



NEW JERSEY WIC  
FOOD &  
PROGRAM GUIDE

EFFECTIVE JANUARY 2020



FAMILY I.D. NUMBER:

Participant Name ID Number

Participant Name ID Number

Participant Name ID Number

Participant Name ID Number

Participant Name ID Number

Contact your WIC clinic when you change your address or phone number.



WIC VERIFIED STAMP

Authorized Representative Name Signature

Alternate Authorized Representative Signature

Proxy Signature

## WHAT TO BRING TO WIC

All Certification appointments in WIC require proof of current income, address and identification. Documentation for the Mid Certification Assessment appointment is not required unless stated by your WIC clinic. Women, Infants and Children must be present for all WIC certification appointments.

\*\*Please remember to have Medical Documentation forms/Health Referrals forms completely filled out if required for your appointments.

### PROOF OF HOUSEHOLD INCOME (EXAMPLES)

- Most recent pay stubs for one month
- Medicaid (HBID) card
- SNAP certification letter/card
- Family First card
- Child support check
- Alimony payments
- Disability/Unemployment letter with amount
- Tax returns for prior year (accepted until April 30th of the current year)
- Social Security pay stub

### PROOF OF RESIDENCY (ADDRESS) (EXAMPLES)

- Driver's license
- State-issued ID
- Electric, gas or water bill
- Recent postmarked letter
- Rental Lease
- Bank statement (Bills, bank statements and letters should be no older than 30 days)

### PROOF OF IDENTIFICATION (EXAMPLES)

#### For Women:

- Driver's license
- Social Security card
- Birth certificate with seal
- Work or school ID
- Passport/Visa
- WIC ID folder (for Recert Appointment only)
- Green Card

#### For Infants and Children:

- Birth certificate with seal
- Baptismal record with seal
- Crib card
- Adoption papers
- U.S. Passport/Visa
- WIC ID folder (for Recert Appointment only)
- Custody Papers
- Hospital Records

**IMMUNIZATION RECORD** Bring your children's immunization records.

MILK, SOY MILK, CHEESE, TOFU & EGGS

YOGURT

FRUITS & VEGETABLES

JUICE FOR WOMEN

FAMILY I.D. NUMBER:

Participant Name

ID Number

## MILK, SOY MILK, CHEESE, TOFU & EGGS

### Milk

#### ALLOWED

- Plain pasteurized cow's milk only
- Type, size and amount listed on your WIC check

#### STORE BRAND ONLY

- Fluid

#### ANY BRAND

- **Dry/Powdered (3 qt or 8 qt only)\***
- Evaporated/Canned (12 oz. cans only)
- Lactose Reduced or 100% Lactose Free
- UHT Milk (shelf stable)
- **Kosher\***

#### NOT ALLOWED

"Plus" milk, goat milk, rice milk, milk with added flavor or sugar like Nido, cultured buttermilk, acidophilus cultured milk, Kefir cultured milk, organic milk, Leche Klim, half and half, milk with added calcium, ultraskim and superskim milk products, vegan milk choices

### Soy Milk

#### ALLOWED

- Size and amount are listed on your WIC check



8th Continent  
Original  
Vanilla



Silk  
Original



### Cheese

#### ALLOWED

- Cheese made in the USA from 100% pasteurized cow's milk only
- Cheese labeled low or reduced cholesterol, low or reduced fat or low or light sodium
- Individual slices, blocked or shredded

#### ANY BRAND

16 oz. package only in the following varieties:

- American (Pasteurized Process)
- Cheddar
- Colby
- Monterey Jack
- Muenster
- Mozzarella (Part Skim or Whole)
- Provolone
- Swiss

#### NOT ALLOWED

Individually wrapped slices, deli cheese, imported cheese, cheese food, cheese spread, cheese product, flavored cheese, string cheese, organic cheese

