

EXPLANATION OF WIC CHECK

WIC CHECK – You may use an actual WIC check or the example in the WIC Food Booklet

 <p>NEBRASKA WIC PROGRAM 301 Centennial Mall South • Lincoln, Nebraska 68509-5026 <small>Buying, selling or otherwise misusing WIC benefits is a crime. To report suspected abuse, call 800-424-9212 or visit www.usda.gov/oig/hotline.htm</small></p>	<p>75-1248 919</p>	<p>Acct #: 123456</p>	<p>50240768 First Date to Use: 12/01/2015 Last Date to Use: 12/31/2015</p>				
				<p>Clinic ID: 5-15 Name: Tricen Jensen FID: 203580</p> <p>1 (16-OZ) STORE BRAND CHEESE 1 (DOZEN) MEDIUM OR LARGE EGGS 1 (16-OZ) BREAD/ TORTILLAS OR (14-16) OZ BROWN RICE 1 (12-OZ) EVAPORATED MILK - FAT FREE 1 (GALLON) MILK - 1% OR FAT FREE SKIM 1 (64-OZ) JUICE</p>	<table border="1"> <tr> <td>Vendor ID Stamp</td> <td>Purchase Amount</td> </tr> <tr> <td></td> <td>\$</td> </tr> <tr> <td>Corrected Amount</td> <td></td> </tr> </table> <p><small>Not Payable Without Authorized Nebraska Vendor ID Stamp</small></p> <p>Authorized Signature - Must be signed at retail counter</p>	Vendor ID Stamp	Purchase Amount
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	\$						
Corrected Amount							
<p>***This participant's certification ends on 03/31/2016.***</p> <p><small>Vendor Must Deposit Within 60 Days From First Date To Use Payable through Selectra, Citizens Alliance Bank, Howard Lake, MN 55341</small></p>							

Here is an example of a WIC check

- Your name or the name of your child will be on the check
- Family ID # is next to your name. WIC uses this information to keep track of your checks

WIC CHECK

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DATE

- The WIC check may only be used between these dates. Make sure to use your checks before midnight on the last day of the current month or they expire
- Any unused checks from previous months please return to your WIC clinic

WIC CHECK

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Clinic ID: 5-15	Name: Tricen Jensen	FID: 203580	
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			\$
		Corrected Amount	
<small>Not Payable Without Authorized Nebraska Vendor ID Stamp</small>			
Authorized Signature - Must be signed at retail counter			
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AUTHORIZED FOODS

- You can think of the foods listed on the checks as a WIC grocery list
- You may only purchase the foods on the check in the size listed
- Review WIC items on example check

