

**South Carolina
Women, Infants & Children**

FOOD GUIDE

南卡罗来纳州妇女、婴儿和儿童 (WIC)

膳食指南



2025年10月1日 - 2026年9月30日

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

欢迎!

南卡罗来纳州 WIC 计划购物指南,旨在帮助您购买 WIC 食品。在本指南中,您将获取以下信息:

- eWIC 使用说明
- 在线 WIC 营养教育
- WIC 批准食品



CONTENTS

目录

Welcome!	2
欢迎!	

Contents	3
目录	

Guide to eWIC	5
eWIC 指南	

How to use Your eWIC Card	6
如何使用eWIC 卡	

How To Check Your Food Balance.....	9
如何查看您的食品余额	

Wichealth.org Online WIC Education.....	11
在线 WIC 营养教育 - Wichealth.org	

About WIC Online Education.....	12
在线 WIC 营养教育简介	

Getting Started	13
开始课程	

Infant Foods.....	15
婴儿食品	

Infant Fruits and Vegetables.....	16
婴儿辅食水果泥和蔬菜泥	

Formula	18
配方奶	

Infant Meat.....	18
婴儿辅食肉泥	

Infant Cereal.....	19
婴儿辅食谷物泥	

Protein.....	20
蛋白质	

Eggs.....	21
蛋类	

Peanut Butter.....	21
花生酱	

Beans, Peas, Lentils	22
豆类、豌豆、扁豆	

Canned Fish	23
罐装鱼	

Dairy Products.....	24
乳制品	

Milk.....	25
奶类	

Plant-based Milk	26
植物基牛奶	

Tofu.....	26
豆腐	

Cheese.....	27
奶酪	
Yogurt	28
酸奶	
Breakfast Cereals.....	29
早餐麦片	
Hot Cereals	30
速食麦片	
Dry Cereals.....	31
干麦片	
Whole Grains.....	34
Cereales integrales	
Whole Grains.....	36
全谷类	
Whole Wheat Bread Products	37
全麦面包产品	
Tortillas	38
玉米薄饼	
Whole Wheat Pasta	39
全麦面	
Whole Grains	39
全谷类	

100% Juice	40
100% 纯果汁	
Juice	41
果汁类	
Fruits and Vegetables.....	46
水果和蔬菜	
What's In Season Now?	47
应季蔬果有哪些?	
Approved	48
已获批准	
Not Approved	48
未获批准	
Helpful Hints.....	50
实用建议	
WIC Fraud and Abuse	51
WIC 欺诈和滥用	



Every store may not carry all WIC-approved foods.
并非每一家商店都会销售所有的 WIC 批准食品。

GUIDE TO eWIC
EWIC 指南



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**.



如何使用EWIC 卡

激活 eWIC 卡并设置 PIN 码。

- 拨打 eWIC 卡背面的电话号码进行激活。
- 输入您的16位卡号、邮政编码以及主持卡卡人的出生日期。
- 选择一个 4 位数的个人身份识别码 (PIN)。
- 设置 PIN 码后，您的卡即可使用。

使用 eWIC 卡购物。

- 查看已存入卡中的 WIC 食品福利，并在购物前寻找“在此接受南卡罗来纳州 WIC 计划”标志。
- 使用家庭福利余额和本食品指南选择您的 WIC 食品。

- 允许使用优惠券和商店积分卡来降低 WIC 食品的费用。
- 先刷 eWIC 卡，然后输入四位 PIN 码，再使用其他支付方式进行支付。
- 交易完成后，请查看您的收据，上面会列出您购买的WIC 食品项目、剩余食品以及福利的有效日期。

eWIC 卡遗失、被盗或损坏。

- 仅将您的卡和PIN号码提供给您信任的人，以确保卡片和PIN号码的安全。
- 致电您的WIC办公室报告丢失、被盗或损坏的卡片，并申请更换WIC卡。
- 您的 WIC 食品福利将被存入到新卡中。

请扫描二维码，查看南卡罗来纳州 eWIC 卡指南！



如果您对您的 WIC 食品包有任何疑问，或者您需要更改您的 WIC 食品或配方奶粉，请致电您当地的 WIC 办公室。

如果您在使用 eWIC 卡时遇到问题或有任何疑问，请致电客户服务热线 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.

