



NEBRASKA WIC

PROGRAM BOOKLET

October 1, 2015 - September 30, 2017



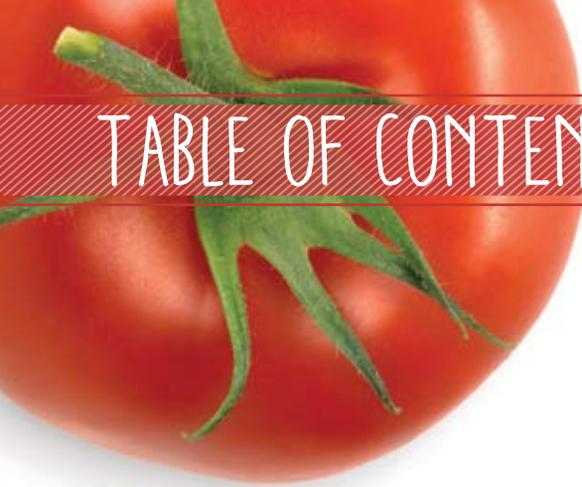


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RIGHTS & RESPONSIBILITIES

FOR MORE INFORMATION, VISIT
DHHS.NE.GOV/WIC

YOUR RIGHTS:

- WIC will provide you with information about nutrition, breastfeeding, and healthy foods.
- WIC will help you in getting other services, like Immunizations, SNAP and Medicaid.
- All information you give WIC will be kept private.
- If you feel you have been discriminated against you may file a complaint.
- Standards for eligibility for WIC are the same for everyone, regardless of race, color, national origin, age, disability or sex.

YOUR RESPONSIBILITIES:

- Provide the most current and truthful information (WIC staff may verify this information is correct).
- Be the legal guardian, custodial parent, stepparent married to the minor's parent, or foster parent of any minor you enroll in WIC.
- Bring all documentation requested to each appointment.
- Treat WIC and store staff with courtesy and respect.
- Buy only the foods listed on your WIC checks. Use the WIC foods only for the person on the program.
- Report address and/or phone changes at your next scheduled appointment.
- Keep your WIC checks safe; lost/stolen checks may not be replaceable.

I UNDERSTAND:

- My signature allows staff of the SNAP and SNAP Nutrition Education Program; Medicaid; Perinatal, Child and Adolescent Health Unit; and Immunization programs to see the information for purposes of outreach, referral, eligibility, and for administrative processes. They cannot share the information with a third party.
- That if I intentionally lie to receive WIC benefits or if I violate the program rules that 1) my family can be taken off the program for up to one year, 2) I can face legal charges, and/or 3) I will have to pay money back to the program for foods or formula I should not have received.
- Selling, attempting to sell or giving away WIC checks, food or formula is not allowed;
- If I sell, attempt to sell or give away WIC checks, food or formula I can be asked to repay the value of the items and I may be subject to legal charges;
- Posting WIC items on any media, including radio, newspaper, Facebook, Craigslist, and Ebay is considered an attempt to sell.
- WIC may ask for social security numbers as allowed by law to verify Medicaid participation when applicable and for administrative purposes, such as, to prevent participation in more than one WIC program at the same time. Providing your number is optional.



