MICHIGAN WIC

FOOD GUIDE

Healthy Habits
Healthy Families

Effective July 11, 2016
Online Nutrition Education

Do it anytime, anywhere from your computer, tablet or smart phone!

How to get started:
1. Go to wichealth.org
2. Create an account and set up your profile
3. Choose a lesson from one of the 5 categories
4. Complete the lesson
5. Fill out the survey
6. Remember your login & PIN for next time

Examples of lessons available:
• Eat Well – Spend Less!
• Preparing for a Healthy Pregnancy
• Starting Your Infant on Solid Foods
• Make Meals & Snacks Simple
• Secrets For Feeding Picky Eaters

wichealth problems?
Try clicking the blue “Help” tab on the top left of any page to submit a message. All questions are answered within 24 hours.

This counts as your nutrition education!

Fresh Fruits & Vegetables

Choose lower priced foods

• Your WIC Shopping List shows your cash value benefit amount ($$$
• If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference

Organic allowed

ALLOWED
• Any variety fresh fruit or vegetable without added sweetener or fat
• May be whole, cut, bagged or packaged

NOT ALLOWED
• Pre-cut fruits and vegetables with added preservatives (for example: sliced apples with ascorbic acid)
• Ornamental or decorative fruits or vegetables such as chili peppers or garlic on a string, gourds or painted pumpkins
• Salad kits with dressing or other added food items
• Herbs, spices, edible blossoms or flowers
• Fruit or vegetable party trays/platters
• Fruits or vegetables from salad bars
• Fruit and nut mixtures
• Fruit baskets

Features of lesson available:
• Over 20 lessons available in English and Spanish

Health Bite

Eat fruits and vegetables and your kids will too. They learn from watching you.

• Share the adventure. Shop together and let your child choose.
• Fix them together. Teach your child to tear lettuce or add vegetable toppings to pizza.
• Eat together. Enjoy new fruits and vegetables at meals and snacks.
• Take it with you. Show your child how fruit is a great snack to eat at the park or in the shopping mall. Put apples, oranges or bananas in your bag for quick snacks.

Examples of lessons available:
• Eat Well – Spend Less!
• Preparing for a Healthy Pregnancy
• Starting Your Infant on Solid Foods
• Make Meals & Snacks Simple
• Secrets For Feeding Picky Eaters

wichealth.org
connecting for a healthy future
wichealth.org
en Español

Over 20 lessons available in English and Spanish
Whole Grains

Your choices for whole grains are: brown rice, oatmeal, whole wheat or corn tortillas, pasta, whole wheat or whole grain breads and buns.

For every 1 LB of whole grain listed on your Shopping List, you can buy…

- 1 loaf bread, or
- 1 package buns, or
- 1 package tortillas, or
- 1 container oatmeal, or
- 1 bag/box brown rice (14-16 oz)

Whole grain options with this symbol are gluten free.

Oatmeal

*Choose lower priced foods*  
No organic allowed

16 oz container = 1 LB

- Kroger Simple Truth Old Fashioned Oats
- Malt-O-Meal Mom's Best Naturals Old Fashioned Oats
- Malt-O-Meal Mom's Best Naturals Quick Oats
- Our Family Old Fashioned Oats
- Our Family Quick Oats

These oatmeals are a whole grain choice, NOT a cereal choice.

Brown Rice

*Choose lower priced foods*  
No organic allowed

16 oz bag = 1 LB

- 14-16 oz bag/box = 1 LB
- 28-32 oz bag/box = 2 LB

**ALLOWED**

- Plain, dry brown rice without added herbs, seasonings or beans
- Regular, instant and boil-in-bag type
- Any brand

**NOT ALLOWED**

- White rice, frozen brown rice
- Flavored rice, wild rice, rice mixes
- Bulk, tubs, microwavable pouches
- Specialty brands, like Lundberg

Whole Wheat Pasta

*Choose lower priced foods*  
Organic allowed

16 oz package = 1 LB

**ALLOWED**

- Whole Wheat/Whole Grain ONLY
- Any shape such as elbows, penne, rotini, spaghetti and spirals

**NOT ALLOWED**

- Pasta with added sugar, fats, oils or salts
- Pasta made from rice, quinoa, flax, corn or vegetables