请谨记:

- 您家庭的 WIC 福利将在 WIC 办公室存入到一张 eWIC 卡中。
- 您的 eWIC 卡将加载一个、两个月或三个月的福利。
- 购物前, 请务必通过购物清单或 WIC 应用程序核实您的 WIC 福利, 确保其已存入到您的卡中。如有任何疑问, 请联系您的 WIC 办公室。
- 不要接受没有库存食品的延期券。

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.

请理智购物!

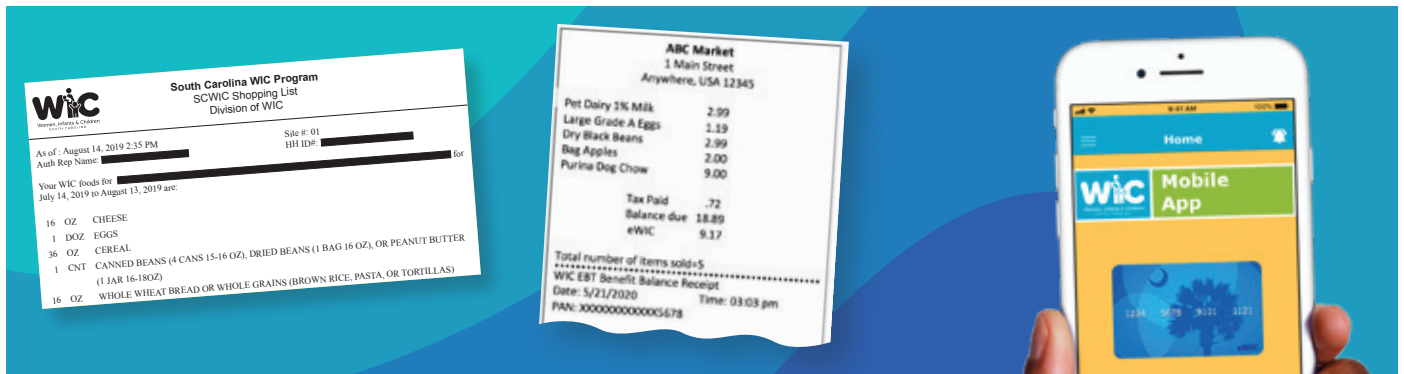
您可以使用食品券来减少 WIC 食品项目的费用。

使用 eWIC 卡进行交易时, 每次可购买的食物数量不可超过上限。如您前往小型商店购物时, 可购买 32 件 WIC 批准商品; 如您前往大型 (企业) 商店, 最多可购买 50 件 WIC 批准商品。如您的购买数量超过上限, 则必须拆分商品多次购买, 否则无法完成交易。

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**

如何查看您的食品余额

- 购物时, 请务必查看您的余额, 以了解可以在何时购买多少哪些食品。
- 购物清单会规定每月购买食品的起始日期和截止日期。请务必留意**截止日期**, 因为在该日期之前未兑换的福利都不会结转到下一个福利期。

查看 WIC 食品余额的方法:



1. 购物清单

每次诊所就诊时都会提供购物清单, 也可以随时向 WIC 办公室申请。

- ➡ 不会在每次购物后自动更新
- ➡ 请拨打卡背面的电话号码, 查询最新的食品余额。

2. WIC 收据

在食品杂货店使用 eWIC 卡时, 收银机收据将列出您购买的 WIC 食品、剩余食品以及福利有效期。

- ➡ 请保留收据以备往后的购物之需。

3. eWIC 移动应用

首先, 下载南卡罗来纳州 WIC 移动应用并注册账户。

使用移动应用中的 **UPC 扫描** 功能扫描食品条形码, 以检查其:

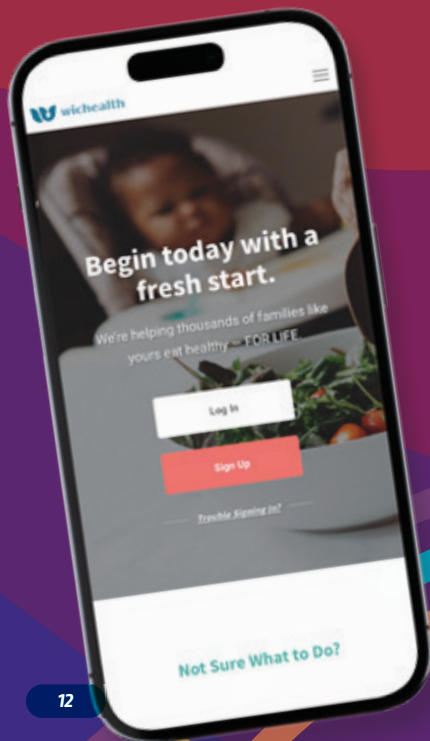
- ➡ 是否为 WIC 批准食品
- ➡ 是否在您当前食品余额中
- ➡ 是否为非 WIC 批准食品

WICHEALTH.ORG
ONLINE WIC EDUCATION
在线 WIC 营养教育 -
WICHEALTH.ORG



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

扫描二维码, 访问
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.

