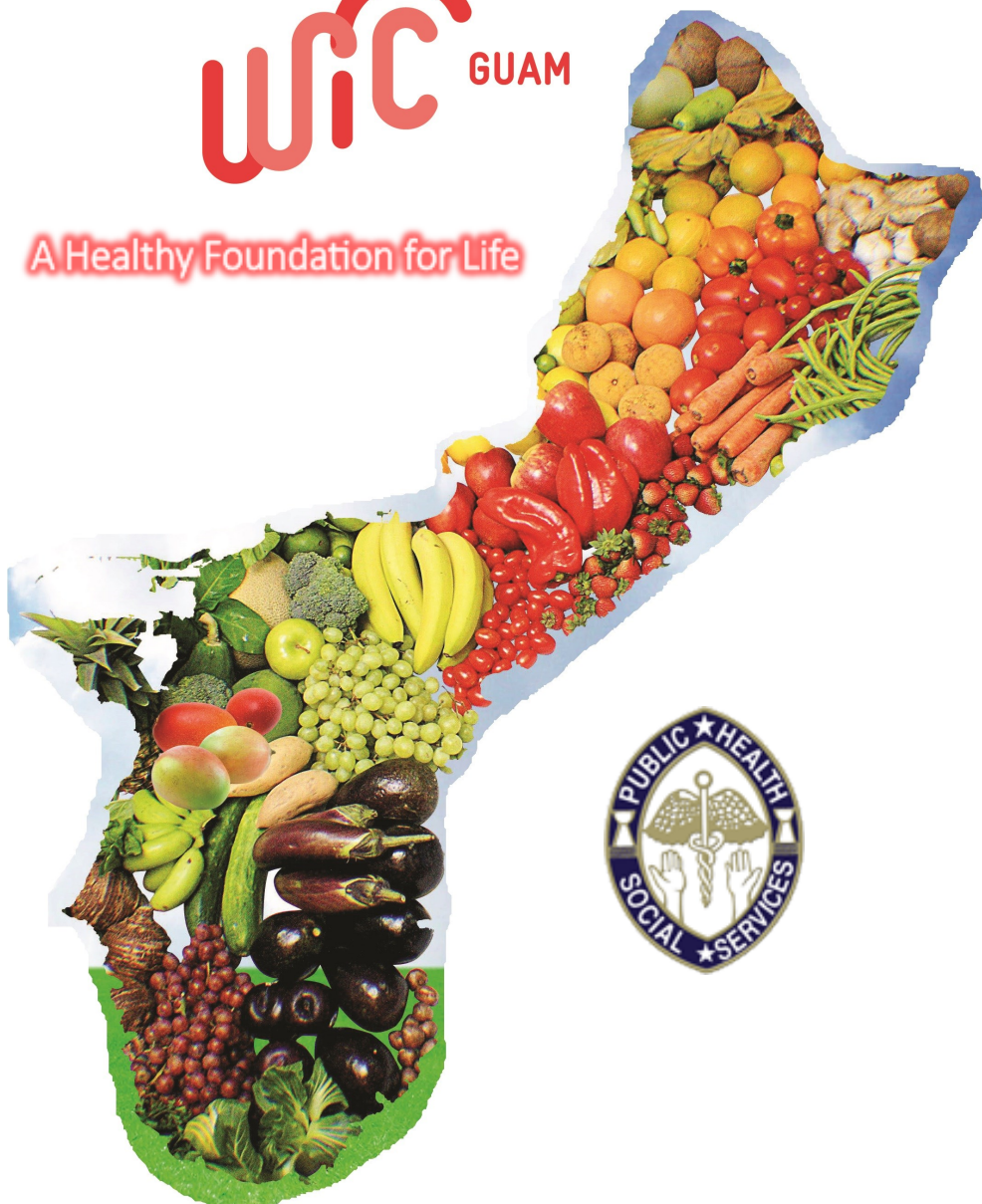


Guam eWIC Shopping Guide



A Healthy Foundation for Life



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 only at authorized WIC vendors. WIC staff shall provide you with the list of Authorized WIC vendors.



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 23) 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 .



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

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/alterd.