These brands and types ONLY

- Barilla Whole Grain
- Delallo Whole Wheat
- Essential Everyday Whole Wheat
- Great Value Whole Wheat
- Hodgson Mill Whole Grain
- Kroger Simple Truth Whole Wheat
- Meijer Meijer Naturals Whole Wheat
- Meijer Organics Whole Wheat
- Meijer Select Italian Whole Wheat
- Mom's Best Naturals Whole Wheat
- Our Family Whole Wheat
- Our Family Old Fashioned Whole Wheat
- Our Family Quick Oats Whole Wheat
- Ronzoni Healthy Harvest Whole Grain
- Shurfine Whole Wheat
- Spartan Whole Wheat
- Whole Grain
Breads

*Choose lower priced foods*  
No organic allowed

16 oz loaf = 1 LB

- These brands and types ONLY

Aunt Millie’s  
Healthy Goodness  
Whole Grain White

Aunt Millie’s  
Swirl Whole Grain  
Cinnamon, No Raisins

Aunt Millie’s  
Swirl Whole Grain  
Cinnamon with Raisins

Aunt Millie’s  
Healthy Goodness  
100% Whole Wheat

Shurfresh  
100% Whole Wheat

Pepperidge Farm  
Swirl 100% Whole Wheat  
Cinnamon with Raisins

Pepperidge Farm  
Very Thin Sliced Soft 100% Whole Wheat

Roman Meal Sungrain  
100% Whole Wheat

Sara Lee  
100% Whole Wheat

Bunnies  
100% Whole Wheat

Family Choice  
100% Whole Wheat

Hearth Oven Bakers  
100% Whole Wheat

Buns

*Choose lower priced foods*  
No organic allowed

16 oz package = 1 LB

- These brands and types ONLY

Kroger  
100% Whole Wheat

Meijer  
Whole Grain White

Meijer  
Country Style  
100% Whole Wheat

Nickles  
Country Style  
100% Whole Wheat

Brownberry  
100% Whole Wheat  
Hamburger Rolls

Brownberry  
100% Whole Wheat  
Hot Dog Rolls

Healthy Life  
100% Whole Wheat  
Sandwich Buns

Healthy Life  
100% Whole Wheat  
Hot Dog Buns

Our Family  
100% Whole Wheat

Pepperidge Farm  
Jewish Rye  
Whole Grain Rye Seeded

Pepperidge Farm  
Light Style Soft Wheat

Pepperidge Farm  
Stone Ground  
100% Whole Wheat

Hearth Oven Bakers  
100% Whole Wheat  
Hamburger Buns

Hearth Oven Bakers  
100% Whole Wheat  
Hot Dog Buns
Tortillas

*Choose lower priced foods*

16 oz package = 1 LB

- These brands and types ONLY

- **Chi Chi’s**
  - Whole Wheat Fajita Style
  - 8 count

- **Don Marcos**
  - White Corn
  - 18 count

- **Great Value**
  - Whole Wheat Flour
  - 10 count

- **Hacienda**
  - Corn Maiz
  - 18 count

- **Hacienda**
  - Whole Wheat Flour
  - 12 count

- **Kroger**
  - Whole Wheat Soft Taco Size
  - 10 count

- **La Banderita**
  - Whole Wheat Fajita
  - 16 count

- **La Banderita**
  - Whole Wheat Soft Taco
  - 10 count

- **La Banderita**
  - Corn
  - 18 count

- **Meijer**
  - Soft Taco Whole Wheat
  - 8 count

- **Mission**
  - Whole Wheat Fajita Style
  - 16 count

- **Mission**
  - Whole Wheat
  - 10 count

- **Ortega**
  - Whole Wheat
  - 10 count

- **ShurFine**
  - White Corn
  - 18 count

- **ShurFine**
  - Whole Wheat Fajita Style
  - 8 count

- **Spartan**
  - Whole Wheat Fajita Style
  - 8 count

- **Spartan**
  - Whole Wheat Fajita Style
  - 8 count

- **Tio Santi**
  - Whole Wheat
  - 10 count

- **Tortillas Tita**
  - Enchilada Style Corn
  - 18 count

- **Tortillas Tita**
  - Corn
  - 18 count

Give yourself and those you love the goodness of whole grains.