### Tofu

16 oz. only

#### ALLOWED



Azumaya  
Silken



House Foods America  
Firm  
Medium Firm  
Extra Firm



#### NOT ALLOWED

Tofu with added fats, sugars, oils or sodium, organic tofu

### Eggs

One dozen (12 eggs)  
carton only

#### ALLOWED

- Grade A large only
- White only

#### ANY BRAND

#### NOT ALLOWED

1/2 dozen cartons (6 eggs), cooked eggs, jumbo eggs, extra large eggs, medium eggs, brown eggs, specialty eggs, low cholesterol eggs, organic eggs, Eggland's Best, cage-free/free range eggs, eggs with Omega-3

\* New Item

MILK, SOY MILK, CHEESE, TOFU & EGGS

YOGURT

FRUITS & VEGETABLES

JUICE FOR WOMEN



# YOGURT

**32 oz. containers only**

**ALLOWED**

- Type listed on your check – whole fat, lowfat, non-fat

**NOT ALLOWED**












Greek, organic, drinkable yogurts, yogurt with artificial and non-nutritive sweeteners, yogurt with mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients



## WHOLE FAT

			
Dannon	Foodtown	Lucerne	ShopRite
Plain	Plain	Plain	Plain
Vanilla			

## LOWFAT

										
Best Yet	Dannon	Foodtown	Great Value	Lucerne	Mehadrin	ShopRite	Stop & Shop	Weis	White Rose	Yoplait
Plain	Plain	Plain	Strawberry	Strawberry	(Kosher)	Plain	Plain	Plain	Plain	Strawberry
Vanilla	Vanilla	Strawberry	Vanilla	Vanilla	Plain	Vanilla	Plain	Vanilla	Vanilla	Vanilla
		Vanilla			Vanilla					

## NON-FAT

									
Best Yet	Dannon	Foodtown	Great Value	J&J	Lucerne	ShopRite	Stop & Shop	Weis	White Rose
Plain	Plain	Plain	Plain	(Kosher)	Plain	Plain	Plain	Plain	Plain
Vanilla			Vanilla	Plain		Vanilla	Vanilla	Vanilla	Strawberry
				Strawberry					
				Vanilla					



## FRUITS & VEGETABLES

### Fresh Fruits & Vegetables

#### ALLOWED

- Plain fruits and vegetables
- Any variety of fresh, whole or cut fruits and vegetables in a bag or container
- Plain salad mixes, coleslaw and greens in a bag or container
- Fruits and vegetables do not have to be locally grown
- Fresh potatoes
- **Organic\***

#### NOT ALLOWED

- Items from the salad bar, party platters or trays, fruit baskets, decorative vegetables and fruits, dried fruit, dried vegetables, herbs and spices
- Nuts, including peanuts, fruit-nut mixtures
- Bagged fruits and vegetables with dips, dressings or other ingredients
- Herbs



### Frozen Fruits & Vegetables

#### ALLOWED

- Any brand (frozen fruits cannot have added sugar)
- Any plain or plain mixed vegetables
- Plain mashed potatoes
- Any package type (bag, box)
- Any size (except single serving packages)
- Potatoes are allowed with or without salt
- Organic

#### NOT ALLOWED

- Vegetables with sauces, like cheese sauce or any other type of sauce
- Seasoned, flavored or breaded
- Products with added sugar, fats, oils or condiments
- Vegetables mixed with pasta, rice or any other ingredient
- Single serving packages
- Prepared or frozen tater tots, french fries
- Dehydrated potatoes
- Fruits packed in syrup (heavy, light, naturally light, extra light, etc.)



### Canned Fruits & Vegetables

#### ALLOWED

- Any brand and any size
- Any plain or plain mixed vegetables and fruits
- Packed in water or natural fruit juice
- Applesauce (unsweetened)
- **Organic\***
- Includes all shelf-stable containers or pouches
- Any size (except single serving packages)
- Regular or low sodium
- Pastes, purees, whole, crushed tomatoes

#### NOT ALLOWED

- Sauerkraut
- Pickles or creamed vegetables (including corn)
- Baked beans, pork and beans, black beans, black-eyed peas, garbanzo beans, kidney beans, lima beans, pinto beans, navy beans, soybeans, split peas, lentils, or other mature legumes
- Ketchup, relish, olives
- Products with added sugar, fats, oils, or condiments
- Products packed in syrup (heavy, light, naturally light, extra light, etc.)
- Added spices
- Soups, sauces (pizza, spaghetti or tomato), stewed tomatoes, diced tomatoes, salsa
- Single serving packages

