



GUAM WIC SHOPPING GUIDE



HEALTHY FOOD
HEALTHY KID
HAPPY FAMILY




WIC Participant Responsibilities:

Before you shop:

1. Check your WIC food benefit balance.
2. Shop only at WIC- authorized stores. WIC staff shall provide you with the list of Authorized WIC vendors. Look for the “We Accept eWIC” sign at the grocery store.

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  label when you shop.
3. Use your WIC Shopping Guide or Guam EzWIC App 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 grocery items.
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 the brands 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.

- Do 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 clinic 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.



SHOP SMART EAT HEALTHY



Here are shopping 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.
- See what you already have in your refrigerator, freezer, and cabinets. Use these food items in planned meals to save money.
- Make a grocery list based on your planned meals and snacks. Stick to your list when you shop.
- Eat before you shop. Grocery shopping while hungry can lead to impulse buying and unhealthy food choices.
- Join your store's loyalty program. Get special offers, coupons, and discounts for being a member.
- 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 outdated foods.
- Handle and store food properly to reduce waste.



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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CHEESE



Block cheese



String cheese

Approved brands : 8 oz. block OR 16 oz. block of the following cheese 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

14 and 16 oz. block, water-packed

Any texture (soft, medium firm, firm, or extra firm)

Approved brands:



Tips: if you choose the 14 oz packaging, you will only be able to redeem a total maximum of 14 oz and be short 2 oz of tofu.

Choose 16 oz. tofu packaging to maximize your full benefits.

CANNOT BUY: Packages in other sizes or brands

YOGURT



Children 1 year old

Whole Milk Yogurt (Plain or Flavored), 32 oz.

Women & Children 2-4 years old

1% Low Fat or Non-Fat Milk (Plain or Flavored)
32 oz. or 6 oz. single serve

Approved brands:

Whole Milk Yogurt, 32 oz.

Brown Cow (plain, whole milk)
Karoun (plain, whole milk)
Mountain High, Whole Fat Strawberry
Mountain High, Whole Fat Vanilla

1% Low Fat or Non-Fat Milk, 32 oz.

Nancy's
Essential Everyday
Mountain High
Mountain High, Low Fat Vanilla
Stoneyfield
Yoplait
Dannon (Light & Fit Greek Vanilla)
Chobani (Non-fat Greek yogurt)

Approved brands:

Yogurt, 6 oz. single serve

Yoplait Light Blueberry
Yoplait Light Strawberries & Bananas
(nonfat)
Yoplait, Light Strawberry
Yoplait Light Harvest Peach (nonfat)
Yoplait Light, Boston Cream Pie (nonfat)
Yoplait Light Vanilla
Yoplait Light Cherry (nonfat)

Buy the amount shown in your benefits.

One container (or 32 oz) of yogurt could be:

- ⇒ One (1) 32 oz. yogurt
- ⇒ Five (5) 6 oz. yogurts single serve = 30 oz.

Tips: if you choose 6 oz yogurt packaging, you will only be able to redeem a total maximum of 30 oz and be short 2 oz of yogurt.

Choose 32 oz. yogurt packaging to maximize your full benefits.

CANNOT BUY

- Yogurt with added ingredients such as granola and honey
- Organic yogurt

EGGS

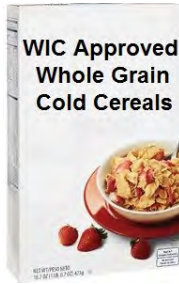


Approved brands of one dozen (12) fresh chicken eggs.

U.S. Grade A or AA, white or brown eggs in small, medium, or large sizes.

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

COLD CEREAL



Approved brands: 12 oz. up to 36 oz. containers

Kellogg's

All Bran Complete
 Wheat Flakes
 Corn Flakes
 Mini-Wheats Bite Size
 Mini-Wheats Unfrosted
 Frosted Mini-Wheats
 Original
 Frosted Mini Wheats:
 •Blueberry Muffin, 14.3 oz.
 •Little bites, 15.9 oz.
 •Strawberry, 14.3 oz.
 Rice Krispies

Sunny Select

Frosted Shredded Wheat
 Cereal, Bite Size, 18 oz.

General Mills

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

Malt-O-Meal

Blueberry Mini Scoopers,
 18 oz.
 Strawberry Cream
 Mini Scoopers, 18 oz.
 Mini Frosted Spooners, 15 oz.

Essential Everyday

Toasted Oats

Post

Bran Flakes
 Grape Nut Flakes ,Original
 Grape Nuts ,16 oz.
 Great Grains, Banana Nut
 Crunch, 15.5 oz.

