Guam eWIC Shopping Guide

Effective March 2018

WIC Authorized Vendors may not have all items listed and/or pictured in this shopping guide.

Rev. 11/06/2020

WIC Participants' Responsibilities

Before you shop:

1. Check your WIC benefits before shopping. You can view your benefits online at www.ebtEDGE.com, call Customer Service at 1(877)216-3082 (24hrs/7 days a week), at an authorized WIC store, or call your WIC clinic. Information can also be found on the back of your eWIC card.
2. Look for the eWIC sign displayed at authorized WIC stores that accept Guam eWIC.

Shop for your WIC foods:

1. Buy what you need. You do not have to buy all your foods at one time. You can buy foods and quantities listed on the balance summary given to you at the WIC clinic or the balance section of the eWIC receipt.
2. Look for the WIC APPROVED label when you shop.
3. Use the Guam ezWIC App (see page 19) to see if a food is WIC-approved.

At check-out:

1. Have your eWIC card and PIN ready to use.
2. Look for a WIC sign on the cash register to know it accepts eWIC card purchases. You cannot use self-checkout with your eWIC card.
3. Separate your WIC foods from other foods.
4. Before scanning any of the foods, tell the cashier right away that you are using an eWIC card.
5. When the cashier tells you, slide your eWIC card or give your eWIC card to the cashier. Keep your eWIC card for the next time you shop.
6. Enter your PIN and press the "ENTER" button on the keypad.
7. The amount of approved food items and dollar amount of fruits and vegetables you purchase will be deducted from your eWIC account.
8. The cashier will give you a receipt, which you keep to know your remaining balance and the dates benefits expire.
9. If you will be using both SNAP and eWIC at the store, use your eWIC card first and then use your SNAP card.

Keep your eWIC card safe and bring it with you each time you come to the WIC clinic.

WIC Foods Available

The WIC nutrition staff may need to modify your basic food quantities in order to make some of the available WIC foods accessible to you.

WIC Program Participant Rights & Obligations

GUAM WIC PROGRAM'S PLEDGE TO YOU:

Health Information.

- WIC provides helpful tips on nutrition and active living.
- WIC supports and helps with breastfeeding.

Fair Treatment.

- The WIC rules are the same for everyone regardless of race, color, national origin, age, disability, or sex.
- You have the right to appeal decisions made by the WIC Program about your eligibility.
- WIC will contact your healthcare provider to discuss nutritional needs for you and/or your child upon your request.
- If you do not understand your Rights & Obligations, you have the right, at anytime, to ask a WIC staff member to explain them to you.

Healthy Foods.

- WIC provides your family with food benefits to buy healthy foods.

Help getting enrolled in services.

- If you move to a different area, your WIC information may be shared with the new WIC agency.
- WIC provides referrals to health and social services that may help your family.

YOUR PLEDGE TO THE GUAM WIC PROGRAM:

Honesty.

- To not sell or trade WIC food benefits, such as infant formula (the intention alone could be grounds for removal from the program). If WIC determines that you have attempted to sell or had intentions to sell any benefits (food or formula) verbally, in print, or online through any type of social media, you will be subject to disqualification from the program.
- To participate in only one WIC site at a time. If I move, I can ask for a transfer paper. Certification at more than one WIC site will result in disqualification.
- eWIC cards are unique to you and are not to be changed/altered.

Accurate Information.

- Provide the most current and truthful information (WIC staff may verify that this information is correct).

Good Use of the Program.

- Be courteous and respectful towards the WIC staff and WIC vendors.
- Following the rules of the WIC Program is important to avoid being prosecuted, disqualified (for abuse of food benefits, falsification of information, etc.), and/or asked to repay the program.

Protect your benefits.

- Keep your eWIC card safe and secure.