\* New Item





## JUICE FOR WOMEN

### 11.5-12 oz. Frozen Concentrate 100% Juice Only



**Any Brand**  
Orange  
(regular, w/ calcium,  
w/ pulp, etc.)



**Any Brand**  
Grapefruit



**Best Yet**  
Apple



**Essential Everyday**  
Apple  
Grape



**Great Value**  
(Walmart)  
Apple  
Grape



**Hannaford**  
Brothers Co.  
Apple  
(from concentrate)



**Market Pantry**  
(Target)  
Apple  
Grape



**My Essentials**  
Apple  
(from concentrate)



**Old Orchard\***  
Apple  
Grape  
Pineapple  
White Grape



**Parade**  
Apple



**ShopRite**  
Apple



**Signature Select**  
(Acme)  
Apple



### 48 oz. Non-Refrigerated & Refrigerated Containers - **NEW ITEM** 100% Juice Only



**Apple & Eve**  
Apple  
Cranberry Apple  
Cranberry Raspberry  
Naturally Cranberry



**Juicy Juice**  
Apple  
Cherry  
Fruit Punch  
Grape  
Kiwi Strawberry  
Orange Tangerine



**Northland**  
Cranberry



**Ruby Kist**  
Apple  
Orange  
Pineapple  
White Grape



**Seneca**  
Apple

#### NOT ALLOWED

Juices not listed above, sizes not listed above, organic juices, products that are not 100% juice (drinks, ades, nectars, coolers, beverages, Hi-C, cocktails, twisters, splashes, punches, juices with added sugar, sugar substitute or DHA/ARA, baby juices)



\* New Item

# JUICE FOR CHILDREN

## 64 oz. Non-Refrigerated & Refrigerated Containers 100% Juice Only



**Any Brand**  
Orange  
(regular, w/ calcium,  
w/ pulp, etc.)



**Any Brand**  
Grapefruit



**Apple & Eve\***  
Apple  
Natural Style Apple  
Naturally Cranberry  
Cranberry Apple  
Cranberry Raspberry  
Cranberry Grape  
Cranberry  
Pomegranate



**Best Yet**  
Apple  
Cranberry  
Grape  
Pineapple  
Purple Grape  
Vegetable  
White Grape



**Diane's Garden**  
Vegetable  
(from concentrate)



**Essential Everyday**  
Apple  
Apple w/ Calcium  
Apple w/ Vitamin D  
Cranberry  
Grape

Pineapple  
Tomato  
Tomato (low sodium)  
Vegetable  
Vegetable (low sodium)



**Foodtown**  
Apple  
Grape



**Great Value (Walmart)**  
**Cranberry Grape\***  
Tomato  
Vegetable



**Hannaford  
Brothers Co.**  
Apple  
Grape



**Harvest Hill  
(Juicy Juice)**  
Juicy 100% Juice  
(Any flavor)



**Hy-Top**  
Apple  
Grape  
Cranberry Grape  
Tomato  
Vegetable



**IGA**  
Apple  
Grape



**Key Food**  
Apple  
Cranberry  
Apple Cranberry  
Pineapple Grape  
Cranberry  
White Grape



**Krasdale**  
Apple  
Grape



**Market Pantry  
(Target)**  
Apple  
Grape  
Tomato



**My Essentials**  
Apple  
Grape

\* New Item

JUICE FOR CHILDREN  
JUICE FOR CHILDREN

COLD CEREAL  
HOT CEREAL



# JUICE FOR CHILDREN

## JUICE FOR CHILDREN *(Continued)*



**Nature's Own**  
Apple  
Grape



**Northland\***  
Blueberry Blackberry  
Acai  
Cranberry  
Cranberry Blackberry  
Cranberry Cherry  
Cranberry Grape

Cranberry Mango  
Cranberry Pomegranate  
Cranberry Raspberry  
Pomegranate Blueberry  
Raspberry Blueberry