Quaker

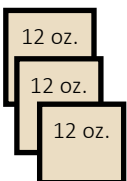
Life
 Oatmeal Squares
 Quaker Essentials Crunchy
 Crunch Corn Bran

Western Family

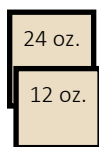
Wheat Bran Flakes Fiber Rich

Ways to buy up to 36 oz. total of WIC approved cold and hot cereals.

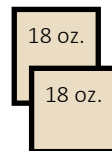
Get the best value!



OR
 = 36 oz.



OR
 = 36 oz.



OR
 = 36 oz.

CANNOT BUY containers smaller than 12 oz.

HOT CEREAL

Approved brands: 11.8 oz. up to 36 oz. containers

Essential Everyday

Original Flavor Instant Oatmeal, 11.8



Homestead Farms Ltd

Instant Maypo Maple Oatmeal, 14 oz.



Quaker Oats

Original Instant Oatmeal, 11.8 oz



Old- Fashioned
18 oz.



Quick- 1 Minute
18 oz.



Cream of Wheat :

Instant Original Flavor,
12 oz.



1 Minute
Cook Time, 28 oz.



2 1/2 Minute Cook Time,
12 oz. | 28 oz.



Cream of Rice Gluten Free
14 oz. | 28 oz.



Malt-O-Meal Original
Quick Cooking, 36 oz.



CANNOT BUY containers smaller than 11.8 oz.

PEANUT BUTTER

Approved brands : 16 oz. - 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

DRY BEANS, PEAS , LENTILS

16 oz. package (1 lb.)



CANNED BEANS

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



Shopping tip:

Each can of beans counts as 0.25 of a container (CTR).

Approved brands: 16 oz. package (1 lb.) or 15 oz. can:

Black beans

Garbanzo beans (Chick peas)

Kidney beans

White beans

Red beans

Black eyed peas

Great Northern Beans

Navy beans

Mongo beans (green or yellow), 16 oz. pkg. size only

Lentils

Pinto beans

Split peas (green or yellow), 16 oz. pkg. size only

Soy Beans

CANNED FISH



Available to: Fully breastfeeding women

Pregnant women having more than one unborn baby.

MACKEREL & SARDINES

Approved brands: 3.75 oz. to 15 oz. can water packed or natural oil



PINK SALMON

Approved brands: 5 oz. to 15 oz. can water packed or natural oil



TUNA

Approved brands: 5 oz. to 6.5 oz. can chunk light, water packed 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

INFANT CEREAL



Approved brands: Dry single grain cereal, 8 oz. container only

Gerber

Rice
Oatmeal

Beech Nut

Oatmeal

CANNOT BUY
Jar infant cereals

INFANT FRUITS & VEGETABLES

Approved brands: Gerber, Beech Nut, Nature's Goodness
(single food only)



OR



4 oz. jars

2-packs of 4 oz.

CANNOT BUY

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

- Organic infant foods
- Desserts
- Puddings

Infants 6 - 11 months old may receive a cash-value benefit to purchase fresh, canned, or frozen fruits and vegetables instead of the infant fruits and vegetables.

Dried fruits and vegetables are not allowed for infants with the CVB due to the choking hazard. Ask your WIC staff for more information.

INFANT FORMULA

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

INFANT MEATS

(only for fully breastfeeding infants 6-11 months old)

Approved brands:

- Single ingredient infant meat
- 2.5 oz. containers

<u>Gerber</u>	<u>Beech Nut</u>	<u>Nature's Goodness</u>
		

CANNOT BUY

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

TIPS FOR BUYING INFANT FOODS

8 oz. Infant cereal
you can buy



One (1) 8 oz. container



128 oz. Infant fruit
& vegetable
you can buy



32
4 oz. jars

OR

16
2-packs of 4 oz.



64 oz. Infant fruit
& vegetable
you can buy



16
4 oz. jars

OR

8
2-packs of 4 oz.



40 oz. Infant meats
you can buy



16
2.5 oz. jars



100 % WHOLE WHEAT BREAD OR TORTILLA

Approved brands in 16 oz. package:

<p>Franz</p> 	<p>Pepperidge Farm</p> 	<p>Sungrain Roman Meal</p> 
<p>Light Oroweat</p> 	<p>Wonder Soft</p> 	<p><u>Tortillas</u> Ortega</p> 

Approved brands in 24 oz. package:

<p>Franz</p> 	<p>Country Grain Stone Ground</p> 	<p>Holsum Stone Ground</p> 	<p>Oroweat</p> 	<p>Light Oroweat</p> 
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Cannot Buy : Packages in other sizes

