honey Cluster

Chapa Yoyote Ya Bran Flakes *

Any Brand Oat Squares *

Chapa yoyote ya Oat Squares *



WHOLE GRAINS
NAFAKA AMBAYO
HAIJASINDIKWA



WHOLE WHEAT BREAD PRODUCTS

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

Not Allowed: Rolls, English muffins.

BIDHAA ZA MKATE ZENYE NGANO ISİYOKOBOLEWA

Tunaruhusiwa: Hadi kufikia kifurushi cha auni 24 cha mkate, maandazi na bagels

Hairuhusiwi: Rolls, English muffins.



Brands/Chapa:

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

• 100% whole wheat breads from/mikate ya Ngano ambayo Haijasindikwa kwa asilimia 100% kutoka:

- 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.



TORTILLAS

★ *Mahindi na ngano ambayo haijasindikwa*

Tunaruhusu: Hadi ukubwa wa kifurushi cha auni 24

Haturuhusu: Tortila nyeupe au za unga, ya asili.



Brands/Chapa:

• **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/ Tortillas ya ngano ambayo haijasindikwa kutoka:**

- 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.

TAMBI ZAA NGANO AMBAYO HAIJASINDIKWA

Tunaruhusiwa: Hadi ukubwa wa kifurushi cha aushi 24 za tamba zenye 100% ya nafaka isiyokobolewa

Haturuhusu: asili, yenye ladha.



Brands/Chapa:

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

- **Whole wheat pastas from/Tambi ya ngano ambayo haijasindikwa kutoka:**
 - 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.

NAFAKA AMBAYO HAIJASINDIKWA

Inaruhusiwa: chapa yoyote, hadi ukubwa aushi 24

- Kupika nafaka ndefu mara kwa mara
- Haraka
- Chemsha-katika-mfuko
- Mchele wa Hudhurungi
- Mchele mwitu
- Mchele Mwekundu
- Quinoa

Haturuhusu: Mchele mweupe, asili.



100% JUICE
100% JUISI



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).

JUISI

Tunaruhusu: Aunsi 64 za kontena za plastiki za juisi asili 100% (isiyo na sukari ya kuongezwa)

- Mchanganyiko wa matunda moja na/au mboga au juisi (yaani machungwa, tufaha, nanasi, nyanya, tufaha, cran-zabibu, embe la tufaha)
- Juisi ya mboga inaweza kuwa ya kawaida au ya chini ya sodiamu
- Imewekwa lebo ya angalau ina asilimia 80 ya Vitamini C
- Imechemshwa kwa hali joto kubwa
- Kalsiamu iliyoimarishwa
- Kutoka kwa kuzingatia

Haturuhusu: Vinywaji vya “matunda,” juisi ya “mtoto mchanga” au “mtoto”, juisi ya “iliyoundwa kwa mchanyiko wa juisi nyingi,” chupa za glasi, juisi ya asili, sukari iliyoongezwa, vinywaji vya wanaspoti (k.m. 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.

Juisi zote sharti ziwe na asilimia 100 ya juisi (bila sukari iliyoongezwa), iwe na angalau asilimia 80 ya Vitamini C (miligramu 72), na inaweza kuwa zimeongezwa kalsiamu.



Brands/Chapa:

- 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
- Nyanya
- Nyanya yenye kiwango cha chini cha sodiamu



- 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
- Apple
- Zabibu Nyekundu
- Zabibu Nyeupe
- Zabibu
- Nanasi
- Ruby Red Grapefruit
- Mboga
- Nyanya
- 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
- Nanasi



- All 100% Juices
- Juisi zote za asilimia 100



- Apple
- White Grape
- Apple Cherry
- Apple
- Zabibu Nyeupe
- Apple Cherry

- Apple Mango
- Fruit Punch
- Pineapple Passion Fruit
- Apple Mango
- Fruit Punch
- Pineapple Passion Fruit

- Strawberry Kiwi
- Strawberry Kiwi



- All 100% Cranberry blends
- Mchanganyiko wote wa Cranberry kwa asilimia 100%.