在线 WIC 营养教育简介

WIC 在 **wichealth.org** 上提供在线营养和母乳喂养教育。在该网站上, 您可以:

- 用以下语种完成课程: 英语或西班牙语。
- 随时随地通过计算机或智能手机完成在线教育课程。
- 获取有关健康饮食、体能活动和母乳喂养的技巧, 以帮助您和家人养成更健康的生活习惯。

询问您的 WIC 顾问, 您是否可以选择在 **wichealth.org** 上完成 WIC 在线教育。如果可以, 您将获得关于如何设置帐户的说明。

完成在线课程后, 您的结业证书将通过电子发送至您的 WIC 办公室, 以便您获得预约学分, 并在您的 eWIC 卡中存入 WIC 福利。

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!

开始课程

1. 浏览 wichealth.org
2. 点击“注册”创建账户。
3. 输入个人信息
输入相应机构、州、诊所和 WIC ID 卡信息。
4. 设置账户
填写用户名、密码和安全问题。请妥善保管您的信息，以供日后参考。
注：输入并验证您的电子邮件地址非必填项，但是建议填写，以便在需要时能够重置您的密码。
5. 分享家庭信息
在完整填写个人资料后，您将获得更加迎合个人需求的体验。
6. 浏览 wichealth.org
查找您和家人会喜欢的健康提示和食谱！



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.

注:

您可以选择您喜欢的方式来参与 WIC 教育课程：

在线方式，通过 wichealth.org

与 WIC 营养师进行一对一课程

与 WIC 营养师一起参加小组课程

在安排下一次预约时，请告知 WIC 工作人员您的选择。

APPROVED FOODS

WIC 批准食品



INFANT FOODS
婴儿食品

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

婴儿辅食水果泥和蔬菜泥

★ 6个月或以上的婴儿

可选: 3.5 盎司或 4 盎司容器:

- 任何单一成分的婴儿辅食水果泥和蔬菜泥
- 任何混合口味的水果泥和蔬菜泥
- 有机水果泥和蔬菜泥、初级水果泥和蔬菜泥套装、以及组合口味包。

不可选:

- 添加了糖、盐、淀粉或钠的婴儿食品
- 添加了 DHA 的食品
- 晚餐食品



Brands/品牌:

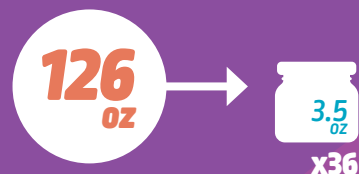
- Beech-Nut
- Beech-Nut Naturals
- Beech-Nut Organics
- Comforts
- Earth's Best
- Gerber
- Gerber Natural for Baby
- Gerber Organic for Baby
- Greenwise Organic
- Happy Baby Organics
- Natures Promise Organic
- Once Upon a Farm
- Plum Organics
- Simple Truth Organic
- Tippy Toes
- Wild Harvest Organic





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

您可以购买各种包装的婴儿辅食水果泥和蔬菜泥。以下为一些购物示例：



3.5 oz containers are available. MAXIMIZE your food benefits.

可选择 3.5 盎司容器。最大程度地利用您的食品福利。



FORMULA

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

配方奶

必须购买 eWIC 卡食品余额上指定的品牌、类型、大小和数量的罐装配方奶。

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/品牌

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



婴儿辅食肉泥

★ 全母乳喂养的 6 个月及以上的婴儿

可选: 2.5 盎司玻璃罐装:

- 各种口味的婴儿辅食肉泥或禽肉泥 (含高汤或肉汁)
- 有机

不可选:

- 混合口味的婴儿辅食肉泥, 或添加了糖或盐的辅食肉泥。





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)

婴儿辅食谷物泥

★ 6个月或以上的婴儿

可选: 8盎司或16盎司容器，具体根据您的食品余额而定：

- 多谷物
- 燕麦片
- 大米
- 全麦
- 大麦
- 燕麦和藜麦
- 有机

不可选: 添加其他成分（如水果、配方奶、酸奶、DHA）的婴儿谷物泥

Brands/品牌

- Gerber
- Tippy Toes
- Earth's Best



PROTEIN
蛋白质



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

蛋类

可选: 一打装, 任何品牌

- 中、大、特大
- 白蛋或褐蛋

不可选:

- 液态蛋
- 6枚装或任何其他规格
- 非笼养或放养
- 谷物或素食饲料
- 有机

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

花生酱

可选: 16 盎司或 18 盎司容器, 任何品牌

- 原味
- 常规
- 低钠
- 低脂
- 可选柔滑型、松脆型、颗粒型、加量颗粒型、
- 天然

不可选: 添加 Omega 3、果酱、蜂蜜等, 涂抹花生酱 (花生含量较低)

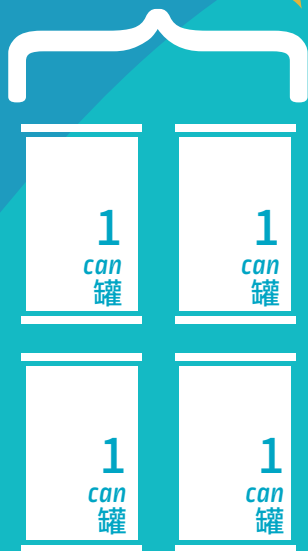




For every 16 oz bag you can
get 4 cans of beans

买一袋 16 盎司豆子, 送 4 罐
豆子

1 bag
袋



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

豆类、豌豆、扁豆

干豆类:

可选: 1 磅装容器

- 黑豆
- 黑眼豆
- 鹰嘴豆
- 利马豆
- 白芸豆

不可选: 盒装或冷冻豆角、黄豆、蜡豆、甜豌豆; 有机豆类

罐装豆类:

可选: 15–16 盎司罐头

- 任何品牌
- 原味
- 普通或低钠
- 单一原味

不可选: 青豆、四季豆、蜡豆或豆角、汤类、辣豆、调味豆、冷冻豆、烘烤豆; 有机豆类; 添加肉类、脂肪、油或调料的豆类





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.

罐装鱼

可选: 任何品牌, 最多可选20盎司的罐装和/或包装大小

- 淡金枪鱼
- 鲭鱼 (仅限北大西洋或太平洋鲭鱼)
- 粉三文鱼
- 沙丁鱼

不可选: 可重新封口的包装、白金枪鱼 (长鳍金枪鱼)、有机、红鲑、鲑鱼或添加酱料/调味的产品。



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.

鱼类搭配方式

通过购买总金额与您食品余额上指定金额相符的容器大小, 来最大化您的福利。
根据选择的盎司数, 可能无法兑换全部福利金额。

DAIRY PRODUCTS

乳製品

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

奶类

可选: 任何品牌的牛奶, 巴氏杀菌或超高温杀菌, 容量包括加仑装、半加仑装或夸脱装。

- 1% 低脂 (轻脂)
- 无脂 (脱脂、脱脂奶)
- 超高温灭菌奶 (UHT)

如果您的食物余额中包含, 则还可选以下种类:

- 全脂牛奶
- 2% 减脂牛奶
- 半加仑装的无乳糖牛奶
- 干奶粉

不可选: 杏仁奶、添加植物油脂的奶类、羊奶、有机奶、加糖炼乳、酪乳或酸奶。



Available in
half-gallon
可选半加
仑装



PLANT-BASED MILK

Allowed: Half gallon or quart size containers

Not Allowed: Other flavors, organic.

植物基牛奶

可选: 半加仑或夸脱 (qt) 大小的容器

不可选: 其他口味、有机豆奶。



Brands/品牌

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

TOFU

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

豆腐

可选: 14-16 盎司装、石膏豆腐、有机豆腐。



Brands/品牌

- 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.



奶酪

可选: 任何品牌, 仅限16盎司的容器

块状、丝状、片状、棒状、条状、碎粒状、方块状或珍珠状。

可选口味:

- 美式奶酪
- 切达奶酪
- 科比奶酪
- 蒙特雷杰克奶酪
- 马苏里拉奶酪
- 繆恩斯特奶酪
- 菠萝伏洛奶酪
- 瑞士奶酪
- 或此类奶酪的混合物

不可选: 奶酪食品、奶酪制品、奶酪酱、商店熟食部的奶酪、特色奶酪、饼干酱、有机奶酪。



NOT ALLOWED
不可选

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/品牌:

- | | | |
|---|---|--|
| <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 • Yoplait | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • Kroger • Lowes Foods • Food Lion • Nostimo • Good & Gather • Taste of Inspiration • Our Family • SE Grocers • Natures Promise Organic • Brown Cow • Stonyfield Organic |
|---|---|--|

酸奶

可选: 最多64盎司 (根据您的食品余额指定的32盎司或64盎司的总量)

类型:

- 脱脂
- 低脂
- 全脂
- 低热量
- 希腊风味
- 仅瑞士风味

可选口味:

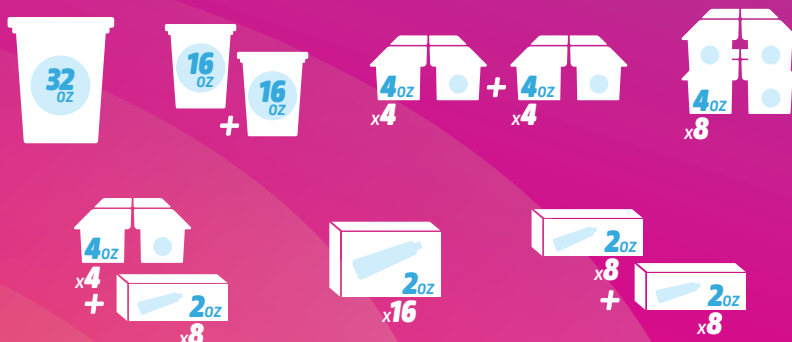
- 原味
- 香草味
- 法式香草味
- 水果味

不可选: 含蜂蜜和类似原料, 酸奶饮料; 加入格兰诺拉麦片、糖果、糖霜、坚果等的酸奶。



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

混合搭配, 以充分获得您的 32 或 64 盎司酸奶总量。



BREAKFAST CEREALS
早餐麦片



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.

如何选择 36 盎司麦片

可选盎司:

总量不超过 36 盎司在不超过 eWIC 卡上规定的总盎司量前提下, 您可以选择各种盎司。根据所选盎司, 可能无法完整兑换 36 盎司。

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.

速食麦片

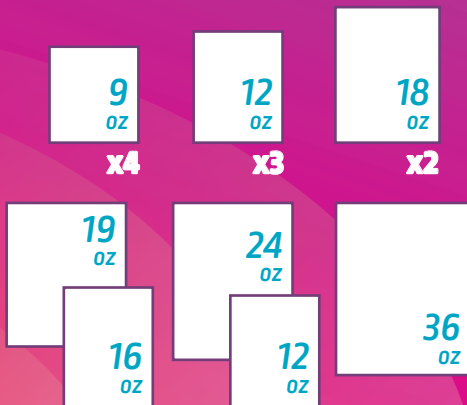
可选: 任何商店品牌下的原味速食麦片和原味速食燕麦, 以及以下特定品牌食品, 总量不超过 36 盎司。



Libre de gluten
无麸质

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

* 含有 * "全谷物" 作为第一成分的谷物



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 *

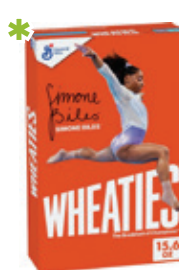
Wheaties Protein Maple
Almond *

Wheaties Protein Honey
Pecan *

Fiber One Honey Clusters *

干麦片

* 含有 * “全谷物” 作为第一成分的谷物



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

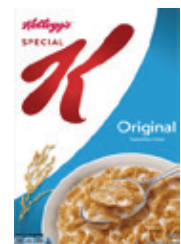
Kellogg's Special K Protein Multigrain *

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 Frosted 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 / 任何品牌

Any Brand Corn Flakes
Hojuelas de maíz de cualquier marcaAny Brand Frosted or Unfrosted Shredded Wheat *
Cualquier marca de trigo rallado escarchado o
sin escarchar *Any Brand Tasteeos *
Anillos de cualquier marca *Any Brand Toasted Oats *
Cereal tostado de cualquier marca *Any Brand Oats & More with Almonds or
Honey Cluster
Cualquier marca de cereal y más con
almendras o miel en racimosAny Brand Bran Flakes *
Hojuelas de maíz de cualquier marca *Any Brand Oat Squares *
Any Brand Oat Squares *

WHOLE GRAINS
全谷类



WHOLE WHEAT BREAD PRODUCTS

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

Not Allowed: Rolls, English muffins.