100 % WHOLE WHEAT DINNER ROLLS



Approved brand: Rainbo
16 oz. or 24 oz. packages only

100 % WHOLE WHEAT HOTDOG BUN



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

Cannot buy packages in other sizes

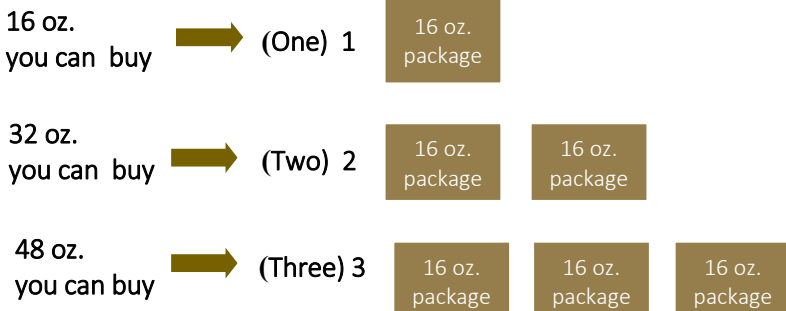
BROWN RICE



Approved brands in 16 oz. package

Cannot buy: Seasoned or wild rice, brown rice mixtures, jasmine rice,
packages in other sizes

TIPS FOR BUYING WHOLE GRAINS



100% WHOLE WHEAT PASTA

Approved brands: 16 oz. package only

Barilla

Linguine



Spaghetti



Thin Spaghetti



Penne



Rotini



Essential Everyday

Thin Spaghetti



Elbow Macaroni



Rotini



Spaghetti



Ronzoni

Lasagna



Ronzoni

Rotini Penne Rigate



Bionaturae

Rigatoni



Delallo

Spaghetti



Good & Gather

Spaghetti



CANNOT BUY

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

FRUITS & VEGETABLES

FRESH FRUITS



FROZEN FRUITS



CANNED FRUITS



FRESH VEGETABLES



FROZEN VEGETABLES



CANNED VEGETABLES



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

Any brand of locally grown or imported fruits and vegetables. Organic fruits and vegetables (fresh, frozen, and canned types) potatoes and herbs 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
- Spices

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.
- Offer cut-up fruits and vegetables as healthy snacks.
- Add shredded carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.





MILK (Whole or Full Cream) CHILDREN (1 YEAR OLD)

Gallon (shelf stable or chilled)

Approved brands:

<p><u>Anchor</u></p> 	<p><u>Dairy Pure</u></p> 	<p><u>Gossner</u></p> 
<p><u>Devondale</u></p> 	<p><u>Foremost</u></p> 	<p><u>Freedom's Choice</u> (gallon milk jug)</p> 

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

<p>*Half-Gallon (hgl)</p> <p>California Sunshine Rock View (Family Farms)</p> 	<p>*Quart, 32 fl. oz.</p> <p>Anchor Devondale Foremost Real Fresh Dairy Pure Gossner</p> 	<p>*8 fl. oz.</p> <p>Foremost Real Fresh</p>  <p>Note: 4 (8 fl. oz.) milk containers = 1 qt.</p>	<p>*Evaporated Milk (12 fl. oz. can)</p> <p>Essential Everyday Nestle Carnation</p> 
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CANNOT BUY

Flavored milk • Sweetened condensed milk • Buttermilk • Organic milk

MILK (1% Low Fat or Non-Fat)





WOMEN & CHILDREN (2-4 YEARS OLD)


Gallon (shelf stable or chilled)

Approved brands:

<p><u>Anchor</u></p> 	<p><u>Devondale</u></p> 	<p><u>Dairy Pure</u></p> 
<p><u>Gossner</u></p> 	<p><u>Foremost</u></p> 	

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

<p><u>*Half-Gallon (hgl)</u></p> <p>California Sunshine Rock View (Family Farms)</p> 	<p><u>*Quart, 32 fl. oz.</u></p> <p>Anchor Devondale Foremost Real Fresh Dairy Pure Gossner</p> 	<p><u>*8 fl. oz.</u></p> <p>Foremost Real Fresh Dairy Pure</p>  <p>Note: 4 (8 fl. oz.) milk containers = 1 qt.</p>	<p><u>*Evaporated Milk</u> (12 fl. oz. can)</p> <p>Essential Everyday Nestle Carnation</p> 
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<p><u>*Dry Powdered Milk</u></p> <p>Nestle Carnation (9.6 oz. package)</p> 
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CANNOT BUY

- Flavored milk
- Sweetened condensed milk
- Buttermilk
- Organic milk

LACTOSE-FREE MILK

Buy only if shown on your WIC food benefits

Approved brand: Lactaid Half-gallon size container

<p><u>Children 1 year old, Whole Milk</u></p> 	<p><u>Women & Children 2-4 years old 1% Low or Skim Fat or Non-Fat Milk</u></p> 
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SOY MILK

Approved brands: (Original, plain flavors)

<p>Silk Soymilk Half Gallon</p> 	<p>Pacific Ultra Soy Quart (32 fl.oz.)</p> 	<p>Kikkoman Pearl Organic Quart (32 fl.oz.)</p> 	<p>Kikkoman Pearl Organic, 8 fl.oz. <i>Note: Buy only if shown on your WIC food benefit)</i></p> 
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Note: Soymilk will be issued in gallons on your food benefits. Ways to buy 1 gallon.



