

CEREAL (Iron, Fiber and Folic Acid)

BUY: Only cereals on this list, any combination of hot and cold cereals up to 36 oz. total.
DO NOT BUY: More than 36 oz. total or varieties not on this list.

Symbols below cereal indicate:

◆ High Fiber ★ 100% Folic Acid

(Folic acid is important to prevent birth defects)



Approved Brands of Corn Flakes, Crispy Rice & Frosted Shredded Wheat

Flavorite: Corn Flakes, Crispy Rice, Frosted Shredded Wheat

Fred Meyer/Kroger: Corn Flakes, Crispy Rice, Frosted Shredded Wheat

IGA: Corn Flakes, Crispy Rice, Frosted Shredded Wheat

Malt-O-Meal: Crispy Rice, Frosted Mini Spooners

Ralston: Corn Flakes, Crispy Rice, Frosted Shredded Wheat

Safeway: Corn Flakes, Crispy Rice, Frosted Shredded Wheat

Western Family: Corn Flakes, Crispy Rice, Frosted Shredded Wheat

Great Value: Corn Flakes, Crispy Rice

HOT CEREAL (Iron, Fiber and Folic Acid)

DO NOT BUY: Single serving boxes or packets, (except Quaker Instant Oatmeal & Cream of Wheat).

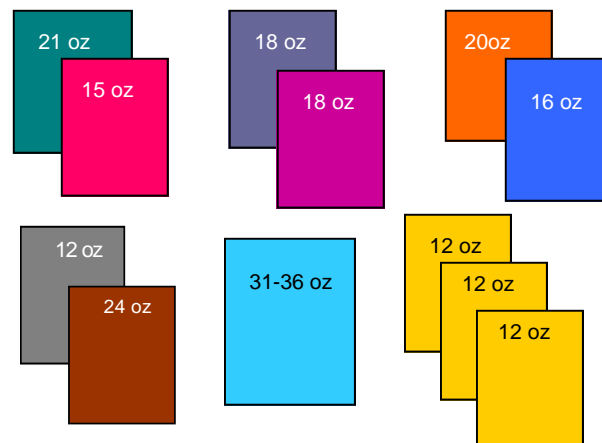


BABY CEREALS - Package size 8 or 16 oz.



Ways to Buy 36 oz. of Cereal

(or as close as possible without going over)



JUICE (Vitamin C)

BUY: 100% Juice; Vitamin D & Calcium fortified allowed. For children under age 1, orange, pineapple, grapefruit or calcium fortified juices, are not recommended.

DO NOT BUY: Glass, 46 oz. plastic or 64 oz. containers; organic juice, juice drink, beverage, cocktail or punch.

JUICE FLAVOR	12 oz Frozen Conc 100% JUICE	46 oz Can 100% JUICE
APPLE	Flavorite, Fred Meyer, Great Value, IGA, Safeway, Seneca, Treetop, Western Family	Seneca, Treetop, Western Family
ORANGE (Types Allowed: Regular, Pulp Free, Added Pulp, Country Style, Low Acid, Calcium Fortified)	Flavorite, Fred Meyer, Great Value, IGA, Minute Maid (blends allowed), Safeway, Western Family	Flavorite, Safeway, Western Family
GRAPEFRUIT	Great Value, Minute Maid, Safeway, Western Family	Great Value, IGA, Kroger, Safeway, Texsun, Western Family
PINEAPPLE	Dole (100% Juice Blends allowed)	Dole, Flavorite, Fred Meyer, Great Value, IGA, Safeway, Western Family
GRAPE (white, purple or blends)	Welchs (yellow pull strip only)	Welchs
TOMATO / VEGETABLE	N/A	Flavorite, Fred Meyer, Great Value, IGA, Safeway, Campbells Tomato (Reg or Low Sodium), Campbells V8 (Regular, Essential Antioxidants)
JUICE BLENDS Any Flavor (100% Juice)	Dole, Old Orchard	Not Allowed

Juicy Juice & Welch's
 100% Juice - 11.5 oz
 Pourable Concentrate
 (Any Flavor)



Alaska WIC Food List October 1, 2008



My WIC Clinic is at:

My Next Appointment is on:

Date	Time	Reason	What to Bring
			<input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____
			<input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____
			<input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____
			<input type="checkbox"/> Children <input type="checkbox"/> ID/Income <input type="checkbox"/> Immunization <input type="checkbox"/> _____

Keep this list and bring it to every visit.

Call your WIC clinic if you are unable to keep your scheduled appointment.