2

3



COLD CEREALS

BUY ONLY
12 oz or larger

GENERAL MILLS



Cheerios



Dora the Explorer



Kix



Rice Krispies



Corn Flakes



Corn Flakes



Frosted Mini
Wheats Little Bites



Frosted Mini
Wheats Original



All-Bran Complete
Wheat Flakes

MALT-O-MEAL

POST



Frosted Mini
Spooners



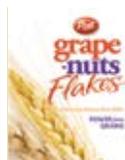
Strawberry
Cream Mini
Spooners



Oat Blenders
w/Honey



Oat Blenders
w/Honey &
Almonds



Grape-Nuts
Flakes



Whole Grain
Honey Crunch



Whole Grain
Almond Crunch



Almonds



Cinnamon
Bunches



Honey
Roasted

4

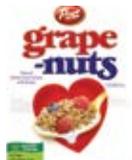
QUAKER

ALWAYS SAVE

BEST CHOICE



Vanilla Bunches



Grape-Nuts



Honey Nut
Shredded Wheat



Corn Bran
Crunch



Frosted
Shredded Wheat



Toasted
Oats



Crisp Rice



Corn Flakes



Happy O's



Wheat
Flakes



Bran Flakes



Wheat
Crisps



Corn Crisps



Honey Oat
Clusters



Honey Oat Clusters
w/ Almonds



Live Life



Corn Flakes



Crisp Rice



Frosted Shredded
Wheat



Toasted
Oats

GREAT VALUE



Toasted Whole-
Grain Oat Spins



Toasted
Corn



Toasted
Wheat



Crunchy
Nuggets



Frosted
Shredded Wheat



Multi-Grain
Spins



Crunchy Oat
Squares



Bran Flakes



Corn Flakes



Crisp Rice

CEREALS

Store Brand National Brand

5

HY-VEE



Toasted Rice



Bran Flakes



Corn Flakes



Wheat Flakes



Crispy Rice



Nutty Nuggets



Oats & More w/Honey



Frosted Shredded Wheat Blueberry



Frosted Shredded Wheat Strawberry Cream



Simple Living Oat Squares

IGA



Toasted Rice Squares



Frosted Shredded Wheat



Bran Flakes



Corn Flakes



Frosted Shredded Wheat



Corn Squares



Rice Squares



Tasteeos



Bran Flakes



Blueberry Shredded Wheat

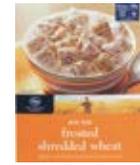
KROGER



Strawberry Shredded Wheat



Corn Flakes



Frosted Shredded Wheat



Nutty Nuggets



Rice Bitz



Corn Flakes



Strawberry Shredded Wheat



Honey & Oat Mixers



Toasted Oats



Frosted Shredded Wheat

MARKET PANTRY

OUR FAMILY



Nutty Nuggets



Rice Biscuits



Oats & More With Honey



Frosted Shredded Wheat



High Fiber Bran Flakes



Strawberry Cream Shredded Wheat



Corn Flakes

SIGNATURE KITCHENS



Crispy Rice



Frosted Shredded Wheat



Bran Flakes



Corn Flakes



Live It Up!



Frosted Shredded Wheat



Toasted Oats

SHURFINE



Bran Flakes



Corn Flakes



Frosted Shredded Wheat



Nutty Crunchers



Lively Oats



Rice Squares



HOT CEREALS

B & G FOODS



1 Minute



2 1/2 Minute



10 Minute



Cream of Rice

COCO WHEATS



CoCo Wheats

MALT-O-MEAL



Chocolate



Original

QUAKER



Instant Grits Original

GREAT VALUE



Instant Oatmeal

HY-VEE



Creamy Wheat Enriched Farina



Instant Oatmeal

KROGER



Instant Oatmeal

OUR FAMILY



Instant Oatmeal

SHURFINE



Instant Oatmeal

WAYS TO BUY UP TO 36 OZ OF CEREAL



Totals 36 oz.



Totals 36 oz.



Totals 36 oz.



Totals 36 oz.

Buy any combination of hot or cold WIC approved cereals, totaling 36 ounces



8

BREAD

BUY ONLY

Bread pictured below. 16 ounce.