Buy only if shown on your WIC food benefits

100% JUICE (SHELF- STABLE)

46 fl. oz. size containers for Women

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



Small Juices: up to 7 fl. oz. containers
(only if shown on your food benefits)



Approved brands:

<u>Apple</u>	<u>Grape</u>	<u>Pineapple</u>	<u>Orange</u>	<u>Tomato</u>
Essential	Donald Duck	Dole	Cal-Maid	Campbell's
Everyday	Hansen's	Hansen's	Flavorite	Campbell's Low
Hansen's	IGA (red or white	IGA	Hansen's	Sodium
IGA	grape)	Langers	Langers	IGA
Juicy Juice	Juicy Juice	Raley's	Ruby Kist	Red Gold
(Nestle)	(Nestle)	Springfield	Texsun	
Langers	Langers	Sunny Select	Tropicana	
Mott's	Old Orchard			<u>Vegetable</u>
Ruby Kist	Ruby Kist			IGA
Seneca Red	Springfield			Springfield
Springfield	Welch's		<u>Grapefruit</u>	V8 Original
Treetop	(grape; concord,		Donald Duck	V8 Spicy Hot
	red, or white		Flavorite	
	grape)		Ruby Kist	

CANNOT BUY

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

100% JUICE (FROZEN CONCENTRATE)

11.5 to 16 fl. oz. size containers

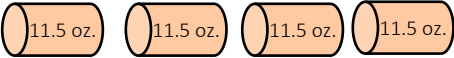
Approved brands:

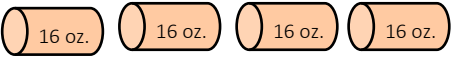
<u>Apple Juice</u>	<u>Grape Juice</u>	<u>Orange Juice</u>
	<p data-bbox="462 381 611 446">Old Orchard Welch's</p> 	<p data-bbox="792 381 909 406">Any brand</p>  <p data-bbox="755 527 952 560"><u>Pineapple Juice</u></p> <p data-bbox="824 576 888 609">Dole</p> 
<p>Old Orchard Seneca Red Springfield Treetop IGA</p>		

CANNOT BUY

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

Tips for buying frozen juice

46 oz. you can buy → Four (4) 11.5 oz. 

64 oz. you can buy → Four (4) 16 oz. 

Parenting Tips:

Offer no more than 4 fl.oz (1/2 cup) of juice per day for children 1-5 years old.

WIC Tips:

Add chopped fresh fruits such as apples, grapes, peaches and freeze in ice-cube trays to make fun fruit popsicles for healthy snacks!

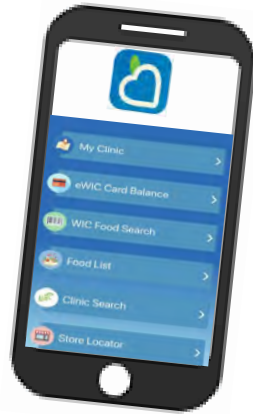
While we try to keep the Guam WIC Shopping Guide up-to-date, changes happen. Get a current copy from your local WIC clinic.

Tiyan: (671) 475-0295/6 | Mon-Sat 8:00 am – 5:00 pm
Dededo: (671) 635-7471/2 | Mon-Sat 8:00 am – 5:00 pm
Santa Rita: (671) 565-3537 | Mon-Wed-Friday 8:30 am - 4:30 pm
Inarajan: (671) 828-7550 | Tuesday & Thursday 8:30 am - 4:30 pm
Email: guamwic@dphss.guam.gov

Or download a current copy at the Guam WIC web site:
<https://dphss.guam.gov/woman-infants-infants-wic-program/>



To check your family balance, search the Food List and more, download the free Guam EzWIC app



To set up, change, or reset your PIN, check your transaction history and other information, go to:

www.ebtEDGE.com

Or, call eWIC Customer Service toll-free 24/7 at: 1(877)216-3082



For vendor issues call: 671 475-0300 | 671 475-0291 | 671 475-0292



@GuamWICProgram

WIC promotes breastmilk as the ideal food for your baby.



WIC provides:



Lactation support



Peer counseling



Classes and breastfeeding information



Enhanced breastfeeding WIC food package

24 Hour Breastfeeding Hotline: (671) 488-5171

For more information call your local WIC clinic.

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.