**Old Orchard\***  
Acai Pomegranate  
Apple  
Apple Cranberry  
Berry Blend  
Black Cherry Cranberry  
Blueberry Pomegranate  
Cherry Pomegranate  
Cranberry Pomegranate

Grape  
Kiwi Strawberry  
Orange Tangerine  
Peach Mango  
Red Raspberry  
Strawberry Watermelon  
White Grape  
Wild Cherry



**Parade**  
Apple  
Grape



**PriceRite\***  
Apple



**Red & White**  
Apple  
Cranberry  
Cranberry Apple  
Cranberry Grape



**Ruby Kist\***  
Apple  
Grape  
Pineapple  
Tomato  
White Grape



**Seneca\***  
Apple



**Sesame Street\***  
Big Bird's Apple  
Cookie Monster's  
Berry  
Elmo's Punch  
Grover's White Grape



**ShopRite**  
Tomato  
Vegetable  
(low sodium)



**Signature Select (Acme)**  
Apple  
Cranberry  
Cranberry Grape  
Cranberry Pomegranate  
Cranberry Raspberry

Grape  
Pineapple  
Tomato  
Vegetable  
White Grape



**Stop & Shop**  
Apple  
Cranberry  
Grape  
Tomato  
Vegetable



**Tipton Grove**  
Apple  
Grape



**Wegmans**  
Apple  
Cranberry  
Cranberry Apple  
Cranberry Concord  
Grape  
Cranberry Raspberry  
Grape



**Welch's\***  
Grape  
Grape w/ Calcium  
Red Grape  
Super Berry  
White Grape  
White Grape Peach

### NOT ALLOWED

Juices not listed above, sizes not listed above, organic juices, products that are not 100% juice (drinks, ades, nectars, coolers, beverages, Hi-C, cocktails, twisters, splashes, punches, juices with added sugar, sugar substitute or DHA/ARA, baby juices)

\* New Item

JUICE FOR CHILDREN

COLD CEREAL

HOT CEREAL



# COLD CEREAL

18 up to 36 oz. only

## General Mills



Cheerios



Multi Grain Cheerios\*



Kix



Berry Berry Kix\*



Honey Kix\*



Corn Chex\*



Rice Chex\*



All Bran Complete Wheat Flakes



Corn Flakes



Crispix\*



Frosted Mini Wheats\*



Rice Krispies



Special K



Special K Protein Honey Almond Ancient Grains



Special K Protein Original Multi Grain Touch of Cinnamon\*



Crispy Rice



Frosted Mini Spooners\*

## Malt-O-Meal

## Post



Grape Nut Flakes



Honey Bunches of Oats with Almonds



Honey Bunches of Oats with Cinnamon Bunches



Honey Bunches of Oats Honey Roasted



Honey Bunches of Oats with Vanilla Bunches\*

**NOT ALLOWED**  
Cereals not listed, organic cereals, sizes not listed

\* New Item



Avenue A\*  
Corn Flakes



Hy-Top  
Corn Flakes



Kiggins  
Corn Flakes



Ralston  
Corn Flakes



Stop & Shop  
Corn Flakes  
Frosted Shredded Wheat



Best Yet  
Bite Size Frosted Shredded Wheat Corn Flakes



IGA  
Corn Flakes



Krasdale  
Corn Flakes



Red & White  
Corn Flakes



Signature Select (Acme)\*  
Corn Flakes



Foodtown  
Corn Flakes



Key Food  
Corn Flakes



My Essentials  
Corn Flakes



ShopRite  
Corn Flakes



Wegmans  
Corn Flakes  
Multi-Grain Toasted



Great Value (Walmart)  
Corn Flakes  
Crisp Rice  
Tasteesos



Kemach  
Bran Flakes  
Corn Flakes  
Crisp Rice



Parade  
Corn Flakes



Shurfine  
Corn Flakes



Weis  
Corn Flakes  
Crispy Rice  
Frosted Shredded Wheat  
Wheat Flakes

COLD CEREAL

HOT CEREAL



# HOT CEREAL

Up to 36 oz.