DO NOT BUY

Bagels, deli bread, white bread, store bakery bread

PEPPERIDGE FARM



Stone Ground 100% Whole Wheat



100% Whole Wheat Cinnamon w/ Raisins



Very Thin 100% Whole Wheat



Whole Grain Rye Seeded



Light Style 100% Whole Wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat Hot Dog Buns



100% Whole Wheat

FAMILY CHOICE



100% Whole Wheat

GREAT VALUE



100% Whole Wheat

HY-VEE



100% Whole Wheat

OUR FAMILY



100% Whole Wheat

SIGNATURE KITCHENS



100% Whole Wheat



100% Whole Wheat Hot Dog Buns



TORTILLAS

BUY ONLY
Soft shell 16 ounce

CHI CHI'S



White Corn



Whole Wheat

DON PANCHO



White Corn



Whole Wheat

FRESCADO



Whole Wheat



Corn

HERDEZ



Corn/Maiz

LA BANDERITA



Corn



Whole Wheat



Fajita Style
Whole Wheat

LA BURRITA



Corn

MAMA LUPE'S



Whole Wheat



Corn

MISSION



Corn



Whole Wheat

ORTEGA



Whole Wheat

GUERRERO



Whole Wheat

BEST CHOICE



Corn



Whole Wheat



Corn

GREAT VALUE



Whole Wheat

HY-VEE



Corn



Whole Wheat



Fajita Style
Whole Wheat

IGA



Fajita Style
Whole Wheat

KROGER



Whole Wheat

OUR FAMILY



Fajita Style
Whole Wheat

SHURFINE



Corn/Maiz



Whole Wheat

BROWN RICE

BUY ONLY

- Plain Brown Rice
- Bag or box
- Instant, quick cooking (14-16 ounces)
- Regular cooking (16 ounce only)

DO NOT BUY

white rice, rice with seasoning, bulk or organic rice



JUICE FOR CHILDREN

BUY ONLY 64 ounce plastic bottle.
100% Juice and no added sugar.



CAMPBELL'S

- Tomato
- Tomato (Low Sodium)
- V8 100% Vegetable
- V8 100% Vegetable (Low Sodium)



JUICY JUICE

- Apple
- Apple Raspberry
- Berry
- Cherry
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Punch
- Strawberry
- Banana
- Tropical
- White Grape
- Peach Apple
- Strawberry
- Watermelon
- Passion
- Dragonfruit
- Cranberry Apple



OLD ORCHARD

- Acai
- Pomegranate
- 100% Apple
- Apple Cranberry
- Berry Blend
- Blueberry
- Pomegranate
- Cherry
- Pomegranate
- Cranberry
- Pomegranate
- 100% Grape
- Kiwi Strawberry
- 100% Orange
- Peach Mango
- Mango Tangerine
- Red Raspberry
- 100% White Grape
- Wild Cherry
- 100% Pineapple



TREE TOP

- Apple



MOTT'S

- Apple Juice



JUICE FOR CHILDREN

BUY ONLY

64 ounce plastic bottle. 100% Juice and no added sugar.



ALWAYS SAVE
100% Apple
Grape



BEST CHOICE
Apple
Berry Blend
Cherry Blend
Fruit Punch Blend
Grape
Grape Blend
Grapefruit
Pineapple
White Grape
Tomato
Vegetable



MARKET PANTRY
100% Apple
100% Tomato



GREAT VALUE
Apple
Cranberry Blend
Cranberry Grape
100%
Grape 100%
White Grape 100%
White Grape Peach
Tomato
Vegetable



HARVEST CLASSIC
Apple



OUR FAMILY
100% Apple
100% Grape
100% Juice Blend
Berry
100% Juice Blend
Cherry
100% Juice Blend
Fruit Punch
100% Juice Blend
Grape
White Grape
Pineapple
Unsweetened
Orange
100% Tomato
100% Vegetable



HY-VEE
100% Apple
Premium 100%
Apple NFC
Apple With Calcium
100% Cranberry
100% Cranberry
Apple
Grape 100%
Just Juice Apple
Just Juice Berry
Just Juice Cherry
Just Juice Fruit
Punch
Just Juice Grape
100% Raspberry
Cranberry
Pineapple
White Grape
Tomato
Vegetable



SIGNATURE KITCHENS
Apple 100%
Cranberry 100%
Cranberry Grape
100%
Grape
White Grape
Cranberry
Raspberry 100%