Important contact information to remember:

Guam WIC Clinics

Dededo	635-7471/2
Tiyan	475-0295/6
Santa Rita	565-3537 (Tuesday/Thursday)
Inarajan	828-7550 (Monday/Wednesday/Friday)

WIC email: guamwic@dphss.guam.gov

Guam WIC Web Site

http://dphss.guam.gov/woman-infants-infants-wic-program/

Guam WIC Vendor Management Section (for vendor problems)

475-0300, 475-0291 (or 788-6284), 475-0292, 475-0287

eWIC Web Site

www.ebtEDGE.com

eWIC Customer Service (available 24hrs/7 days a week)

1(877)216-3082

Guam WIC Client Services for WIC service problems

475-0288 or 475-0287

INFANT FOODS

INFANT CEREAL

Gerber	Beech Nut	CANNOT BUY
Barley	Rice	- Mixtures of meat, fruits, or vegetables
Whole Wheat	Barley	- Foods with added sugar or salt
Rice	Oatmeal	- Dinner meals
Oatmeal		- Jar infant cereals
		- Desserts
		- Puddings
		- Organic infant foods

(dry single grain cereal, 8 oz. containers only)

TIPS FOR BUYING INFANT FOODS

Infant Cereal (8 oz. containers)

How much is 24 ounces (oz.)?

Infant Meat (2.5 oz. jars)

How much is 77.5 ounces (oz.)?

31 jars

Infant Fruit & Vegetable

(4 oz. single jars or 2-pack containers)

How much is 256 ounces (oz.)?

64 jars or 32 two-packs

How much is 128 ounces (oz.)?

32 jars or 16 two-packs

How much is 64 ounces (oz.)?

16 jars or 8 two-packs

INFANT FORMULA

Only the brand, type, and size as shown on your WIC benefits.

INFANT FOODS

INFANT FRUIT, VEGETABLE, & MEAT* (single foods only)

Fruit or Vegetable (6 to 11 months old)	Meat (6 to 11 months old)*	CANNOT BUY
4 oz. or 2-pack of 4 oz. containers of fruit or vegetable (128 oz. total). Fully breastfeeding infants get 256 oz. total.	2.5 oz. containers up to 77.5 oz. total *Only for fully breastfeeding infants	- Mixtures of meat, fruits, or vegetables - Foods with added sugar or salt - Dinner meals - Desserts - Puddings - Organic infant foods

WIC approved brands:
Gerber, Beech Nut, Nature's Goodness

OPTIONAL for Infants 9 through 11 months old ONLY IF SHOWN ON YOUR WIC BENEFITS

Infants 9 through 11 months old can choose to get a cash value of $4.00 for fresh, frozen, or canned fruits and vegetables **and** up to 64 oz. of infant jar fruits and vegetables (4 oz. or 2-pack of 4 oz. containers). Fully breastfeeding infants can choose to get $8.00 **and** up to 128 oz. of infant jar fruits and vegetables (4 oz. or 2-pack of 4 oz. containers).

MILK (Whole or Full Cream)

CHILDREN (1 YEAR OLD)

Evaporated milk

WIC Authorized Vendors may not have all items listed and/or pictured in this shopping guide.

Gallon (gal)	Half-Gallon (hgl)*	Quart (qt)*	8 fl. oz.*
Anchor Devondale Foremost Hershey's	California Sunshine Darigold	Anchor California Sunshine Devondale Foremost Hershey's Real Fresh	Foremost Real Fresh Note: 4 (8 fl. oz.) milk containers = 1 qt.

Evaporated Milk (12 fl. oz. can)*
Essential Everyday
Nestle Carnation

*Only if shown on your WIC benefits

CANNOT BUY

Flavored milk • Sweetened condensed milk • Buttermilk • Organic milk

MILK (1% Low Fat or Non-Fat)

WOMEN & CHILDREN (2-4 YEARS OLD)

Dry powdered milk

Evaporated milk

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Gallon (gal)	Half-Gallon (hgl)*	Quart (qt)*	8 fl. oz.*
Anchor	California Sunshine	Anchor	Foremost
Devondale	Darigold	California Sunshine	Real Fresh
Foremost		Devondale	
Hershey's		Foremost	Note:
		Grossner	4 (8 fl. oz.) milk
		Hershey's	containers = 1 qt.
		Real Fresh	

Dry Powdered Milk*	Evaporated Milk (12 fl. oz. can)*
Nestle Carnation (9.6 oz. package)	Essential Everyday Nestle Carnation

*Only if shown on your WIC benefits

CANNOT BUY

Flavored milk • Sweetened condensed milk • Buttermilk • Organic milk

CHEESE, TOFU, or YOGURT

CHEESE

Any brand of 8 oz. OR 16 oz. block of the following types:

Cheddar (mild, medium, sharp)	Colby
Colby Jack	Monterey Jack
Mozzarella	Swiss
Mozzarella string style (16 oz. pkg. only)	

Cheese blends of the types above are allowed.