全麦面包产品

可选: 最多24盎司包装的面包、汉堡包和贝果

不可选: 面包卷、贝果、英式松饼。



Brands/品牌:

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

• 100% whole wheat breads from/100% 全麦面包来自:

- 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.

玉米薄饼

★ 玉米和全麦

可选: 最多24盎司包装大小

不可选: 精粉或面粉薄饼、有机薄饼。



Brands/品牌:

• 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/全麦玉米饼来自:

- 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.

全麦面

可选: 最多24盎司包装的100%全谷物意大利面

不可选: 有机或调味。



Brands/品牌:

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

Whole wheat pastas from/全麦意大利面来自:

- 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.

全谷类

可选: 任何品牌, 最多24盎司包装大小

- 长粒常规烹饪
- 即食
- 蒸煮袋
- 糙米
- 野生米
- 红米
- 藜麦

不可选: 白米、有机米。



100% JUICE
100% 纯果汁



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).

果汁类

可选: 64盎司塑料容器装的100%果汁（无添加糖）

- 单一水果和/或蔬菜或果汁混合物（例如橙子、苹果、菠萝、番茄、蔓越莓苹果、蔓越莓葡萄、苹果芒果）
- 普通或低钠蔬菜汁
- 标签显示至少含有 80% 维生素 C
- 巴氏杀菌
- 高钙
- 高浓缩

不可选: 水果“饮料”、“婴幼儿”果汁、果汁“鸡尾酒”、玻璃瓶装、有机果汁、添加糖、运动饮料（如 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.

所有果汁必须为100%果汁（无添加糖），含有至少80%的维生素C（72毫克），并且可以添加钙强化。



Brands/品牌:



- Apple
- Naturally Cranberry
- Cranberry Raspberry
- Cherries and Berries

- 苹果汁
- 天然蔓越莓汁
- 蔓越莓覆盆子
- 樱桃莓果汁

- Cranberry Pomegranate
- Cranberry Apple
- Cranberry Grape
- Mango Strawberry

- 蔓越莓石榴汁
- 蔓越莓苹果汁
- 蔓越莓葡萄汁
- 芒果草莓汁

- Cranberry Juice
- Sesame Street (Apple, Berry, Punch & White Grape)

- 蔓越莓果汁
- 芝麻街系列 (苹果汁、莓果汁、宾治果汁和白葡萄汁)



- Tomato
- Low sodium tomato
- 番茄汁
- 低钠番茄汁



- Apple
- Red Grape
- White Grape
- Grape
- Pineapple
- Ruby Red Grapefruit

- 苹果汁
- 红葡萄汁
- 白葡萄汁
- 葡萄汁
- 凤梨汁
- 红葡萄柚汁

- Vegetable
- Tomato
- Apple Orange Pineapple
- Pineapple Orange
- Low Sodium Vegetable
- Apple Cranberry

- 蔬菜汁
- 番茄汁
- 苹果凤梨橙汁
- 凤梨橙汁
- 低钠蔬菜汁
- 蔓越莓苹果汁

- Apple Grape
- Apple Berry Cherry
- Apple Kiwi Strawberry
- Orange
- Apple Peach Mango
- Cranberry Plus

- 葡萄苹果汁
- 樱桃莓果苹果汁
- 奇异果草莓苹果汁
- 橙汁
- 芒果桃苹果汁
- 蔓越莓汁



- Pineapple
- 凤梨汁



- All 100% Juices
- 100% 纯果汁



- Apple
- White Grape
- Apple Cherry
- 苹果汁
- 白葡萄汁
- 樱桃苹果汁

- Apple Mango
- Fruit Punch
- Pineapple Passion Fruit
- 芒果苹果汁
- 水果饮料
- 菠萝百香果汁

- Strawberry Kiwi



- All 100% Cranberry blends
- 所有100%蔓越莓混合果汁



- Apple, Concord Grape
- Cranberry
- Cranberry Blackberry
- Cranberry
- Cherry
- 苹果汁、康科特葡萄汁
- 蔓越莓汁
- 蔓越莓黑莓汁
- 蔓越莓汁
- 樱桃汁

- Cranberry Concord Grape
- Cranberry Elderberry
- Cranberry Mango
- Cranberry Pineapple
- 康科德葡萄蔓越莓汁
- 蔓越莓接骨木莓汁
- 芒果蔓越莓汁
- 凤梨蔓越莓汁
- 蔓越莓石榴汁

- Cranberry Pomegranate
- Cranberry
- Raspberry
- Cranberry Watermelon
- 蔓越莓汁
- 覆盆子汁
- 西瓜蔓越莓汁