SHURFINE
Apple
Grape
Juice-A-Lot-Berry
Juice-A-Lot-Cherry
Juice-A-Lot-Grape
Juice-A-Lot-Punch
White Grape
Tomato 100%
Vegetable



IGA
100% Apple
100% Grape
100% White Grape
100% Tomato
100% Vegetable



KROGER
Apple
Cranberry
Grape
Pineapple
White Grape
White Grape Peach
Vegetable
Vegetable Spicy
Vegetable Low
Sodium

DO NOT BUY //

- 64 oz juice bottles or cartons from the refrigerated cases
- Juice in cartons or glass bottles
- Juice drinks or cocktails
- Sweetened juices
- Organic juices
- Infant juices
- 46 oz bottles

JUICE FOR WOMEN

POURABLE CONCENTRATES

11.5 ounce, 100% juice, no added sugar



WELCH'S

Apple
Fruit Fantastic
Grape
Tropical Orange
Passion

FROZEN CONCENTRATES

11.5-12 ounce, 100% juice, no added sugar



OLD ORCHARD

Any Flavor with Green Pull Strip



TREE TOP

Apple



WELCH'S

100% Grape
100% White Grape
100% White Grape Raspberry
100% White Grape Peach



ALWAYS SAVE

100% Apple



BEST CHOICE

100% Apple



GREAT VALUE

100% Apple



MARKET PANTRY

Apple



SIGNATURE KITCHENS

100% Apple



ANY "STORE BRAND"

100% Grapefruit
100% Orange

MAY BUY:

Calcium fortified juice

If the Store Brand or Private Label is not available, then Brand Name frozen orange or grapefruit is allowed.

14

PEAS & BEANS

DRIED PEAS, BEANS, LENTILS

BUY ONLY

1 pound (16 oz) bags, store brand



MAY BUY:

Any single variety of dried peas, beans, or lentils

DO NOT BUY ////////////////

- Organic beans or peas
- Mixed beans
- Soup mixes
- Beans with seasoning or flavors added
- Bulk beans



CANNED BEANS

BUY ONLY

15-16 oz can size, Bush's brand and/or store brand



MAY BUY:

Any single variety, low sodium

DO NOT BUY ////////////////

- Refried beans
- Baked beans
- Chili beans
- Beans with added sugar, fats, oils, or meat

PEANUT BUTTER

BUY ONLY

Store brand



MAY BUY:

16-18 oz jar, creamy, chunky, or crunchy

DO NOT BUY ////////////////

- Organic
- Added ingredients such as honey/jelly/chocolate
- Omega-3
- Peanut butter spread
- Natural or all natural
- Squeeze tubes



EGGS & DAIRY

EGGS

ANY BRAND

MAY BUY:

Package of 1 dozen, medium or large size, white eggs only

DO NOT BUY //

- Organic
- Free range
- Eggs with low cholesterol claims
- Egg substitutes
- Specialty eggs
- Brown eggs

MILK

STORE BRAND

MAY BUY:

The size & type printed on check:

- Skim (fat free)
- 1% (low fat)
- 2% (reduced fat)
- Whole - for one-year-olds only

DO NOT BUY //

- Organic
- Chocolate, strawberry, or other flavors
- Rice milk

SPECIALIZED MILK/ALTERNATIVES

MAY BUY:

The size & type printed on check:

SOY MILK

Buy only these brands and flavors



SILK

Original Soymilk

8TH CONTINENT

Original or Vanilla Soymilk

SPECIALIZED MILK

Any brand (Sizes will be specific on your check)

- Lactose free
- Acidophilus
- Powdered
- Evaporated



CHEESE

STORE BRAND ONLY

MAY BUY:

1 lb (16 oz) packages only, sliced or block:

- Cheddar, Colby, Colby Jack, Monterey Jack, Mozzarella, Muenster, Swiss
- Reduced fat cheese, American Pasteurized Process

DO NOT BUY //

- Individually wrapped slices, shredded or string, cheese dip or balls
- Cheese food products (like Velveeta), and those in squirt cans, squeeze bottles, or jars
- Cheese with added ingredients like jalapeno, or smoke flavor
- Organic or imported
- Packages smaller than 16 oz unless your check specifies 8 oz.