Make at least half of the grains you eat whole grains. WIC whole grains, such as bread, tortillas and pasta can help you maintain a healthy weight and are good for your overall health.
Cold Cereals

*Choose lower priced foods*  
No organic allowed

All WIC cereals provide a good source of iron

- Cereals with this symbol provide 100% of the Recommended Dietary Allowance for folic acid
- Cereals with this symbol are made with whole grains and are a good source of fiber
- Cereals with this symbol are gluten free

- These brands and flavors ONLY

**General Mills**

- Cheerios Multi Grain 16 oz or larger
- Cheerios Plain 16 oz or larger
- Chex Corn 12 oz or larger
- Chex Rice 12 oz or larger

**Kellogg’s**

- Chex Wheat 12 oz or larger
- Dora the Explorer 16 oz or larger
- Kix Plain 16 oz or larger
- Corn Flakes Plain 16 oz or larger

**Malt-O-Meal**

- Crispy Rice 16 oz or larger
- Mini Spooners Blueberry 16 oz or larger
- Mini Spooners Frosted 16 oz or larger

**Post**

- Bran Flakes 16 oz or larger
- Great Grains Banana Nut Crunch 12 oz or larger
- Honey Bunches of Oats Honey 16 oz or larger
- Honey Bunches of Oats Almonds 16 oz or larger
- Honey Bunches of Oats Cinnamon Bunches 16 oz or larger

**Quaker**

- Honey Bunches of Oats Honey Roasted 16 oz or larger
- Honey Bunches of Oats Whole Grain Honey Crunch 16 oz or larger
- Honey Bunches of Oats Whole Grain Vanilla Bunches 16 oz or larger
- Life Original 16 oz or larger

Continued on next page
### Cold Cereals

*Choose lower priced foods*  
No organic allowed

#### Quaker (continued)

<table>
<thead>
<tr>
<th>Cereal type</th>
<th>Brand</th>
<th>Flavor</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal Squares</td>
<td></td>
<td>Brown Sugar</td>
<td>12 oz or larger</td>
</tr>
<tr>
<td>Oatmeal Squares</td>
<td></td>
<td>Cinnamon</td>
<td>12 oz or larger</td>
</tr>
<tr>
<td>Oatmeal Squares</td>
<td></td>
<td>Golden Maple</td>
<td>12 oz or larger</td>
</tr>
<tr>
<td>Oatmeal Squares</td>
<td></td>
<td>Honey Nut</td>
<td>12 oz or larger</td>
</tr>
</tbody>
</table>

**Store Brands:**

- Centrella
- Essential Everyday
- Great Value
- Hy-Top
- IGA
- Kiggins
- Kroger
- Meijer
- Nature’s Crunch
- Our Family
- Parade
- ShurFine
- Spartan

### Hot Cereals

*Choose lower priced foods*  
No organic allowed

#### All WIC cereals provide a good source of iron

#### Cereals with this symbol provide 100% of the Recommended Dietary Allowance for folic acid

#### Cereals with this symbol are made with whole grains and are a good source of fiber

#### Cereals with this symbol are gluten free

- These brands and flavors ONLY

<table>
<thead>
<tr>
<th>Cereal type</th>
<th>Brand</th>
<th>Flavor</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>COCO Wheats</td>
<td></td>
<td>11 oz or larger</td>
<td></td>
</tr>
<tr>
<td>Cream of Rice</td>
<td></td>
<td>Original &amp; Whole Grain</td>
<td></td>
</tr>
<tr>
<td>Cream of Wheat</td>
<td></td>
<td>Original &amp; Whole Grain</td>
<td></td>
</tr>
<tr>
<td>Malt-O-Meal</td>
<td></td>
<td>Original &amp; Chocolate Flavor</td>
<td></td>
</tr>
<tr>
<td>Maypo</td>
<td></td>
<td>Brown Sugar</td>
<td></td>
</tr>
<tr>
<td>Quaker Instant Grits</td>
<td></td>
<td>Original &amp; Butter Flavor</td>
<td></td>
</tr>
<tr>
<td>Quaker Instant Oatmeal</td>
<td></td>
<td>Original Flavor</td>
<td></td>
</tr>
<tr>
<td>Store Brand Instant Oatmeal</td>
<td></td>
<td>Regular Flavor</td>
<td></td>
</tr>
</tbody>
</table>

### Ways to buy up to 36 oz of hot and cold cereals

You may combine cereals up to a total of 36 ounces per month.