B & G Food



Cream of Rice Original\*



Cream of Wheat 1 Minute



Cream of Wheat 2 1/2 Minute



Cream of Wheat Original Instant



Cream of Wheat Whole Grain 2 1/2 Minute\*

Best Yet



Instant Oatmeal Original

Essential Everyday



Instant Oatmeal Original

Farina



Wheat Cereal Original

Hy-Top



Instant Oatmeal Original

IGA



Instant Oatmeal Original

Key Foods



Instant Oatmeal Original

Malt-O-Meal



Wheat Cereal Original\*

Parade



Instant Oatmeal Original

Quaker



Instant Grits Original

ShopRite



Instant Oatmeal Original

Signature Select (Acme)



Instant Oatmeal Original\*

Stop & Shop



Instant Oatmeal Original

Weis



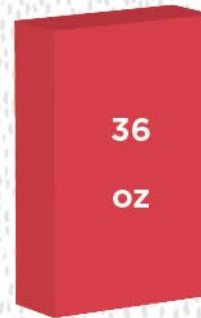
Instant Oatmeal Original

\* New Item

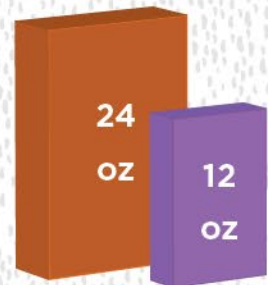


## WAYS TO BUY CEREAL

\*12 oz packages only allowed in hot cereals



36  
oz



24  
oz

12  
oz

-or-

-or-



18  
oz

18  
oz



12  
oz

12  
oz

12  
oz



# WHOLE GRAINS

## 100% Whole Wheat Pasta

16 oz. package only



**Allegra**  
Spaghetti



**Barilla**  
Angel Hair  
Elbows  
Linguine  
Medium Shells  
Penne  
Rotini  
Spaghetti  
Thin Spaghetti



**Bionaturae Organic**  
Fettuccine  
Fusili  
Penne Rigate  
Rigatoni  
Spaghetti



**Essential Everyday**  
Penne Rigate  
Rotini  
Spaghetti  
Thin Spaghetti



**Gia Russa**  
Angel Hair  
Linguine  
Penne Rigate  
Rotini  
Spaghetti



**Great Value (Walmart)**  
Thin Spaghetti



**Heartland**  
Elbow  
Rotini



**Hodgson Mill**  
Angel Hair  
Elbows  
Spirals  
Thin Spaghetti



**Ronzoni**  
Linguine  
Penne Rigate  
Rotini  
Spaghetti  
Thin Spaghetti



**ShopRite**  
Penne Rigate  
Rotini  
Spaghetti



**Via Roma**  
Penne Rigatoni  
Spaghetti



**Weis**  
Angel Hair  
Penne Rigate  
Rotini  
Spaghetti



## 100% Whole Wheat Bread

16 oz. package only



**America Choice**



**Bimbo**



**Gold Medal**



**Krasdale**



**PAS**



**ShopRite**



**Signature Select (Acme)**



**Stop & Shop**



**Arnold**  
Stone Ground 100%  
Whole Wheat Bread



**Essential Everyday**



**Hannaford Brothers Co.**



**Pepperidge Farm**  
Light Style  
Very Thin\*  
Stone Ground



**Stern's**  
100% Whole Wheat Rolls  
(8 count)  
100% Whole Wheat Bread



**Windmill Farms**  
100% Stone-Ground  
Whole-Wheat Bread w/  
Gluten, Hamatzie  
100% Stone-Ground  
Whole-Wheat Bread w/  
Gluten, Mezonos