CANNED TUNA & SALMON

FOR FULLY BREASTFEEDING MOMS ONLY



MAY BUY:

Chunk or flake light tuna or pink salmon. Packed in water or oil, combination of sizes adding up to 30 ounces or less, low sodium

DO NOT BUY //

- Filets
- Individual snack pouches
- Red or sockeye salmon
- Albacore tuna
- Flavored or seasoned with added ingredients

BABY FOOD

FRUIT & VEGETABLE PUREES

BUY ONLY

plain or mixed fruits & vegetables, 4 oz



BEECH-NUT



GERBER



TIPPY TOES

TWO-PACK



GERBER
4 oz

DO NOT BUY

- Organic
- Toddler or graduates
- Dinners, desserts, cobblers
- Pouches
- Added DHA and/or ARA
- Added sugars, starches, tapioca, yogurt, cereal, salt
- Added rice, pasta, noodles, cheese, meat, etc.

MEAT PUREES

2.5 OZ SIZE ONLY

Only for fully breastfeeding babies who do not get formula from WIC.

MAY BUY:

- Beef and beef broth/gravy
- Chicken and chicken broth/gravy
- Turkey and turkey broth/gravy
- Ham and ham broth

DO NOT BUY

- Containers larger than 2.5 oz
- Meat sticks, dinners, or graduates
- Organic meat
- Baby food meat with added ingredients such as DHA, ARA, sugar, salt, rice, pasta, fruit, or vegetables.



BABY CEREAL

ANY BRAND

8 oz container, dry infant cereal without fruit



DO NOT BUY

- Organic
- Added fruit, milk, yogurt, or formula
- Added DHA
- Jars, cans, single serving packets

18



MAY BUY A COMBINATION OF SINGLE JARS AND TWO-PACKS

16 Single Jars



8 - Two-packs



A Store Brand **A** National Brand

19

FRUITS & VEGETABLES

USING YOUR FRUIT & VEGETABLE CHECK

- This check has a printed dollar value.
- If your fruit and vegetables cost more than the amount on the check, you may pay the extra amount.
- You may pay the extra amount with SNAP, cash, check, debit, or credit card.
- The store cannot force you to pay the extra amount. You may put items back.
- You will not receive change from any WIC transaction.



MAY BUY:

- Whole, pre-cut, shredded, or packaged fresh fruits & vegetables
- All types of fresh potatoes
- Fresh garlic, ginger, onions
- Salad and/or mixed greens in a bag
- Organic is OK

WIC NEBRASKA WIC PROGRAM
811 Continental Mall South • Lincoln, Nebraska 68509-5028
Agency, selling or otherwise utilizing WIC benefits is a crime. To report
suspected abuse, call 800-454-9332 or visit www.wicnebraska.org/abuse.htm

Act #: 804623 50000011
First Date to Use: 10/01/2015
Last Date to Use: 10/31/2015

CLINIC ID: 28-10 Name: Emily Anderson FID: 200613
FRESH FRUITS AND VEGETABLES: MAXIMUM VALUE: \$8.00

WIC Agency Signature: _____
Purchase Amount: \$ _____
Contracted Amount: _____

This participant's certification ends on 01/31/2016.

Standard WIC Check, WICID-48 Bags From FV-1, State To Use



20

DO NOT BUY

- Salad bar items
- Salad kits with added dressing
- Added dips, creams, sauces
- Added nuts, dried fruit, croutons
- Herbs or spices (such as basil, cilantro, parsley, mint, dill)
- Fruit and nut mixtures
- Decorative fruit or vegetables
- Fruit and vegetable baskets
- Party trays
- Canned, jarred, frozen, or dried fruit or vegetables



SHOPPING TIPS

- Group your WIC foods by each check.
- Tell the cashier you are using WIC checks.
- After the cashier writes the purchase amount on the check, make sure it is correct, then sign the check.