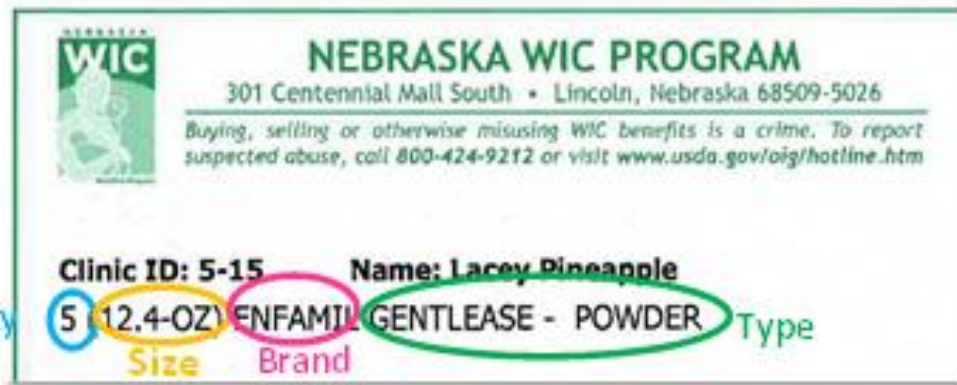
WIC FOOD BOOKLET



- For each food category review what **CAN** and **CANNOT** be purchased

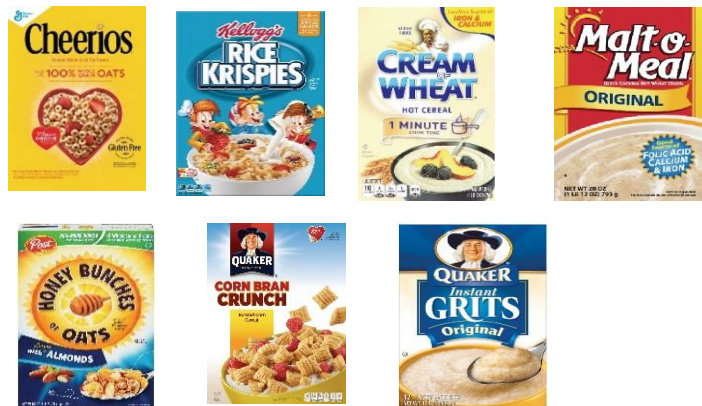
FORMULA –

** Only review formula checks with participants who are getting WIC Formula



- Purchase only the specific type, brand, size & number of cans listed on the check
- Call your WIC office if baby needs a different formula
- **No** substitutions allowed
- WIC staff to discuss in detail:
 - The brand is Enfamil
 - The type is Gentlease powder
 - The size is 12.4 oz.
 - The number of cans on check

CEREALS – **Brand Specific**



- Buy only brands listed in the WIC Food Booklet
- Buy any combination of hot or cold WIC approved cereals
- A full month package is 36 oz. & prorated packages will be less. May purchase the exact amount listed on your WIC check or less.
- Cold cereal buy only 12 oz. size or larger
- Ask client,
 - Which of these cereals would you buy?
 - Staff identify store brands.

BROWN RICE- Any Brand
TORTILLAS & BREAD – Brand Specific



JUICES - Brand Specific



BROWN RICE

- Buy only plain brown rice bag or box
 - Instant quick cooking (14-16 oz.)
 - Regular cooking (16 oz. only)

TORTILLAS

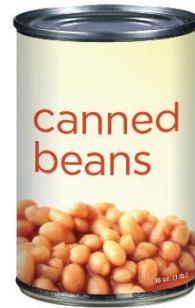
- Buy only brands listed in WIC Food Booklet
- Buy only 16 oz. soft 100% Whole Wheat flour or soft corn shell
- **No tostadas allowed**

BREAD

- Buy only brands listed in WIC Food Booklet
- Buy only 16 oz. package
- 100% Whole Wheat Bread

- Buy only brands listed in WIC Food Booklet
- Women can only buy 11.5 – 12 oz. frozen or pourable concentrate.
- Children can only buy 64 oz. plastic bottles

PEAS & BEANS



DRIED BEANS

- Buy only store brand
- Buy 1lb (16 oz.) bag only

CANNED BEANS

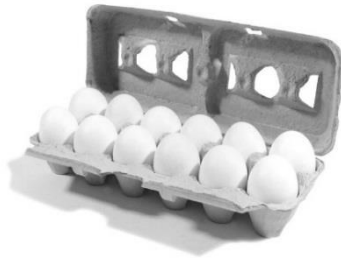
- Buy only 15-16 oz. BUSH brand &/Or store brand
- **No** Baked Beans, refried beans, or beans with added sugars, fats, oils, or meat

PEANUT BUTTER



- Buy only store brand 16-18 oz. jar
 - creamy, crunchy, or chunky
- **No** Organic or Natural peanut butter

DAIRY, EGGS, CHEESE, YOGURT



EGGS & DAIRY

- Any brand of eggs, medium or large
- Store brand milk only
- Check will specify 1% or Fat Free Skim or Whole milk.
- Must purchase fat level listed on WIC check
- Soy & Lactose free are available. Check will specify these specific types of dairy options

CHEESE

- Store brand cheese only
- 1lb (16 oz.) packages only sliced or block
- **No** individually wrapped slices
- You **CANNOT** combine 2-8oz cheese packages to make 16 oz.