**Best Yet**



**Franczoz**



**Key Food**



**Sara Lee**



**Sungrain**



**Wonder**

\* New Item

WHOLE GRAINS

WHOLE GRAINS

BEANS, PEAS, LENTILS, PEANUT BUTTER & CANNED FISH

INFANT FOOD

# WHOLE GRAINS

## WHOLE GRAINS *(Continued)*



### 100% Whole Grain Tortillas 16 oz. package only



**America's Choice**  
Whole Wheat



**Carlita**  
Whole Wheat  
Soft White Corn



**Celia's**  
Whole Wheat  
Yellow Corn



**Chi Chi's**  
Whole Wheat  
White Corn



**Don Pancho**  
Whole Wheat  
White Corn



**Herdez**  
Whole Wheat  
Corn



**Key Food**  
Whole Wheat  
White Corn



**La Banderita**  
Corn



**La Burrita**  
Corn



**Mayan Farm**  
Whole Wheat



**Mex-America**  
Whole Wheat  
w/ Honey



**Mission**  
Whole Wheat  
Yellow Corn



**My Essentials**  
Whole Wheat



**Ortega**  
Whole Wheat



**ShopRite**  
Whole Wheat



**Stop & Shop**  
White Corn  
Whole Wheat



**Wegmans**  
Whole Wheat



**Weis**  
Whole Wheat



### Brown Rice

16 oz. package

#### ALLOWED

- Plain brown rice packed in boxes or bags
- May be instant, quick or regular cooking

#### ANY BRAND

#### NOT ALLOWED

- Brown rice with added sugars, fats or salt, brown rice with other added ingredients, organic brown rice

## WHOLE GRAINS

## BEANS, PEAS, LENTILS, PEANUT BUTTER & CANNED FISH

## INFANT FOOD



## BEANS, PEAS, LENTILS, & PEANUT BUTTER

### Beans, Peas & Lentils

#### ALLOWED

- DRY (varieties of mature beans, peas or lentils - 16 oz. only)
- CANNED regular and low sodium (varieties of mature beans, peas or lentils - 15.5-16 oz. only)

#### ANY BRAND

#### NOT ALLOWED

Green beans, green peas, snap beans, orange beans, wax beans, baked beans, pork and beans, beans with meat (such as franks and beans), canned beans with added sugars, fats, meat or oils, organic beans, soups



### Peanut Butter

16 - 18 oz. only

#### ALLOWED

- Creamy or crunchy
- Reduced/Lowfat
- Natural

#### BRANDS

- Store brand
- Skippy
- Jif



#### NOT ALLOWED

Organic peanut butter, peanut spread, freshly ground or whipped peanut butter, peanut butter mixed with jelly, marshmallow, chocolate or honey, peanut butter with added vitamins and minerals

## CANNED FISH

FOR EXCLUSIVELY BREASTFEEDING WOMEN

Up to 30 oz.

#### ALLOWED

- Any combination up to amount listed on WIC check

#### ANY BRAND

#### Iberia Jack Mackerel Only

15 oz. cans packed in water or oil only, may contain bones and skin, plain varieties only

#### Light Tuna

Minimum 5 oz. cans packed water only, plain varieties only

#### Pink Salmon

7.5 oz. and 14.75 oz. cans packed in water or oil only, plain varieties only

#### Sardines

3.75 oz. cans packed in water or oil only (may contain bones and skin, plain varieties only)



### WAYS TO BUY



You can mix and match canned fish of any variety up to 30 ounces.

#### NOT ALLOWED

Albacore tuna, blueback salmon, red salmon, flavored fish, fish with added ingredients, organic fish, fish in pouches, fish in individual serving size containers

# INFANT FOOD

## Infant Formula

### ALLOWED

Brand, size and amount listed on your WIC check

## Cereal

### 8 oz. containers only

### ALLOWED

- Brand, size and amount listed on your WIC check
- Plain varieties only
- Rice, Oatmeal, Mixed Grains, Whole Wheat

### NOT ALLOWED

Organic infant cereal, infant cereal with extra ingredients such as DHA, formula, fruit, yogurt or added protein

## Meats

### For exclusively breastfeeding infants 6 through 11 months old



### ALLOWED

- Amount and size listed on your WIC check
- Single meat or poultry varieties w/ broth or gravy

### ANY BRAND

### NOT ALLOWED

Infant food combinations (such as meat and vegetables) infant dinners (such as spaghetti and meatballs), baby foods with added sugars or salt, organic baby meats

