

# Smart Shopping with your WIC EBT Card



When grocery shopping, always have:

- 1. Your WIC EBT card.** Make sure you know your PIN number.
- 2. The Florida WIC Foods pamphlet.** This lists the brands and sizes of foods that you are allowed to buy.
- 3. Your WIC EBT shopping list.** This will tell you the foods that you are able to buy for your family each month. The food for everyone in your family will be added together. For example, if 3 people in your family each receive 36 ounces of breakfast cereal each month, there will be 108 ounces of breakfast cereal on your WIC EBT card.
- 4. Your most recent store receipt from a WIC EBT purchase.** Keep your grocery store receipt each time you shop with your WIC EBT card. At the bottom of the receipt will be a list of the food left on your card for the current month. Look at your receipt to make sure it is correct before you leave the store.



## Breakfast Cereal

- Buy cereals that are higher in whole grains like oatmeal, whole wheat, and whole grain corn.

- On the Florida WIC Foods pamphlet, breakfast cereals higher in whole grains have a star (★).

- Cereal is allowed in 9 to 36-ounce sizes.

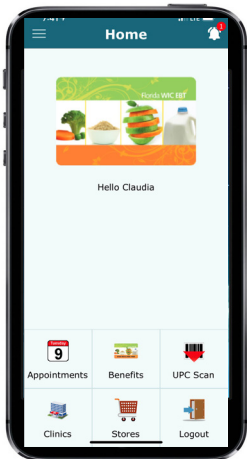


- Keep track of the cereal balance left on your WIC EBT card.

- Plan your cereal purchase so you are able to use all of the ounces for the month. If you buy 12, 18, 24, or 36 oz. sizes of cereals, you will be more likely to use all of your cereal ounces.

## Florida WIC App

- Use the Florida WIC App on your Smartphone to view information about your WIC food benefits.



- To get started, visit the App Store or Google Play to install the App or scan the QR code. Use your Florida WIC EBT card to register.



You can choose how little or how much you want to buy each time you shop with your WIC EBT card. Make sure you buy all of the foods on your shopping list within the allowed dates.

## Milk, Cheese, Yogurt & Soy Products

Try to make milk, cheese, and yogurt and/or soy products such as soy milk and tofu a part of meals and snacks. They are packed with vitamins, minerals, and protein for strong bones and healthy bodies.

**MILK:** Your WIC EBT shopping list will show you the container size, amount, and type of milk you are able to buy.



**CHEESE:** Buy any brand of 8 or 16 oz. package of slices, shredded, block, round, string, or cubes of cheeses listed below. Whole milk, part skim, reduced fat, lowfat, and any blends of the cheeses listed below are allowed. Non-smoked and smoked cheeses are allowed.



**American Deluxe Swiss Cheddar** - mild, medium, sharp, and extra sharp  
**Monterey Jack**  
**Muenster**  
**Colby**  
**Colby**  
**Provolone**  
**Mozzarella**

**YOGURT:** Any brand, any flavor including Greek yogurt.

- Whole milk yogurt for children 1 year of age.
- Nonfat or lowfat yogurt for women and children 2 years of age and older.
- For each "tub" of yogurt on your shopping list, these sizes may be purchased: one 32 oz. tub OR one 32 oz. package with 8 - 4 oz. servings or 16 - 2 oz. tubes OR two 16-oz. packages with 4 - 4 oz. servings or 8 - 2 oz. tubes.



**SOY MILK:** Your WIC EBT shopping list will show you the container size, amount, and brands of soy milk you are able to buy.

**TOFU:** Any brand including organic brands in a 14 to 16 oz. package.



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## Whole Grains

Buy one of the following for each 1 pound of whole grains that is listed on your shopping list:

- 16 oz. size of 100% whole wheat bread, pasta, or tortillas
- 14 to 16 oz. box or bag brown rice (28 to 32 oz. bag or box = 2 lb.)
- 16 oz. bag of corn tortillas
- 16 oz. bag, box or container of oatmeal, oats, bulgur, or cracked wheat (32 oz. bag, box, or container = 2 lb.)



## Beans

Dry or canned beans, peas, and lentils are very good sources of fiber and protein. Plan a few meals a week with these foods.

- For each bag of beans on your WIC EBT card, you can buy either a 16 oz. bag of dry beans OR four 15 to 16 oz. cans of beans.
- Each can of beans counts as 0.25 bag.  
1.00 bag = 4 cans    0.50 bag = 2 cans  
0.75 bag = 3 cans    0.25 bag = 1 can
- When 0.75, 0.50, or 0.25 bag is left on your WIC EBT card, you can only buy canned beans.



## Fruit Juice

- 100% fruit juices are excellent sources of vitamin C.
- Limit fruit juice to 4 fl. oz. per day for children 1 to 3 years of age and 4 to 6 fl. oz. per day for children 4 to 6 years of age.
- Children receive juice in 64 fl. oz. bottles, cartons, or jugs. A gallon size bottle of juice will count as two 64 fl. oz. bottles. A 16 fl. oz. can of juice concentrate can be bought in place of a 64 fl. oz. bottle.
- Women receive juice in 48 fl. oz. bottles or 6-pack of 8 fl. oz. cartons. A 96 fl. oz. bottle of juice will count as two 48 fl. oz. bottles. An 11.5 or 12 fl. oz. can of juice concentrate can be bought in place of a 48 fl. oz. bottle.



## Fruits & Vegetables

- Choose **fresh, frozen, or canned** fruits and vegetables when using the **fruit and vegetable dollar amount** on your WIC EBT shopping list.
- Buy only those canned and frozen fruits with no added sugar, syrup, or artificial sweeteners.
- Choose vegetables with no fat or oil.



## Peanut Butter

- Peanut butter is a good source of protein.
- Buy any brand of peanut butter in a 16 to 18 oz. jar.



## Eggs

- Eggs are a good source of protein.
- Buy any brand of white, eggs in large, extra large, or jumbo in one dozen or half dozen size. No brown eggs. No organic eggs.



## Light Tuna, Pink Salmon, Mackerel & Sardines

- Fish is a good source of protein.
- Women who are fully breastfeeding or pregnant with more than one baby will receive fish.
- Fish may be purchased in cans or pouches up to 30 oz. Plan your purchase of fish so you are able to use all of the ounces for the month.



## Baby Foods

- Buy the baby foods on your WIC EBT shopping list and feed these foods to your baby **from 6 months until 1 year of age**.
- Most babies will receive **baby cereal** and **baby fruits and vegetables**. Babies who are fully breastfed will also receive **baby meats**.



Florida Department of Health  
WIC Program  
1.800.342.3556  
FloridaWIC.org

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