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 oz</td>
<td></td>
</tr>
<tr>
<td>12 oz</td>
<td></td>
</tr>
<tr>
<td>12 oz</td>
<td></td>
</tr>
<tr>
<td>11.8 oz</td>
<td></td>
</tr>
<tr>
<td>15.8 oz</td>
<td></td>
</tr>
<tr>
<td>18 oz</td>
<td></td>
</tr>
<tr>
<td>12 oz</td>
<td></td>
</tr>
<tr>
<td>12 oz</td>
<td></td>
</tr>
<tr>
<td>11.8 oz</td>
<td></td>
</tr>
<tr>
<td>15.8 oz</td>
<td></td>
</tr>
<tr>
<td>18 oz</td>
<td></td>
</tr>
<tr>
<td>12 oz</td>
<td></td>
</tr>
<tr>
<td>12 oz</td>
<td></td>
</tr>
<tr>
<td>11.8 oz</td>
<td></td>
</tr>
<tr>
<td>15.8 oz</td>
<td></td>
</tr>
</tbody>
</table>

### Breakfast Starts the Day Strong!

Eating breakfast gives you and your child energy. Without breakfast, you and your child may feel hungry, making it hard to focus and learn. Let them help you plan breakfast and set the table!
Breastfeeding

Every Ounce Counts

Breastfeeding is convenient!
Always ready, no bottles or mixing required.

Exclusively breastfeeding mothers and their babies receive extra food benefits.

Moms have the right to breastfeed their children anytime, anywhere. It is the law in Michigan.

What WIC Clients Say About Breastfeeding...

“As a new mom, I was scared and had lots of questions, but talking to a peer counselor made me feel confident about breastfeeding.”

“It was a way to be closer to my daughter when I went back to work.”

“My partner supported me by getting the baby ready and making me comfortable.”

Breastmilk has more of what baby needs

Infant formula increases the risk of sickness and childhood obesity.

Mackinac Bridge, St. Ignace
Mackinac Bridge, St. Ignace
Miracle Park, Southfield
Ttridge, Midland

Marquette Harbor Lighthouse, Marquette
Marquette Harbor Lighthouse, Marquette

Michigan WIC has Breastfeeding Specialists and Peer Counselors to provide breastfeeding support at no cost. WIC can help with any of your questions or concerns.
**Infant Cereals**

*Choose lower priced foods*  
- 8 oz or 16 oz box/container

**ALLOWED**
- Any brand
- Dry infant cereal WITHOUT fruit, formula or DHA/ARA
- CHOOSE ONLY: corn, mixed grain, multigrain, oatmeal, rice, whole wheat

**Infant Fruits & Vegetables**

*Choose lower priced foods*  
- For infants 6 thru 11 months ONLY

4 oz glass jar  
4 oz 2-pack plastic tubs

**ALLOWED**
- Beech-Nut Classics, Beech-Nut Naturals, Gerber, Meijer Baby, Tippy Toes
- 4 oz glass jars or plastic tubs ONLY (multipacks allowed)
- Any variety single fruit or vegetable (example: apple sauce or sweet peas)
- Any variety mixed fruits and/or vegetables (example: apples and bananas, mixed vegetables, sweet potatoes and apples)

**NOT ALLOWED**
- Added sugar or salt
- Added fruit, vegetables, rice or pasta (for example: dinners, casseroles, soups or stews)
- Meat sticks

**Infant Meats**

*Choose lower priced foods*  
- ONLY for breastfeeding infants 6 thru 11 months who are NOT receiving formula from WIC

**ALLOWED**
- 2.5 oz containers ONLY
- Single meat varieties ONLY, with broth or gravy

**NOT ALLOWED**
- Added sugar or salt
- Added fruit, vegetables, rice or pasta (for example: dinners, casseroles, soups or stews)
- Meat sticks

---

Be sure your infant is ready to eat foods.

To eat foods, your infant must be able to:
- Sit and hold her head steady
- Show he wants food by opening his mouth
- Show she doesn’t want food by closing her mouth or turning her head
Bean & Peanut Butter Choices:

If your Shopping List shows:

1 JAR 16-18 OZ P NUTBTR, LB DRY, 15-16 OZ CN BEAN

you can buy...

16 oz package dry beans, lentils or peas

OR

16-18 oz jar peanut butter

OR

4 cans 15-16 oz beans or peas

Beans, Lentils & Peas

* Choose lower priced foods

** NOT ALLOWED DRY

- Barzi beans
- Dry beans with seasoning packets

** NOT ALLOWED CANNED

- Beans with added fat, oil, meat
- Baked beans
- Pork and beans
- Chili beans
- Refried beans
- Green beans
- Snap beans
- Wax beans
- Yellow beans
- Green peas
- Sweet peas

** NOT ALLOWED

- Specialty brands, like Arrow Head Mills, Fifty50
- Peanut butter mixed with jelly, marshmallow, honey, chocolate or other flavorings
- Reduced fat peanut butter
- Peanut spread
- Peanut butter with DHA or Omega 3

Peanut Butter

* Choose lower priced foods

16-18 oz jar

Smooth, creamy, crunchy, extra crunchy

No organic allowed

Canned Fish

* Choose lower priced foods

Any Brand

Chunk light tuna in water or oil
5 oz can

** NOT ALLOWED

- Albacore tuna
- Low sodium tuna or salmon
- Foil packages or pouches
- Lunch packs, lunch kits
- Chunk white tuna
- Tuna with seasoning
- Prime or smoked salmon fillets

Your kids learn from watching you enjoy healthy foods.