MILK (Calcium and Vitamin D)



2 half gal = 1 gal

BUY: Fresh Milk can be fresh whole, skim, skim deluxe, nonfat, 1% low fat, light, 2% reduced fat, lactose free or reduced lactaid, calcium or protein fortified, acidophilus or buttermilk, Ultra pasteurized or UHT (shelf stable) milk **only if no other type of fresh milk is available.**

BUY: Evaporated, dry, or goat milk **only if printed on check.**

DO NOT BUY: Soy, rice or other “non-dairy” milk, chocolate, fruit-flavored or organic milk; qt containers unless it is the only size available.

BUY LARGEST SIZE AVAILABLE & LEAST EXPENSIVE BRAND

CHEESE (Protein and Calcium)

BUY: LEAST EXPENSIVE BRAND-16 oz. or larger; domestic American, Cheddar (mild or medium only), Colby, Colby-Jack, Kraft Deluxe American loaf, Monterey Jack, Mozzarella (regular only) and Swiss. Low fat, low sodium. ONLY sliced cheese allowed is American (Cannot be individually wrapped or deli style slices)



DO NOT BUY: Cheese food, product or spread; shredded, grated, string, imported, deli, organic, sliced (other than American) or cheese with flavoring or added ingredients.

EXCLUSIVE BREASTFEEDING PACKAGE



CANNED SALMON OR TUNA

BUY: Canned pink salmon: (14.75 oz. only) Canned tuna, plain: (6.25 or smaller.) Packed in water or oil.

DO NOT BUY: Albacore or white tuna

CARROTS

BUY: Fresh, frozen or canned. Baby carrots allowed. Plain with no added ingredients like sauces or herbs.

DO NOT BUY: Organic carrots or individually wrapped baby carrots in “snack” packs.

BEANS, PEAS, LENTILS (Fiber, Iron & Protein)

BUY: Dry Beans (any kind,) Peas, Lentils, Mixed Beans, 1 lb. (16 oz.) package only.

DO NOT BUY: Bulk products; bean soup mix.



EGGS (Protein)

BUY: Small, medium or large

DO NOT BUY: Extra large, jumbo, brown, organic, low-cholesterol, Eggland’s Best Brand, “Naturally Nested” or Free Range eggs.



PEANUT BUTTER (Protein)

BUY: Least expensive brand peanut butter, 18 oz. jar or less, low sodium, low sugar or natural are allowed.

DO NOT BUY: Low-fat, organic or peanut butter with added marshmallows, jelly or honey.



OTHER

Other items allowed **only** if printed on the warrant

Help WIC Serve More Families

Saving money when you shop helps the WIC program serve more participants. Here are some ways you can help WIC.



Buy largest size available.



Buy store brands; compare prices & buy lowest cost brand.



Use Coupons.



Buy items on sale.

Shopping with WIC Warrants

- ◆ Do not sign warrants before you go to the store.
- ◆ Check the valid dates in top left corner of warrants - use them only from the first day on the warrants to midnight on the last day.
- ◆ Take your picture ID, WIC warrants, and Alaska WIC Food List to an approved WIC store.
- ◆ Buy only the foods listed on the warrant.
- ◆ Use the WIC Food List to tell which types and brands are allowed. Do not make substitutions.
- ◆ Do not buy more than the amount printed on your warrant. If a warrant has baby formula printed on it, you must buy the whole amount; for other foods you may buy less.
- ◆ At the check stand, separate your WIC foods from other foods and group WIC foods by warrant.
- ◆ Give the cashier your warrants, ID and store coupons (if you are using any).
- ◆ The cashier will ring up the items on each warrant separately and will write the total amount of sale on each warrant.
- ◆ Make sure the total written on the warrant is the same as the total on the cash register receipt.
- ◆ Sign and date the warrant(s) clearly in black or dark blue ink. Black ink is recommended for banking purposes.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

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WIC Program Rules

- ⌘ Tell the truth when you give information to WIC.
- ⌘ **You can only get WIC warrants from one clinic.**
- ⌘ Choose WIC or CSFP (Commodity Supplemental Food Program) - you cannot be on both programs.
- ⌘ Do not make changes to WIC warrants.
- ⌘ Use WIC warrants only during the “Valid Dates.” Call your WIC clinic if warrants are lost, stolen or destroyed. If you find them, do not use, but return them to your WIC Clinic.
- ⌘ Buy only foods or formula listed on the WIC warrant.
- ⌘ Explain the WIC rules to any alternate who shops for you.
- ⌘ **If you need to change your baby’s formula, please call your WIC clinic.**
- ⌘ **Do not sell, trade or give away WIC warrants, food or formula.**
- ⌘ Do not exchange WIC foods, formula or WIC warrants for money, credit, rain checks or other items.
- ⌘ Do not verbally abuse, harass, threaten, or physically harm WIC or Store staff.
- ⌘ Lost WIC warrants will not be replaced. Treat your WIC warrants like cash.

If you break the rules you or your child may be taken off the program, you could face legal charges, or you may have to pay back the program for food or formula you should not have received.