CANNOT BUY

- Cheese spread
- Cream cheese or Parmesan cheese
- Extra sharp Cheddar cheese
- Organic cheese
- Diced, grated, sliced, or shredded cheese
- Cheese with added hot peppers or spices

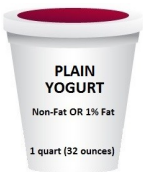
TOFU

CANNOT BUY

- Packages in other sizes or brands

16 oz. block, water-packed, any texture (soft, medium firm, firm, or extra firm)
WIC approved brands: Azumaya, House Foods, & SunSoy

YOGURT



CANNOT BUY

- Flavored yogurt
- Yogurt with added ingredients, such as granola, honey, or fruit
- Organic yogurt

Children 1 year old
Whole Milk Yogurt (Plain)

Women & Children 2-4 years old
1% Low Fat or Non-Fat Milk (Plain)

WIC approved brands:

Brown Cow (whole milk)	Essential Everyday
Karoun (whole milk)	Mountain High
Nancy's	Stoneyfield

(32 oz. or 1 qt. size containers)

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MILK SUBSTITUTIONS*

SOYMILK*

1/2 gallon

1 quart

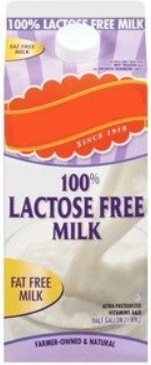
1 quart

1 quart

8 fl. oz.

WIC approved brands:
8th Continent (original, half gallon size containers)
Silk Soymilk (original, 32 fl. oz. or 1 qt. size containers)
Pacific Ultra Soy (original, 32 fl. oz. or 1 qt. size containers)
Kikkoman Pearl Organic (original, 32 fl. oz. or 1 qt. size containers)
Kikkoman Pearl Organic (original, 8 fl. oz. size containers approved for special conditions)

LACTOSE-FREE MILK*



Children 1 year old Whole Milk Women & Children 2-4 years old 1% Low or Skim Fat or Non-Fat Milk	WIC approved brands: Darigold Lactaid (Half-gallon size containers)

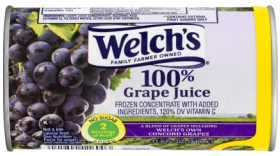
**Only if shown on your WIC benefits*

100% JUICE

FROZEN CONCENTRATE JUICE

11.5 to 16 fl. oz. size containers

16 fl. oz. containers make 64 fl. oz. total juice | 12 fl. oz. containers make 48 fl. oz. total juice



Apple	Grape	CANNOT BUY
IGA	Old Orchard	- Fruit punch
Old Orchard	Welch's	- Juice drinks that are not 100% juices
Seneca Red		- Mixed juices
Springfield	Orange	- Organic juices
Treetop	Any brand	- Juices with added sugar
Pineapple		
Dole		

TIPS

- WIC recommends no more than 4 fl. oz. of juice per day for children 1-5 years old.
- Freeze juice into juice bars as a healthy snack.
- Mix juices together to make fun flavors or with other drinks.

100% JUICE

SHELF-STABLE JUICE (cans, cartons, and plastic bottles only)

46 fl. oz. size containers for **Women**

(choose 12 fl. oz. frozen juice to get the most of your WIC benefits)

64 fl. oz. size containers for **Children 1-4 years old**

Small juices
up to 7 fl. oz. containers
only if shown on your WIC benefits

Apple	Grape	Pineapple	Orange	Grapefruit
Essential Everyday	Donald Duck	Dole	Cal-Maid	Donald Duck
Hansen's	Hansen's	Hansen's	Flavorite	Flavorite
IGA	IGA (red or white grape)	IGA	Hansen's	Ruby Kist
Juicy Juice (Nestle)	Juicy Juice (Nestle)	Langers	Langers	
Langers	Langers	Springfield	Ruby Kist	**Tomato**
Mott's	Old Orchard		Texsun	Campbell's
Ruby Kist	Ruby Kist	**Vegetable**	Tropicana	IGA
Seneca Red	Springfield	IGA		Red Gold
Springfield	Welch's (grape; concord, red, or white grape)	Springfield		
Treetop		V8		

CANNOT BUY

- Fruit punch, juice drinks that are not 100% juices, mixed juices, organic juices, juices with added sugar

FRUITS & VEGETABLES

FRESH	FROZEN*	CANNED*

Cash value up to the amount shown on your WIC benefits.