Teach how foods help them learn, grow and be strong.
- Fresh fruits and vegetables help them fight sickness and stay fit.
- Whole grains give them energy to grow and learn.
- Milk makes their bones and teeth strong.
- Beans and peanut butter give them healthy blood and strong muscles.
**Milk**

*Choose lower priced foods*

**ALLOWED**
- Fat free milk (skim)
- Low fat milk (½%, 1%)
- Buttermilk

**ALLOWED**

Only if on your WIC Shopping List
- Reduced fat milk (2%)
- Whole milk
- Powdered milk (nonfat dry) 25.6 oz, 32 oz, 64 oz
- Evaporated milk (skim, 2%, whole)
- Lactose free milk (skim, 1%, 2%, whole)

*NOT ALLOWED*
- Chocolate or flavored milk
- Evaporated filled
- Nut or grain milk (like almond or rice)
- Guernsey
- Value added (Kid’s Milk, Fit Milk, Over the Moon)
- Vitamite
- Glass bottles
- Unhomogenized

If your Shopping List shows ‘QT or Equiv,’ use this guide.

<table>
<thead>
<tr>
<th>1 quart = 32 oz</th>
<th>3 quarts = 96 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 quarts = half gallon (64 oz)</td>
<td>4 quarts = 1 gallon (128 oz)</td>
</tr>
</tbody>
</table>

Did you know? Skim, 1% or 2% milk has the same amount of Vitamin D, calcium and protein as whole milk. Just less fat and fewer calories!

**Yogurt**

*Choose lower priced foods*

**NOT ALLOWED**
- Whole milk yogurt
- Yogurts with mix-in items such as candy, granola or nuts
- Greek yogurt
- Artificial sweeteners, often labeled “light” (for example: aspartame, sacralose or saccharine)
- Yogurt in bottles (drinkable), tubes or pouches
- Activia

**ALLOWED**
- Nonfat or lowfat ONLY
- Plain or any flavor

**Choose lower priced foods**

- 32 oz tubs
- 4 oz 4-pack (16 oz total)
- 4 oz 8-pack (32 oz total)

**No organic allowed**

Choose lower priced foods

- 32 oz tubs
- 4 oz 4-pack (16 oz total)
- 4 oz 8-pack (32 oz total)

**No organic allowed**
**Cheese**

**Choose lower priced foods**

- See your WIC Shopping List for allowed maximum cheese price
- 16 oz (1 LB) ONLY
- U.S. made prepackaged cheese
- Low sodium and low fat cheese of any allowed type

**NOT ALLOWED**

- Imported cheese
- Sliced cheese, except American
- Individually wrapped cheese slices (singles), sticks or strings
- Cheese foods (for example: Velveeta)
- Cheese products, whips or spreads
- Shredded, grated, cubed, crumbles, shapes or curds
- Smoked cheese or raw milk cheese
- Variety wheels or variety packs
- Cracker Backers or Stackers
- Cheese with pimento, peppers, seeds, meat, etc.
- Soy, farmer or goat cheese
- Fresh mozzarella

**ALLOWED**

- Cheddar
- Colby
- Colby Jack (Coojack)
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

Without individual wrapping:

- American
- String

---

**Soy Beverage**

**Choose lower priced foods**

**Organic allowed**

**ALLOWED** only if your WIC Shopping List message is: ‘QT or Equiv Soy Beverage’

- 1 quart = 32 oz | 2 quarts = 64 oz
- These brands and flavors ONLY

- 8th Continent
  - Original 32 & 64 oz (refrigerated)
  - Vanilla 32 & 64 oz (refrigerated)

- Silk
  - Original 32 & 64 oz (refrigerated)

- Pacific Natural Foods
  - Ultra Soy Original 32 oz (shelf stable)
  - Ultra Soy Vanilla 32 oz (shelf stable)

