



BEFORE GOING TO SHOP:

- Find the WIC checks that are valid for use today by reviewing the dates on the check.
- Make a shopping list, keeping items for each WIC check on a separate list.
- Plan the fruits and vegetables to buy with your WIC Fruit/Vegetable check.
- Locate the WIC authorized retailers in your area by using the list provided at the clinic.
- Double check that you have your WIC checks, your Nebraska WIC Approved Foods List and your shopping list when you walk out the door.



WHEN HOME:

- Store foods as suggested to keep fresh.
- Prepare healthy and nutritious meals for yourself and/or your children.

For more helpful hints about how to make WIC a successful experience for you and your family visit:

[www.hhs.state.ne.us/
nutrition/wicindex.htm](http://www.hhs.state.ne.us/nutrition/wicindex.htm)



Tips for a Successful WIC Shopping Journey



Provided by the Nebraska WIC Nutrition Program
Nebraska Department of Health and Human Services
dhs.ne.gov

WIC is an equal opportunity provider.



WHEN ENTERING THE STORE:

- Make sure the store is a WIC authorized retailer by looking for the decal on the door or by checking with a store manager.
- Use baskets or reusable shopping bags to separate WIC items. If using more than one WIC check, use a separate basket/bag for each check.
- Glance at the store map or take an overview of the store to locate sections that match with your shopping list.



WHILE SHOPPING:

- Read your WIC checks to double check authorized items.
- Use your Nebraska WIC Approved Foods List to help you select approved items.
- Most stores use the WIC shelf labels, look for them to help you find approved foods.
- In the produce section, take time to weigh items and calculate costs so you don't go over the authorized amount on your WIC Fruit/Vegetable check.
- Before going to checkout, review your WIC checks and items to make sure you have correct items in separate transactions.



AT CHECKOUT:

- Tell the cashier you are using WIC before he or she begins scanning items.
- Separate your purchases - WIC items first, then items you plan to purchase.
- If using more than one WIC check, separate those items into groups by check.
- Remain calm if an issue comes up or a mistake is discovered. Remember that the cashier has to follow the rules without exception.
- Use the opportunity to ask the cashier questions you have about WIC approved foods.