YOGURT

- Buy only brands listed on the Yogurt Handout
- 32 oz. container only
- Check will have either low-fat/non-fat yogurt or whole milk yogurt
- Must purchase fat level listed on the check


BABY FOOD –

** Review when issuing baby food checks for 6 month old infants



- WIC offers baby food when age appropriate
- WIC offers fruit/vegetables & baby cereal to all babies
- Baby food meats are only issued to exclusively breastfed babies

FRUIT & VEGETABLE CHECK



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Acct #: 123456

75-1248
919

50240758
First Date to Use: 11/01/2015
Last Date to Use: 11/30/2015

Clinic ID: 5-15 Name: **Silvie Jensen**

FRESH FRUITS AND VEGETABLES MAXIMUM VALUE \$11.00

FID: 203580

Vendor ID Stamp

Not Payable Without Authorized Nebraska Vendor ID Stamp

Authorized Signature - Must be signed at retail counter

This participant's certification ends on 10/31/2016.

Vendor Must Deposit Within 60 Days From First Date To Use Payable through Safair, Citizen Alliance Bank, Howard Lake, MN 55349

- The fruit & Vegetable check has a printed dollar value
- It does not have specific foods listed
- If your purchase goes over your issued dollar amount you may pay the extra amount or put some back
- Each fruit & vegetable check has to be processed separately
- If you have more than one fruit & vegetable check for your family, checks **CANNOT** be combined

WIC FOLDER



Date	Time	Purpose of visit		
		Check pick-up	Certification/ Medical Day Status	Nutrition Counseling/ Education

Notify the WIC office if you:

- are unable to keep a scheduled appointment.
- give birth.
- change the amount of breastfeeding.
- are unable to purchase WIC foods.
- have any problems or concerns about the store.
- have questions about WIC services.

Your WIC clinic:

If this folder is found, return it to the address above.

- Family ID #
 - Explain that whenever you call our clinic please provide this Family ID # so we can easily find you in our system
- Please bring your folder with you to all appointments
- Great place to keep checks & WIC Food Booklet
 - Use the WIC Food Booklet at the store to make your shopping trip easier

HOW TO USE WIC CHECKS AT THE STORE

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"E"

Acct #: 123456 **50240768**
First Date to Use: 12/01/2015
Last Date to Use: 12/31/2015

Clinic ID: 5-15 Name: Tricen Jensen FID: 203580

1 (16-OZ) STORE BRAND CHEESE
1 (DOZEN) MEDIUM OR LARGE EGGS
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1 (12-OZ) EVAPORATED MILK - FAT FREE
1 (GALLON) MILK - 1% OR FAT FREE SKIM
1 (64-OZ) JUICE

Vendor ID Stamp	Purchase Amount
	\$
	Corrected Amount

Not Possible Without Authorized
Business Number ID Stamp

Authorized Signature - Must be signed at retail counter

This participant's certification ends on 03/31/2016.

Vendor Must Deposit Within 60 Days From First Date To Use

- Review checks & WIC Food Booklet **before** you go to the store
- Select WIC approved store
- Check Date on the WIC check
 - Make sure you are using a check for the current month & year
- Use WIC Food Booklet to purchase the correct foods listed on check
- Group your WIC foods by each check
- Tell cashier you are using WIC checks
- Treat each WIC check as a separate transaction
- Sign check **AFTER** cashier writes in dollar amount
 - Make sure it is correct before you sign the check
- The cashier will give you a receipt

Show proxies how to shop using WIC checks

EXTRA TIPS



- If you need changes to your checks contact your WIC clinic, we may be able to adjust your food package.
- Nebraska WIC checks can only be used at Nebraska WIC Stores, not in any other state.
- If you have problems at the store, call your WIC clinic right away
- If you feel a mistake has been made by a cashier, we advise that you wait until the mistake is corrected before signing WIC check
 - Store employees can make mistakes so don't be afraid to voice your concerns