---

**Eggs**

**Choose lower priced foods**

**No organic allowed**

1 dozen

**NOT ALLOWED**

- Extra large or jumbo
- Free range, cage free, low cholesterol, Omega 3 or pasteurized
- Eggland’s Best

**ALLOWED**

- Grade A or AA
- Medium or large
- White ONLY
### Juices for Children

**Choose lower priced foods**

*No organic allowed*

**64 oz PLASTIC**

100% Juice & 120% Vitamin C
- Added calcium allowed

![Store Brand Juice](image1)
- Any store brand fruit or vegetable juice

![Campbell's Tomato Juice](image2)
- Regular, Low Sodium, Healthy Request

![Everfresh](image3)
- Apple, Kiwi Strawberry, Orange

![Indian Summer](image4)
- Apple Juice only

![Juicy Juice](image5)
- Any flavor

![Old Orchard](image6)
- Any flavor

![Welch's Grape Juice](image7)
- Grape, White Grape, Red Grape
  *ONLY (added calcium is **NOT ALLOWED** for Welch)*

**Tips for choosing a WIC juice**

Is it one of the fruit or vegetable juices listed on these pages?

Is it a **48 or 64 oz** container, or an **11.5 to 12 oz** concentrate?

Is it **100%** juice?

Does it have at least **120%** Vitamin C?

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Contains 100% Juice</strong></td>
</tr>
<tr>
<td>Serving Size 8 fl oz (240ml)</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories 120</td>
</tr>
<tr>
<td>Total Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0g</td>
</tr>
<tr>
<td>Sodium 20mg</td>
</tr>
<tr>
<td>Potassium 290mg</td>
</tr>
<tr>
<td>Total Carb 25g</td>
</tr>
<tr>
<td>Sugars 27g</td>
</tr>
<tr>
<td>Protein 0g</td>
</tr>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Vitamin C</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Iron</td>
</tr>
</tbody>
</table>

This **100% juice example** has **120% Vitamin C**; this item is allowed.

### Juices for Women

**Choose lower priced foods**

*No organic allowed*

**48 oz PLASTIC**

100% Juice & 120% Vitamin C
- Added calcium allowed

![Juicy Juice](image8)
- Any flavor

![Welch's](image9)
- Any flavor with yellow peel strip

**Juice: good or bad?**

Small amounts of WIC juice are a good source of Vitamin C.

Be sure to eat plenty of fresh fruits and vegetables to get more fiber in your diet.

**Frozen - 11.5 oz and 12 oz**

- Orange Juice: Any brand
- Grapefruit Juice: Any brand or variety
- Dole: Any flavor
- Old Orchard: Any flavor with green peel strip
- Welch’s: Any flavor with yellow peel strip

**Non-Frozen - 11.5 oz**

- Welch’s: Any flavor with yellow band
WIC Shopping Tips

- Take your MI-WIC Shopping List with you.
- If you have already used some food benefits, print a balance inquiry at the store to see what you can purchase today.
- Make sure the foods you buy with your WIC Bridge Card are WIC authorized.
- Make sure the foods you buy are on your MI-WIC Shopping List.
- Product availability can vary by store. Not all items can be found in all areas of the state.
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.
- Coupons and store promotions may be used with your WIC Bridge Card.
- Choosing lower priced foods helps reduce costs and serve more WIC clients.

About your MI WIC Bridge Card

- See your Michigan WIC Cardholder Training Brochure for important information.
- For problems, questions, or balance inquiries, call 1-888-678-8914 or visit www.ebt.acs-inc.com.
- WIC foods cannot be purchased before the Starting Date or after midnight Eastern Standard Time on the Expiration Date of your WIC benefit period.

WIC Fraud is Serious

DON’T FALL FOR THE TRAP

BUYING, SELLING, OR TRADING WIC FOODS IS ILLEGAL!
If you buy, sell, or trade WIC foods, it could result in prosecution and/or disqualification from participating in the WIC Program.
1-800-CALL-WIC
wicfraudinvestigations@michigan.gov
Your Rights

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Healthy Habits ~ Healthy Families

Authority: P.A. 368 of 1978 • DCH-0237 • Rev. 07/16
MDHHS is an Equal Opportunity Employer, Services and Programs Provider.
375,000 printed at $.18 cents each with a total cost of $67,500.00.

The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group because of race, religion, age, national origin, color, height, weight, marital status, genetic information, sex, sexual orientation, gender identity or expression, political beliefs or disability.