- Apple, Concord Grape
- Cranberry
- Cranberry Blackberry
- Cranberry
- Cherry

- Cranberry Concord Grape
- Cranberry Elderberry
- Cranberry Mango
- Cranberry Pineapple

- Cranberry Pomegranate
- Cranberry
- Raspberry
- Cranberry Watermelon

- 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
- Ladha zote za Juisi za 100% zenye vifuniko vya kijani



- Apple
- Apple



- Apple
- White Grape
- Apple
- Zabibu Nyeupe

- Pineapple
- Grape
- Nanasi
- Zabibu

- Orange
- Grapefruit
- Orange
- Tunda la Zabibu



- Apple
- Apple Grape
- Apple
- Apple Grape



- Original Vegetable
- Mboga Asilia

- Low Sodium Vegetable
- Low Sodium Vegetable

- Spicy Hot
- Yenye Pilipili



- Grape
- Red Grape
- White Grape
- Tropical Trio
- Zabibu
- Zabibu Nyekundu
- Zabibu Nyeupe
- 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

- Super Berry
- Black Cherry
- 100% Concord Zabibu yenye Fiber
- 100% Concord Zabibu

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



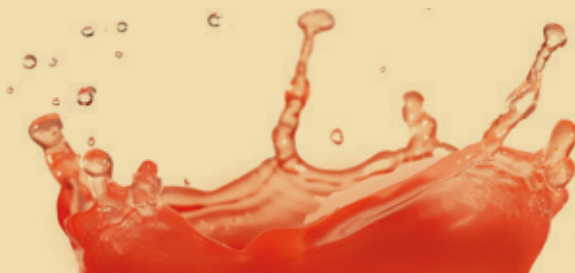
- Apple
- Apple

**ANY
BRAND
CHAPA
YOYOTE**

- Grapefruit
- Pink Grapefruit
- Orange
- Tunda la Zabibu
- Pink Grapefruit
- Orange

Allowed Store Brands for Apple, Grape, Pineapple, Tomato, Vegetable, or White Grape Juice/Chapa Zinzoruhusiwa Dukani za Juisi za Apple, Grape, Tomato, Vegetable, or White Grape Juice:

- | | |
|----------------------|--------------------|
| • 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
MATUNDA NA MBOGA

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		

JE, NI YAPI YANAPATIKANA KWA SASA?

MSIMU WA KUCHIPUA <i>Machi, Apr, Mei</i>	MSIMU WA JOTO <i>Jun, Jul, Ago</i>	MSIMU WA VULI <i>Sept, Okt, Nov</i>	MSIMU WA BARIDI KALI <i>Des, Jan, Feb</i>
Tufaha	Cheri	Zabibu	Parachichi
mboga za majani	Maembe	Pilipili za Kibulgaria	Tunda la kiwi
Vitunguu	Ndizi	Koliflawia	Swiss Chard
Parachichi	Karoti	Tanipu	Mananasi
Kitunguu saumu	Kelerl	Mun'unye wa msimu wa baridi	Pears
Mbaazi	Biringanya	Viazi vitamu	mboga za majani
Asparagusa	Rasiberi	Kale	Kabichi
Brokoli	Nyanya		Rutabagas
	Zucchini		



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

Tembelea snaped.fns.usda.gov/seasonal-produce-guide ili kupata maelezo zaidi kuhusu mazao ya kimsimu.



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

TUMEIDHINISHA

Matunda yasiyoongezwa sukari, mafuta yaliyoganda, mafuta ya majimaji au chumvi:

- tunda ambalo halijahifadhiwa
- tunda lililohifadhiwa kwenye jokovu
- matunda, juisi iliyopakiwa au maji yaliyopakiwa kwa chupa, glasi au mikebe ya plastiki
- matunda yaliyokatwa mapema, yaliyokatwa vipande vidogo vya mraba au yaliyokatwa kwa vipande vidogo
- pakiti zinazotumiwa na mtu mmoja
- matunda ya asili
- mifuko ya matunda

Mboga zisizo kuwa na sukari iliyoongezwa, mafuta yanayoganda, mafuta ya majimaji:

- mboga ambazo hazijahifadhiwa bado
- kunde zilizokomaa ambazo zimehifadhiwa kwa jokofu (maharage, mbaazi au dengue)
- mboga zilizogandishwa
- mboga zenye kiwango kidogo cha sodiamu
- mboga iliyokatwa mapema, iliyokatwa vipande vidogo vya mraba au iliyokatwa vipande vidogo sana
- mchuzi wa nyanya uliowekwa kwenye makopo au nyanya iliyowekwa kwenye makopo
- pakiti zinazotumiwa na mtu mmoja
- mboga katika makopo, glasi au mikebe ya plastiki
- mboga za asili
- mifuko ya mboga
- Mimea mibichi, kata kwenye mzizi au tumia ikiwa na mzizi mzima