## Fruits & Vegetables



### ALLOWED

- Amount and size listed on your WIC check
- Variety of single ingredient commercial infant food fruit
- Variety of single ingredient commercial infant food vegetable
- Combination of plain single ingredients such as peas & carrots or apples & bananas
- Two (4 oz.) packs and 4 oz. individual containers
- One 2 pack counts as 2 (4oz.) individual containers

### ANY BRAND

### NOT ALLOWED

Baby foods with added sugars, starches or salt, baby food mixtures with cereal or infant food dessert (such as peach cobbler), organic baby food, any variety of baby foods that contain DHA or yogurt

## WAYS TO BUY



32 - 4oz. jars

128 OZ.

-or-



16 - 4oz. two pack



24 - 4oz. jars

96 OZ.

-or-



12 - 4oz. two pack



16 - 4oz. jars

64 OZ.

-or-



8 - 4oz. two pack





# BREASTFEEDING

## MOTHER'S MILK IS A BABY'S NATURAL FOOD

- It contains all the nutrients babies need and is easy to digest.
- It reduces the risk of SIDS, ear and lung infections, and diarrhea.
- It helps prevent diabetes, asthma, heart disease, and cancer.
- It promotes brain growth and development.



## BREASTFEEDING IS HEALTHY FOR MOTHERS

- It burns calories so it is easier to lose the weight gained in pregnancy.
- It helps prevent osteoporosis and cancer.
- It is always ready and at the right temperature.

## WIC BREASTFEEDING SUPPORT INCLUDES:

- Breastfeeding experts in every WIC local agency.
- Peer counselors who offer mother-to-mother support.
- A larger food package benefit for breastfeeding mothers.
- A larger food package benefit for breastfed babies, starting at 6 months.
- Breast pumps for mothers who need them.
- A community of breastfeeding support.



### FOR MORE INFORMATION

<https://wicbreastfeeding.fns.usda.gov/> or  
<https://nj.gov/health/fhs/wic/nutrition-breastfeeding/>



BREASTFEEDING

WIC REMINDERS

SHOPPING TIPS

APPOINTMENTS AND RIGHTS & OBLIGATIONS



# BREASTFEEDING

## WIC REMINDERS

### NUTRITION EDUCATION OPTION:

WIC provides 3 ways of completing Nutrition Education:

- Online [www.njwiconline.org](http://www.njwiconline.org)
- Individually with a Nutritionist
- Group Classes

A screenshot of the WIC website interface. At the top, there is a navigation menu with links: LESSONS, WIC FOODS, RESOURCES, PARENTING, GETTING ORGANIZED, MY NOTEBOOK, CONTACT US, and LOG OFF. Below the menu is a large image of a smiling woman and a baby. Underneath this image, there is a section titled "Select one of the four lesson groups." with four colored buttons: "Women" (red), "Infants/Toddlers" (purple), "Children" (green), and "Family" (light green). Each button contains a small image representing the group. At the bottom of the screenshot, there is a language selection bar with "ENGLISH" and "ESPAÑOL" options, and a copyright notice: "Created in cooperation with New Jersey WIC Services and the U.S. Department of Agriculture. Copyright reserved without written permission. Web site by [Advantage.com](http://Advantage.com). Help and Info."

### YOU MAY BE TAKEN OFF THE WIC PROGRAM IF YOU:

- Get WIC checks from more than one (1) WIC program at the same time in New Jersey or in another state.
- Sell or trade your WIC check(s) or food(s).
- Use your WIC checks to buy food that is not on the WIC Approved Food List.
- Alter the WIC check(s).
- Use WIC check(s) that have been reported lost or stolen.
- Verbally abuse, harass, threaten, assault or physically harm WIC or store staff.

Any of these actions may result in your paying back money to WIC for food you should not have received, termination from the WIC Program, or legal charges.