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.



Shopping Tips

Eat Healthy! Shop Smart!

Here are tips to make food shopping easier and to get the most for your food dollar:

- Plan meals and snacks for a week. Include **WIC foods** when planning meals and snacks.
- Shop when you are not tired or hungry.
- Check food you have on hand and what you will need.
- Look for newspaper ads for weekly specials and coupons for items you use.
- Make a grocery list based on your planned meals and snacks. Stick to your grocery list when you shop.
- Compare products carefully. Brand name foods are usually not the best buy. Store brands and value brands are often less expensive and taste just as good.
- Buy fruits and vegetables in season for best quality and lowest prices. Frozen, canned and dried fruits and vegetables are also good choices.
- Always check freshness dates on foods. Never buy out-dated food.
- Handle and store food properly to reduce waste.



CREATE A GROCERY GAME PLAN GROCERY LIST			
FRUITS	GRAINS (BREAD, PASTA, RICE, CEREALS)		
DAIRY (MILK, CHEESE, YOGURT)		VEGETABLES	
PROTEIN FOODS (ONLY SEAFOOD, BEAN & PEAS, NUTS, EGGS)		OTHER	
NOTES:			

Sources: Choose My Plate.gov, Michigan State University, Eating Right Is Basic 3rd Edition, University of Nebraska-Lincoln Extension, Shopping Tips .

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INFANT FOODS

INFANT CEREAL



WIC approved brands: Gerber, Beech Nut (dry single grain cereal, 8 oz. container only)

<p>Gerber Barley Whole Wheat Rice Oatmeal</p>	<p>Beech Nut Rice Barley Oatmeal</p>	<p><u>CANNOT BUY</u> Jar infant cereals</p>
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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 (single foods only)

Infants 6 to 11 months old

4 oz. jars of fruit and vegetable

OR

2-pack of 4 oz. containers of fruit and vegetable



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

CANNOT BUY

- Mixtures of meat and vegetables
- Added sugar or salt
- Dinner meals
- Organic infant foods
- Desserts
- Puddings

INFANT MEATS (single foods only)

Only for fully breastfeeding infants (6 to 11 months old)

2.5 oz. containers up to 77.5 oz. total



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

CANNOT BUY

- Mixtures of meat and vegetables
- Added sugar or salt
- Dinner meals
- Organic infant foods

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)

Gallon (gal)



Other Milk Types: *Buy only if shown on your WIC benefits



Quart



Half-gallon



Evaporated milk



8 fl. oz

WIC approved brands:

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

*Evaporated Milk (12 fl. oz. can)

Essential Everyday
Nestle Carnation

CANNOT BUY

Flavored milk • Sweetened condensed milk • Buttermilk • Organic milk

MILK (1% Low Fat or Non-Fat)

WOMEN & CHILDREN (2-4 YEARS OLD)

Gallon (gal)



Other Milk Types: *Buy only if shown on your WIC benefits



Quart



Half-gallon



Dry powdered milk



Evaporated milk



8 fl. oz.

WIC approved brands:

<u>Gallon (gal)</u>	<u>*Half-Gallon (hgl)</u>	<u>*Quart (qt)</u>	<u>*8 fl. oz.</u>
Anchor	California Sunshine	Anchor	Foremost
Devondale	Darigold	Devondale	Real Fresh
Gossner		Foremost	
Dairy Pure		Gossner	
Foremost		Real Fresh	
California Sunshine		Dairy Pure	
(gallon milk jug)		Hershey's	
Hershey's			
			Note: 4 (8 fl. oz.) milk containers = 1 qt.
	<u>*Dry Powdered Milk</u>	<u>*Evaporated Milk (12 fl. oz. can)</u>	
	Nestle Carnation (9.6 oz. package)	Essential Everyday, Nestle Carnation, Western Family	

CANNOT BUY

Flavored milk • Sweetened condensed milk • Buttermilk • Organic milk

CHEESE, TOFU, or YOGURT

CHEESE



WIC approved brands: 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

16 oz. block, water-packed, any texture (soft, medium firm, firm, or extra firm)



WIC approved brands:

Azumaya
Sunsoy
House Foods

CANNOT BUY

Packages in other sizes or brands

YOGURT



Children 1 year old
Whole Milk Yogurt (Plain)
(32 oz. or 1 qt. size containers)



Women & Children 2-4 years old
1% Low Fat or Non-Fat Milk (Plain)
(32 oz. or 1 qt. size containers)

WIC Approved brands:

Brown Cow (whole milk)
Karoun (whole milk)
Nancy's
Essential Everyday
Mountain High
Stoneyfield
Chobani (Non-fat Greek yogurt)

CANNOT BUY

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

MILK SUBSTITUTIONS*

SOYMILK

**Buy only if shown on your WIC benefits*



WIC approved brands:

Silk Soy Milk (original, half gallon 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

**Buy only if shown on your WIC benefits*



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, Half-gallon size containers

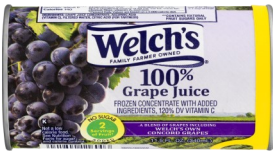
Lactaid, Half-gallon size containers

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

IGA
Old Orchard
Seneca Red
Springfield
Treetop

Grape

Old Orchard
Welch's
Orange
Any brand

Pineapple

Dole

CANNOT BUY

- Fruit punch
- Juice drinks that are not 100% juices
- Mixed juices
- Organic juices
- Juices with added sugar

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

Essential Everyday
Hansen's
IGA
Juicy Juice (Nestle)
Langers
Mott's
Ruby Kist
Seneca Red
Springfield
Treetop

Grape

Donald Duck
Hansen's
IGA (red or white grape)
Juicy Juice (Nestle)
Langers
Old Orchard
Ruby Kist
Springfield
Welch's
(grape; concord, red, or white grape)

Pineapple

Dole
Hansen's
IGA
Langers
Raley's
Springfield
Sunny Select

Vegetable

IGA
Springfield
V8
Orange
Cal-Maid
Flavorite
Hansen's
Langers
Ruby Kist
Texsun
Tropicana

Grapefruit

Donald Duck
Flavorite
Ruby Kist

Tomato
Campbell's
IGA
Red Gold

CANNOT BUY

- Juice drinks that are not 100% juices
- Fruit punch
- Mixed juices
- Organic juice
- Juices with added sugar

FRUITS & VEGETABLES

FRESH



FROZEN*



CANNED*



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

WIC approved brands 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.

BEANS

DRY BEANS, PEAS , LENTILS



OR

CANNED BEANS

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



WIC approved brands of 16 oz. package (1 lb.):

Black beans
Garbanzo beans (Chick peas)
Kidney beans
White beans
Red beans
Black eyed peas
Great Northern Beans

Navy beans
Mongo/Mung beans (green or yellow)
Lentils
Pinto beans
Split peas (green or yellow)
Soy Beans

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

PEANUT BUTTER & EGGS

PEANUT BUTTER



WIC approved brands of 16 oz. to 18 oz. containers. All textures allowed from smooth to super crunchy.

CANNOT BUY

- Honey roasted
- Organic peanut butter
- Peanut butter spreads
- Peanut butter with additives (omega 3 fatty acids)
- Mixtures w/ marshmallows, honey, jelly, chocolate, or similar ingredients

EGGS



WIC approved brands of one dozen (12) fresh chicken eggs. U.S. Grade A or AA, white or brown eggs in small, medium, or large sizes

CANNOT BUY

- Extra large or jumbo size
- Powdered or liquid eggs
- Egg substitutes
- Organic eggs

CANNED FISH



Available to: Fully breastfeeding women
Pregnant women having more than one unborn baby.