- All 100% Juice flavors with green lids
- 100% 纯果汁 (绿盖)



- Apple
- 苹果汁



- Apple
- White Grape
- 苹果汁
- 白葡萄汁

- Pineapple
- Grape
- 凤梨汁
- 葡萄汁

- Orange
- Grapefruit
- 橙汁
- 葡萄柚汁



- Apple
- Apple Grape
- 苹果汁
- 葡萄苹果汁



- Original Vegetable
- 原味蔬菜汁

- Low Sodium Vegetable
- 低钠蔬菜汁

- Spicy Hot
- 辣味蔬菜汁



- Grape
- Red Grape
- White Grape
- Tropical Trio
- Super Berry
- 葡萄汁
- 红葡萄汁
- 白葡萄汁
- 三重热带果汁

- Black Cherry
- 100% Concord Grape with Fiber
- 100% Concord Grape with Calcium
- 超级莓果汁
- 黑樱桃汁
- 100% 含纤维纯康科德葡萄汁
- 100% 加钙纯康科德葡萄汁

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

萄汁

- 樱桃白葡萄汁
- 桃白葡萄汁
- 凤梨苹果橙汁



- Apple
- 苹果汁

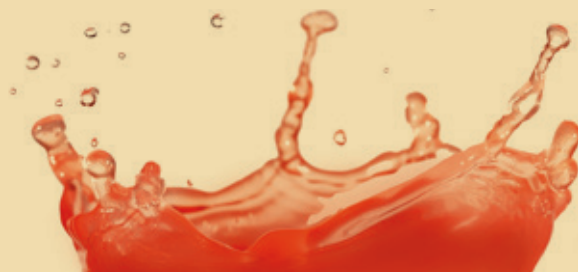
Allowed Store Brands for Apple, Grape, Pineapple, Tomato, Vegetable, or White Grape Juice/可选以下商店品牌苹果汁、葡萄汁、番茄汁、蔬菜汁或白葡萄汁:

- Essential Everyday
- Great Value
- Harris Teeter
- IGA

- Kroger
- SE Grocers
- HyTop
- Food Lion
- Food Club
- Our Family
- Tipton Grove
- Southern Home
- Freedom's Choice
- Market Pantry

**ANY
BRAND
任何品牌**

- Grapefruit
- Pink Grapefruit
- Orange
- 葡萄柚汁
- 粉红葡萄柚汁
- 橙汁



FRUITS AND VEGETABLES
水果和蔬菜

WHAT'S IN SEASON NOW?

SPRING Mar, Apr, May	SUMMER Jun, Jul, Aug	FALL Sep, Oct, Nov	WINTER Dec, Jan, Feb
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		

应季蔬果有哪些？

春季 三月、四月、五月	夏季 六月、七月、八月	秋季 九月、十月、十一月	冬季 十二月、一月、二月
苹果	樱桃	葡萄	鳄梨
羽衣甘蓝	芒果	甜椒	奇异果
洋葱	香蕉	花椰菜	瑞士甜菜
杏	胡萝卜	芜菁	凤梨
大蒜	芹菜	南瓜	梨子
豌豆	茄子	甘薯	羽衣甘蓝
芦笋	覆盆子	甘蓝	卷心菜
西蓝花	番茄		芜菁甘蓝
	小胡瓜		



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

如需详细了解应季蔬果，请浏览 snaped.fns.usda.gov/seasonal-produce-guide。



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

已获批准

不添加糖、脂肪、油或盐的水果：

- 新鲜水果
- 冷冻水果
- 水果 - 采用金属罐装、玻璃罐装或塑料瓶装，并浸入果汁或水中
- 提前切开、切粒或切片的水果
- 小份装
- 有机水果
- 袋装水果

不添加糖、脂肪或油的蔬菜：

- 新鲜蔬菜
- 冷冻成熟豆类（豆子、豌豆、扁豆）
- 冷冻蔬菜
- 低钠蔬菜
- 提前切粒、切片或切丝的蔬菜
- 金属罐装番茄酱或金属罐装番茄浓浆
- 小份装
- 金属罐装、玻璃罐装、塑料瓶装蔬菜
- 有机蔬菜
- 袋装蔬菜
- 新鲜草药，切割根部或带根完整的草药