WIC REMINDERS

SHOPPING TIPS

APPOINTMENTS AND RIGHTS & OBLIGATIONS



## SHOPPING TIPS

### HOW TO USE YOUR WIC CHECKS

- Shop only at WIC authorized stores. WIC stores must have some foods from each food group but do not have to carry all of the brands on the WIC Approved Food List.
- Buy only foods, brands and sizes that are listed on your WIC checks and Cash-Value Vouchers.
- If you buy more than the value of the CVV Voucher, you may pay the difference with any other form of payment.
- A Cash-Value Voucher (CVV) is a check with a dollar amount that may be used by you to choose from a variety of fresh, frozen and canned fruits and vegetables.
- Do not return WIC foods or exchange them for credit, cash, rain checks or unauthorized foods.
- Use your WIC checks and CVV between the dates listed on each check.

NEW JERSEY WIC SERVICES		ACCOUNT INFORMATION	
<small>WIC ID: XXX</small> <small>WIC STORE: XXX</small> <small>WIC TYPE: XXX</small>		<small>FIRST DAY TO USE</small> <b>August 03, 2019</b>	<small>LAST DAY TO USE</small> <b>September 02, 2019</b>
<small>FOR PURCHASE OF APPROVED FOODS ONLY - SEE LIST AND SUBSTITUTIONS ALLOWED</small> <b>1. 32 OZ WHOLE FAT / LOW FAT / NON FAT YOGURT - SEE APPROVED FOOD LIST</b> <b>XXX END OF ORDER XXXX</b>		<small>Pay to the order of:</small> \$ <small>Payment denied without stamp</small> <small>THIS IS NOT A CHECK</small> <small>THIS IS NOT A CASH VOUCHER. DATE OF PURCHASE</small>	
<b>NON-NEGOTIABLE NJ WIC CHECK</b>			

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**EXPIRED AND LOST WIC CHECKS AND/OR CVV WILL NOT BE REPLACED.**



### AT THE CASH REGISTER

- 1 Tell the cashier you are going to use WIC checks and CVV.
- 2 Separate your WIC foods from all other foods.
- 3 Give the cashier your New Jersey WIC Food and Program Guide and WIC check or CVV.
- 4 After the cashier fills in the correct total dollar amount, sign each WIC check and CVV on the signature line at the bottom of the check or CVV.
- 5 Please do not sign the checks until the cashier has reviewed the checks.
- 6 Signatures on New Jersey WIC Food and Program Guide and check/WIC voucher must match.
- 7 Sign in the signature block at the top of the check or CVV only if the cashier made a mistake and the amount has been corrected.
- 8 Be sure that the cashier returns your New Jersey WIC Food and Program Guide to you after signature review.



### WICShopper IS

- A free app designed for WIC Participants.
- A tool that simplifies shopping for WIC approved foods.
- Includes recipes and ideas how to use WIC foods.

### HOW IT WORKS

- Find **WICShopper** in your app store.
- Select New Jersey as your WIC provider.

# APPOINTMENTS

YOU HAVE AN APPOINTMENT TO COME BACK TO WIC ON THE DATE AND TIME BELOW.

WIC Clinic \_\_\_\_\_

WIC Clinic Phone Number \_\_\_\_\_

Date	Time	Re-Certification	Nutrition Edu/Pick-up	Mid-Certification	Other	Reminders	<p>If you miss your WIC appointment:</p> <ul style="list-style-type: none"> <li>You may delay or lose WIC benefits.</li> <li>Call the clinic immediately to reschedule.</li> </ul>

**REMEMBER:** Lost or misplaced vouchers may not be replaced! Treat them like cash!



## RIGHTS AND OBLIGATIONS

The rules for signing up and taking part in the WIC Program are the same for everyone, regardless of race, color, national origin, age, disability or sex. You may appeal any decision made by the local agency regarding your eligibility for WIC by asking for a fair hearing within 60 days of the decision. WIC shares certification and immunization screening information with health and social programs like SNAP, TANF, etc., that serve WIC participants to determine if they qualify for their programs and for outreach and educational purposes.



## CONTACT YOUR LOCAL WIC AGENCY AT:

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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, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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 Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), 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, Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

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To learn more about the New Jersey WIC program, please visit: <https://www.nj.gov/health/fhs/wic/>