MACKEREL & SARDINES

WIC approved brands, 3.75 oz. to 15 oz. can packed in water or natural oil



PINK SALMON

WIC approved brands, 5 oz. to 15 oz. can packed in water or natural oil



TUNA

WIC approved brands, 5 oz. to 6.5 oz. can chunk light 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 sock-eye, blue back salmon
- Prime fillet

BREAKFAST CEREAL

COLD CEREAL

12 oz. up to 36 oz. containers



Approved brands:

General Mills

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

Kellogg's

All Bran Complete Wheat Flakes
Corn Flakes
Mini-Wheaties Bite Size
Mini-Wheaties Unfrosted
Frosted Mini-Wheaties
Mini Wheaties Original
Rice Krispies

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
Crunch Corn Bran

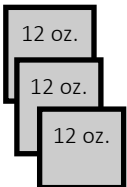
Essential Everyday

Toasted Oats

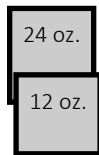
Western Family

Wheat Bran Flakes, Fiber Rich

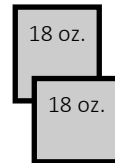
Ways to buy up to 36 oz. total of WIC approved cold and hot cereals.
Get the best value!



OR
= 36 oz.



OR
= 36 oz.



OR
= 36 oz.

CANNOT BUY containers smaller than 12 oz.

BREAKFAST CEREAL

HOT CEREAL

11.8 oz. up to 36 oz. containers



Approved brands:

Essential Everyday

Original Flavor Instant Oatmeal
(11.8 oz. total package)

Quaker

Original instant oatmeal
(11.8 oz. total package)

Homestead Farms LTD

Instant Maypo Maple Oatmeal, 14 oz
(all natural flavoring)

B & G

Cream of Rice Gluten Free (14 oz.)

Cream of Rice Gluten Free (28 oz.)

Cream of Wheat:

- Instant original flavor, 12 oz.

- 1 Minute cook time, 28 oz.

- 2 1/2 Minute cook time, 12 oz.

- 2 1/2 Minute cook time, 28 oz

Cream of Wheat, Enriched Farina,
(28 oz., 1 minute)

Malt-O-Meal Original

(Quick Cooking 36 oz.)

CANNOT BUY containers smaller than 11.8 oz.

WHOLE WHEAT PRODUCTS

100% WHOLE WHEAT BREAD OR TORTILLAS 16 oz. packages



Approved brands:

Bread

Franz
Light Oroweat
Pepperidge Farm
Sungrain Roman Meal
Wonder

Tortillas

Ortega



24 oz. packages



Approved brands:

Country Grain Stone
Ground
Franz

Holsum Stone Ground
Light Oroweat
Oroweat

WHOLE WHEAT PRODUCTS

100% WHOLE WHEAT & WHOLE GRAIN ROLLS



WIC approved brands 16 oz. or 24 oz. packages only.

Cannot buy packages in other sizes

100% WHOLE WHEAT HOT DOG BUNS



Approved brand: Oroweat 16 oz. or 24 oz. packages

Cannot buy packages in other sizes

BROWN RICE



16 oz. package of WIC approved brands

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

WHOLE WHEAT PRODUCTS

100% WHOLE WHEAT PASTA

16 oz. packages only



Approved brands:

Barilla

Linguine, Penne, Rotini
Spaghetti, Thin Spaghetti

Bionature

Rigatoni

Essential Everyday Whole Wheat

Elbow Macaroni, Rotini
Spaghetti, Thin Spaghetti

Ronzoni Healthy Harvest 100% Whole

Grain
Lasagna, Rotini

CANNOT BUY

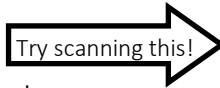
- Packages in other sizes
- Whole wheat pastas with ingredients other than whole grain durum

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



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



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

Other Contact Information:

Guam WIC Web Site:

<https://dphss.guam.gov/woman-infants-infants-wic-program/>

Guam WIC Vendor Management Section (for vendor problems) call:
(671) 475-0300, (671)475-0291 or (671) 687-7905, (671) 475-0292, (671) 475-0287

Guam WIC Client Services for WIC service problems:
(671) 475-0288 or (671) 475-0300

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:

Tiyan: (671) 475-0295/6

Dededo: (671) 635-7471/2

Santa Rita: (671) 565-3537

Inarajan: (671) 828-7550

Guam WIC email: guamwic@dphss.guam.gov



<https://www.facebook.com/GuamWICProgram>



<https://www.instagram.com/guamwicprogram/>

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

Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, 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, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

2. fax: (833) 256-1665 or (202) 690-7442;

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

This institution is an equal opportunity provider.