未获批准

- 裹上面包屑的蔬菜
- 番茄酱或其他调味料
- 脱水水果
- 脱水蔬菜
- 成熟干豆或罐装成熟豆类（豆子、豌豆、扁豆）
如豆类纳入 eWIC 卡中，则可获取相关产品—不可使用现金价值代金券/福利
- 果汁和/或蔬菜汁
如果汁纳入 eWIC 卡中，则可获取相关产品—不可使用现金价值代金券/福利
- 水果篮
- 水果皮和水果卷
- 派对餐盘上的水果或蔬菜
- 沙拉区的水果或蔬菜
- 与酱料或其他食品混合的水果或蔬菜（非其他水果或蔬菜），以及添加了玉米糖浆、高果糖玉米糖浆、麦芽糖、葡萄糖、蔗糖、蜂蜜和/或枫糖浆的水果或蔬菜
- 添加人工甜味剂的金属罐装、玻璃罐装、塑料瓶装水果
- 调味料
- 婴儿辅食水果泥和蔬菜泥
- 装饰性水果和蔬菜
- 泡菜、橄榄
- 汤类
- 莎莎酱

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.

实用建议

如选择按磅计价的新鲜蔬菜或水果，请遵守以下所有步骤：

1. 选择水果和/或蔬菜。
2. 将其放在店内的磅秤上。
3. 接着称重，如按磅计价，则计算相应成本。
4. 对重量进行四舍五入，取最接近的整磅数或半磅数。
5. 根据重量，估算商品的费用。
6. 如您的购物金额超过 CVB，则可通过其他方式支付额外费用。
7. 如您的购物金额不超过 CVB，则不会退回差额。

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 .



示例：

苹果每磅价格为 1.50 美元。使用磅秤称重后，得知苹果的重量为 2 磅。通过计算 2×1.50 美元得出 3.00 美元，因此您需要支付 3.00 美元。

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.

WIC 欺诈和滥用

南卡罗来纳州 WIC 计划面向需要营养教育和支援的家庭。WIC 食品和配方奶粉仅可用于 WIC 计划的参与者，不得出售或转赠给他人。未食用的 WIC 食品和配方奶粉应退还至当地 WIC 网点。欺诈和滥用行为会占用最需要之人的资源。

欺诈和滥用行为包括参与者：

- 出售或转赠 WIC 福利。
- 出售或赠送通过 WIC 福利购买的配方奶粉或食品（包括通过 Facebook、Craigslist 等网站线上出售或转赠配方奶粉和/或食品）
- 申请 WIC 时不如实告知收入、当前地址、家庭人数或怀孕情况。
- 故意同时从多个 WIC 网点或其他州获取 WIC 福利
- 监护权变更后仍然兑换 WIC 福利。

如果发现存在欺诈和/或滥用行为，您和您的整个家庭可能会：

- 失去 WIC 计划资格。
- 需要按照所发放食品、婴儿配方奶粉或吸奶器的价值予以偿还。
- 根据州和联邦法律遭到起诉。

对于任何针对 WIC 员工、供应商和农民的辱骂行为，南卡罗来纳州 WIC 计划采取零容忍政策。如果您言语辱骂、骚扰、威胁或身体伤害 WIC 工作人员、供应商或农民，您可能会被暂停参与 WIC 项目。

To make a
WIC
APPOINTMENT,
please call:

1-855-472-3432

如需进行
WIC
预约,
请致电:

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).

如有任何疑问或在食品杂货店兑换福利
时遇到问题, 请致电客户服务部:

1-855-279-0679

如果您在食品杂货店使用 eWIC 卡时遇
到收银问题或系统错误, 请致电我们的
供应商热线:

1-800-922-4406

商家热线的工作时间为周一至周五上午 8:30 -
下午 5:00 (节假日休息)。



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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, 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.

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需要替代通讯方式获取项目信息 (例如盲文、大字版、录音带、美国手语等) 的残疾人士, 应联系负责管理该项目的州或地方机构, 或通过电话中继服务 (711, 语音和TTY) 联系USDA。此外, 项目信息也可能以英语以外的语言提供。

如需提交项目歧视投诉, 请填写 USDA 项目歧视投诉表格 AD-3027, 表格可在线获取, 网址为《如何提交项目歧视投诉》, 或可在任何 USDA 办公室获取。您也可以写信给 USDA, 并在信中提供表格中要求的所有信息。如需索取投诉表格副本, 请致电 (866) 632-9992。请将填写完成的表格或信件提交至 USDA, 方式如下: (1) 邮寄: 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) 传真: (202) 690-7442; 或 (3) 电子邮件: program.intake@usda.gov。

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