Any brand of locally grown or imported fruits and vegetables. Organic fruits and vegetables (fresh, frozen, and canned types) are allowed. Fresh, frozen, and canned combinations of fruits and vegetables are allowed.

*Frozen or canned beans or peas allowed, unless already authorized under the dry bean category. See DRY BEANS section for more information.

CANNOT BUY

Salad bar fruits or vegetables; nuts (including peanuts); fruit & nut mixes.

TIPS

- At breakfast, top your cereal with bananas or peaches. Add blueberries to pancakes. Mix fresh fruit with plain fat-free or low-fat yogurt.
- While shopping, allow children to pick out a new fruit or vegetable to try later at home.
- Buy fresh fruits and vegetables in season. They cost less and are likely to be at their best flavor.
- Depending on age, children can help shop for, clean, peel, or cut up fruits and vegetables.
- Offer cut-up fruits and vegetables as healthy snacks.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.

DRY BEANS, PEANUT BUTTER, & EGGS

DRY OR CANNED BEANS

OR

1 lb. of dry beans = four (4) 15 oz. cans of beans

16 oz. package of any brand:

Black beans	Black eyed peas
Garbanzo beans (Chick peas)	Great Northern beans
Kidney beans	Lentils
Mongo/Mung beans (green or yellow)	Pinto beans
Red beans	Soy beans
Split peas (green or yellow)	Navy beans
White beans	

1 lb. of dry beans = four (4) 15 oz. cans of beans

CANNOT BUY beans in soups, stews, mixed with meat or added sugar

PEANUT BUTTER

CANNOT BUY
- Honey roasted
- Peanut butter spreads
- Mixtures with marshmallows, honey, jelly, chocolate, or similar ingredients
- Organic peanut butter
- Peanut butter with additives (Omega 3 fatty acids)

16 oz. to 18 oz. containers of any brand. All textures allowed from smooth to super crunchy.

EGGS

CANNOT BUY
- Extra large or jumbo size
- Powdered or liquid eggs
- Egg substitutes
- Organic eggs

One dozen (12) fresh chicken eggs of any brand. U.S. Grade A or AA, white or brown eggs in small, medium, or large sizes only.

CANNED FISH

MACKEREL & SARDINES

3.75 oz. to 15 oz. can of any brand packed in water or natural oil

PINK SALMON

5 oz. to 15 oz. can of any brand packed in water or natural oil

TUNA

5 oz. to 6.5 oz. can of any chunk light brand packed in water only

Jack mackerel is allowed.

Canned fish with added sauces and flavorings, such as tomato sauce, mustard, and lemon are allowed.

CANNOT BUY

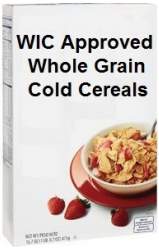
- Fish packed in pouches
- King mackerel, red salmon wild sockeye, blue back salmon
- Prime fillet

Canned fish is available to fully breastfeeding women and pregnant women with more than one unborn baby.

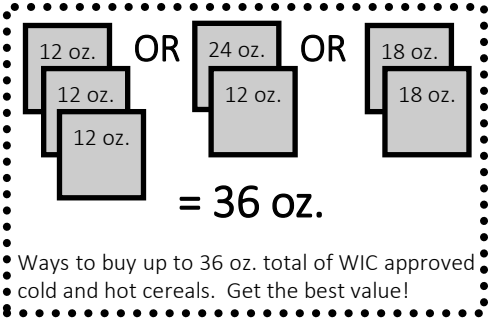
BREAKFAST CEREAL

COLD CEREAL

12 oz. up to 36 oz. containers



CANNOT BUY containers smaller than 12 oz.



Ways to buy up to 36 oz. total of WIC approved cold and hot cereals. Get the best value!