QUESTIONS OR CONCERNS WHILE SHOPPING?

- First, talk to the store manager.
- Then, if you still have questions or concerns, call your WIC agency at the number listed on the front of your WIC ID folder.

TIPS FOR USING YOUR WIC CHECK

NEBRASKA WIC PROGRAM
301 Centennial Mall South • Lincoln, Nebraska 68509-3026
Buying, selling or otherwise misusing WIC benefits is a crime. To report suspected abuse, call 800-424-9212 or visit www.usda.gov/foiahotline.htm

Acct #: 804623 **50000482**
First Date to Use: 07/01/2015
Last Date to Use: 07/31/2015

Clinic ID: 5-15 Name: Jane Anderson FID: 200028

1 (DOZEN) MEDIUM OR LARGE EGGS
36 (OUNCES OR LESS) CEREAL
1 (16-18 OZ) PEANUT BUTTER OR DRIED BEANS -or- 4 (15-16 OZ) CANNED BEANS
1 (16-OZ) BREAD/ TORTILLAS OR (14-16) OZ BROWN RICE
2 (GALLON) MILK - 1% OR FAT FREE SKIM
1 (11.5-12 OZ) FROZEN OR POURABLE CONCENTRATE JUICE

Vendor ID: _____ Purchase Amount: \$ _____
 Net Payment (without discounts and other credits) _____
 Authorized Signature: _____ Must be signed at retail counter

Vendor Must Deposit Within 60 Days From First Date To Use Payable Through Societas, Citizens Alliance Bank, Howard Lake, MN 55349

- 1 Take this booklet with you and use it as you shop.
- 2 Use your check on or between the dates on the check.
- 3 Buy only the foods and amounts listed on your check.

STORE BRANDS

Examples of some store brands available in Nebraska*

* This list may not include all store brand products available in your area.





FREQUENTLY ASKED Q&A

Where can I use my WIC checks?

Nebraska WIC checks can only be used at WIC approved stores in Nebraska. There are over 400 stores in Nebraska that accept WIC checks. Your local WIC agency keeps a listing of WIC approved stores in the area. Also, look for the WIC Approved decal in store windows.

Are the WIC approved foods identified in the store?

Yes, look for the blue labels, like this one, on your store shelves to help you choose Nebraska WIC approved foods.



May I use my WIC checks while I'm on vacation in another state?

No, you may not use your Nebraska WIC checks in another state. Nebraska WIC checks can only be used in Nebraska.

What happens if my checks are lost, stolen, or damaged?

Notify your local WIC office if checks are lost, stolen, or destroyed. Treat your WIC checks like money. Keep them in a safe place.

How can I avoid confusion at the check out line?

If you are shopping for additional items at the store, be sure to group those things together and keep them separate from your WIC items. If you are using more than one WIC check at the store, be sure to group the items for each check together.



What if I go over the dollar amount on the fruit and vegetable check?

You may go over the dollar amount of the check and pay with cash, check, debit, or SNAP.

Can I change the foods listed on my check?

ONLY your WIC clinic can change your food package. If you have concerns or special needs, be sure to talk to your WIC nutritionist before your checks are printed. They may be able to adjust your food package. Do not write on your checks or alter them yourself.

Do I need to purchase everything listed on my WIC check?

No, you are not required to pick up everything on your WIC check. We encourage you to shop responsibly and only purchase the foods that you know you will use.

What if I run out of food and I've used all of my WIC checks?

The WIC program is only meant to “supplement” your diet. The foods you receive at WIC are not intended to meet all of your nutritional needs. You will need to purchase additional foods on your own. Your local agency can help you find additional food assistance programs if needed.

- Can I receive services from WIC and SNAP (Food Stamps) at the same time?
Yes.
- Can I participate in more than one WIC program at the same time?
No.
- What happens if I move?
Try to contact your local WIC clinic before you move. They can give you transfer information to take to the WIC clinic in your new area.