HATUJAIDHINISHA

- mboga zenye mkate
- ketchup au viungo vingine
- matunda yaliyokaushwa
- mboga kavu
- kunde zilizokomaa au zilizokaushwa (maharage, mbaazi au dengue)
Zinazopatikana ukiwa na kadi ya eWIC (Kunde)—hairuhusiwi kununuliwa kwa vocha/manufaa ya thamani ya pesa taslimu.
- juisi za matunda na/au mboga
Zinazopatikana wakati chaguo la juisi liko kwenye kadi ya eWIC—hairuhusiwi kwa vocha/manufaa ya thamani ya pesa taslimu
- vikapu vya matunda
- vitafunio vinavyotengenezwa kutoka kwa matunda (fruit leathers and fruit roll-ups)
- bidhaa za matunda au mboga kwenye trei za sherehe
- Bidhaa za matunda au mboga kwenye eneo la kujipakulia salad
- matunda au mboga mboga zilizochanganywa na sosi au vyakula vingine visivyokuwa matunda na mboga, matunda au mboga zilizooongezwa sukari ya mahindi, sukari ya mahindi yenye fruktozi nyingi, maltosi, dextrosi, sukrosi, asali na/au sukari ya maple
- matunda yaliyopakiwa kwenye makopo, glasi au mikebe ya plastiki na viungo unde vya kuongeza utamu
- mimea inayotumika kuongeza ladha
- matunda na mboga za watoto wachanga
- matunda na mboga zinazotumika kama mapambo
- mboga zilizohifadhiwa, mizeituni
- mchuzi
- salsa

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.

VIDOKEZO MUHIMU

Ikiwa unachagua mboga ambayo haijahifadhiwa bado au matunda kwa bei ya pauni, kamilisha hatua zifuatazo:

1. Chagua matunda na/au mboga yako.
2. Weka vitu kwenye ratili ya mboga.
3. Pima matunda na mboga zako ambazo hazijahifadhiwa na ukokotowe gharama.
4. Weka uzani huo hadi pauni iliyo karibu au nusu pauni.
5. Kadiria gharama ya bidhaa kulingana na uzito.
6. Ukifanya ununuzi unaozidi mafao yako ya thamani ya pesa taslimu, unaweza kulipa ada iliyosalia kwa njia nyingine ya malipo.
7. Ukifanya ununuzi usiofikia kiasi cha mafao za thamani ya pesa taslimu, hutarudishiwa salio lolote.

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 .



Mfano:

Tufaha ni \$1.50 kwa pauni. Tufaha zako zina uzito wa pauni mbili kwenye mizani. Utatumia \$3.00 kununua tufaha kwa sababu $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.

ULAGHAI NA UNYANYASAJI WIC

Mpango wa WIC wa South Carolina umekusudiwa kwa familia zinazohitaji elimu ya lishe na msaada. Vyakula vya WIC na maziwa ya kopo vitatumika kwa mshiriki wa WIC pekee na haviwezi kuuzwa, kutolewa, kufanyiwa biashara au kutolewa kama msaada. Vyakula na maziwa ya kopo ya WIC ambayo hayajatumikiwa yanapaswa kurejeshwa kwenye kituo cha WIC kilichopo eneo hilo. Ulaghai na unyanyasaji huwanyima rasilimali watu amabao wanazihitaji zaidi.

Mifano ya ulaghai na matumizi mabaya ni pamoja na washiriki ambao:

- Wanauza, wanatoa, wanafanya biashara au watoa kama msaada mafao ya WIC.
- Wanauza, wanatoa, wanafanya biashara au watoa kama msaada maziwa ya kopo au vyakula vilivyounuliwa kwa mafao ya WIC (ikiwa ni pamoja na kuuza, kutoa, kufanya biashara au kutoa kama msaada wa maziwa ya kopo na/ au vyakula kupitia tovuti za mtandaoni kama vile Facebook, Craigslist, n.k.)
- Hawatoi maelezo ya ukweli kuhusu mapato, anwani ya sasa, ukubwa wa familia au ujauzito anapotuma maombi kwa WIC.
- Wanapata mafao ya WIC kimakusudi kutoka kwa zaidi ya tovuti moja ya WIC au jimbo lingine kwa wakati mmoja
- Wanatumia mafao ya WIC baada ya mabadiliko kwenye uangalizi.