General Mills
Cheerios (whole grain or multigrain)
Kix (whole grain)
Total (whole grain)
Wheaties

Kellogg's
All Bran Complete Wheat Flakes (18 oz. package)
Frosted Mini-Wheats, original (18 oz. package)
Mini-Wheats, original (18 oz. package)

Malt-O-Meal
Blueberry Mini Scoopers (18 oz. package)
Strawberry Cream Mini Scoopers (18 oz. package)

Post
Bran Flakes
Grape Nut Flakes
Grape Nuts (16 oz. package)

Quaker
Life
Oatmeal Squares
Quaker Essentials - Crunchy Corn Bran

Essential Everyday
Toasted Oats

HOT CEREAL

11.8 oz. up to 36 oz. containers

Essential Everyday
Original Flavor Instant Oatmeal
(11.8 oz. total package)

Homestead Farms LTD
Maypo Oatmeal (regular or instant)

Quaker
Original instant oatmeal (11.8 oz. total package)

CANNOT BUY containers smaller than 11.8 oz.

WHOLE WHEAT PRODUCTS

100% WHOLE WHEAT BREAD OR TORTILLAS

16 oz. packages

CANNOT BUY
Packages in other sizes

Bread	Tortillas
Franz	Ortega
Light Oroweat	
Pepperidge Farm	
Roman Meal (Sungrain)	
Wonder	

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24 oz. packages

CANNOT BUY
Packages in other sizes

Country Grain Stone Ground	Light Oroweat
Franz	Oroweat
Holsum Stone Ground	Western Farms

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WHOLE WHEAT PRODUCTS

100% WHOLE WHEAT & WHOLE GRAIN ROLLS

16 oz. or 24 oz. packages only

CANNOT BUY
Packages in other sizes

100% WHOLE WHEAT HOT DOG BUNS

16 oz. or 24 oz. packages only (Oroweat brand)

CANNOT BUY
Packages in other sizes

BROWN RICE

16 oz. packages only (any brand)

CANNOT BUY
- Seasoned or wild rice
- Brown rice mixtures
- Jasmine rice
- Packages in other sizes

Ways you can buy multiple packages based on your Family Balance Summary and receipt:

2 packages X 16 oz. = 32 oz. total
3 packages X 16 oz. = 48 oz. total
2 packages X 24 oz. = 48 oz. total

WHOLE WHEAT PRODUCTS

100% WHOLE WHEAT PASTA

16 oz. packages only

CANNOT BUY

- Packages in other sizes
- Whole wheat pastas with ingredients other than whole grain durum wheat flour

Barilla	Essential Everyday Whole Wheat
Linguine, Penne, Rotini Spaghetti, Thin Spaghetti	Elbow Macaroni, Rotini Spaghetti, Thin Spaghetti
Bionature Rigatoni	Ronzoni Healthy Harvest 100% Whole Grain Lasagna, Rotini

ACCESSING YOUR eWIC

Download the FREE Guam ezWIC App

- Search the WIC Food List
- Scan items in the store
  to see if they are WIC approved
- Check your current balance of WIC benefits

GET IT ON Google Play

Download on the App Store

Visit the eWIC web site at www.ebtEDGE.com

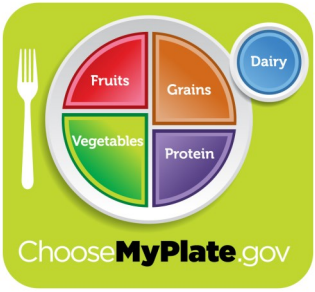
- Set up, change, or reset your PIN
- Check your current balance of WIC benefits
- Check transaction history
- Check items purchased during or right after the transaction

ebtEDGE℠

eWIC Customer Service
Call toll FREE 1(877)216-3082
Available 24 hrs/7 days a week

- Set up, change, or reset your PIN
- Check your current balance of WIC benefits
- Check transaction history
- Check items purchased during or right after the transaction
- Report if eWIC card is lost, stolen, damaged, or not working

Eat Healthy! Shop Smart!



While we try to keep the Guam WIC Shopping Guides up-to-date, changes happen. A current copy may be found and downloaded from the Department of Public Health & Social Services (WIC Program section) web site at http://dphss.guam.gov/woman-infants-infants-wic-program/. You can also get a current copy from your local WIC clinic.

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Developed by the Guam WIC Program
Department of Public Health & Social Services

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a 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
Washington, D.C. 20250-9410;

2. fax: (202) 690-7442; or

3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.