Iwapo kuna visa vya ulaghai na/au unyanyasaji, wewe na familia yako yote mnaweza:

- Kuondolewa kutoka kwa mpango wa WIC.
- Kuhitajika kulipa thamani ya vyakula, maziwa ya mtoto ya kopo au pampu ya Kukama maziwa iliyotolewa kwako.
- Kushtakiwa chini ya sheria za jimbo na serikali kuu.

Mpango wa WIC wa South Carolina una sera ya kutoruhusu kabisa tabia ya dhuluma dhidi ya wafanyakazi, wachuuzi na wakulima wa WIC. Unaweza kuondolewa kwa muda kutoka kwa mpango wa WIC ikiwa unatusi, unanyanyasa, unatishia au unawadhuru kimwili wafanyakazi, wachuuzi au wakulima wa WIC.

To make a
WIC
APPOINTMENT,
please call:

1-855-472-3432

Ili kupanga
MIADI YA WIC,

tafadhali piga simu kwa:

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).

Ikiwa una maswali yoyote au una matatizo
ya kutumia mafao, tafadhali piga simu ya
Huduma kwa Wateja kwa:

1-855-279-0679

Ikiwa una matatizo yoyote na rejista au hitilafu
za mfumo unapotumia kadi yako ya eWIC
kwenye maduka ya mboga, tafadhali piga simu
yetu ya Nambari yet Maalum ya Wachuuzi:

1-800-922-4406

Nambari maalum ya Simu ya Wachuuzi inatumika
Jumatatu–Ijumaa kuanzia 8:30 asubuhi hadi 5:00
jioni (bila kujumuisha wikendi na likizo).



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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.

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Kwa mujibu wa sheria na sera za haki za kiraia za Idara ya Kilimo ya Marekani na Idara ya Kilimo ya Marekani (USDA), USDA, Mashirika yake, ofisi na wafanyakazi wake na taasisi zinazoshiriki au kusimamia programu za USDA haziruhusiwi kubagua kwa misingi ya rangi, rangi, asili ya taifa, dini, jinsia, ulemavu, umri, hali ya ndoa, usaidizi wa kifamilia/mzazi, mpango wa mapato au shughuli za awali za haki za kiraia, katika programu au shughuli yoyote inayoendeshwa au kufadhiliwa na USDA (sio misingi yote inatumika kwa programu zote). Makataa ya kuwasilisha marekebisho na malalamiko hutofautiana kulingana na mpango au tukio.

Watu wenye ulemavu wanaohitaji njia mbadala za mawasiliano ili kupata maelezo ya mpango (k.m., Brelli, chapa kubwa, kanda ya sauti, Lugha ya Ishara ya Marekani), wanapaswa kuwasiliana na shirika la jimbo au eneo linalowajibika linalosimamia mpango huo au Kituo cha TARGET cha USDA kwa (711) 720- 2600 (ya sauti na TTY) au wasiliana na USDA kupitia Huduma ya Mawasiliano ya Serikali kuu kwa (800) 877-8339. Maelezo ya mpango yanaweza kupatikana katika lugha nyingine isipokuwa Kiingereza.

Ili kuwasilisha malalamiko ya ubaguzi katika programu, kamilisha Fomu ya Malalamiko ya Ubaguzi wa Mpango wa USDA, AD-3027, inayopatikana mtandaoni chini ya Jinsi ya Kuwasilisha Malalamiko ya Ubaguzi katika Mpango na katika ofisi yoyote ya USDA au uandike barua kwa USDA na katika barua hiyo utoe maelezo yote yaliyooombwa katika fomu hiyo. Ili kuomba nakala ya fomu ya malalamiko, piga simu (866) 632-9992. Wasilisha fomu yako iliyojazwa au barua kwa USDA kupitia: (1) barua: Idara ya Kilimo ya Marekani Ofisi ya Katibu Msaidizi wa Haki za Kiraia
1400 Independence Avenue, SW
Washington, D.C. 20250-9410. faksi: (202) 690-7442; au (3) barua pepe: program.intake@usda.gov.

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