



WIC is an equal opportunity provider.

Health Information Line:
401-222-5960 / RI Relay 711

Vendor Unit Email:
wicvendorsupport@health.ri.gov

Rhode Island Department of Health
Three Capitol Hill, Room 302, Providence, RI 02908



Non-Whole Grain Cereals

Whole Grain Cereals

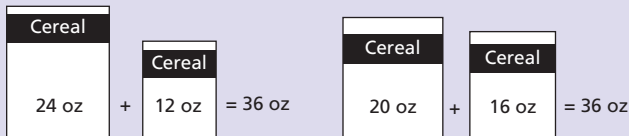
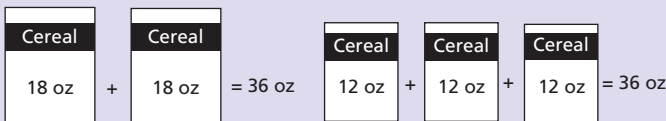
CREAMY WHEAT HOT CEREAL	CRISPY RICE	CORN FLAKES
Best Yet	Best Yet	Best Yet
Krasdale	Great Value	Great Value
	IGA	IGA
	Krasdale	Krasdale
	Ralston	Ralston
	Shaw's	Shaw's
	Shurfine	Shurfine
	Stop & Shop	Stop & Shop

BRAN FLAKES	FROSTED SHREDDED WHEAT	TOASTED OATS
Best Yet	Best Yet	Best Yet
Great Value	IGA	Great Value
IGA	Ralston	IGA
	Shaw's	Krasdale
	Shurfine	Ralston (Toastee Os)
	Stop & Shop	Shaw's
		Shurfine
		Stop & Shop



Cereal Size Guide: 12 oz Box or Larger

Not Allowed: Individual Servings, Organic, Gourmet, Imported



Whole Grains

SLICED LOAVES



Arnold Stone Ground
100% Whole Wheat
(16 oz)



100% Wheat with Flax
(Gold Medal Bakery)
(16 oz)



Pepperidge Farm
Stone Ground 100%
Whole Wheat (16 oz)



Shaw's
100% Whole Wheat
(16 oz)



Stop & Shop
100% Whole Wheat
(16 oz)



Weight Watcher's
Multi-grain (16 oz)



Weight Watcher's
100% Whole Wheat
(16 oz)



Wonder Soft
100% Whole Wheat
(16 oz)

Not Allowed: Organic, Gourmet, Imported

BUNS AND ROLLS



Arnold Select
Multi-grain
Kaiser Rolls
(16 oz)



Kasanof's
100% Whole
Wheat Bulkie
Rolls (16 oz)



Nature's Promise
Natural Wheat
Sub Rolls (16 oz)



Weight Watcher's
Wheat Sandwich
Rolls (16 oz)

Not Allowed: Organic, Gourmet, Imported

TORTILLAS AND WRAPS



Don Pancho
Corn Tortillas
(White or Yellow)
(16 oz)



Don Pancho
Whole Wheat
Tortillas
(16 oz)



Tam-x-ico's
100% Stone
Ground Whole
Wheat Tortillas
(12 oz)



Wrap-itz
100% Stone
Ground Whole
Wheat Wraps
(12 oz)

Not Allowed: Organic, Gourmet, Imported

BROWN RICE

Any Brand, Box or Bag, 14–16 oz

**Not Allowed:
Instant, Organic,
Gourmet, Imported**



Juice

ORANGE, GRAPEFRUIT, OR PINEAPPLE JUICE

100% Juice, Any Brand, Frozen Concentrate, 11.5–12 oz



Orange Juice
Any Brand



Grapefruit Juice
Any Brand



Pineapple Juice
Any Brand

GRAPE JUICE

100% Juice, Frozen Concentrate, 11.5–12 oz



Old Orchard Grape



Old Orchard
White Grape



Shaw's Grape



Stop & Shop Grape



Welch's Grape



Welch's White
Grape

APPLE JUICE

100% Juice, Frozen Concentrate, 11.5–12 oz



IGA



Old Orchard



Seneca



Shaw's



Stop & Shop

ANY FLAVOR

100% Juice, Liquid Concentrate, 11.5–12 oz

Juicy
Juice



Welch's

FOR CHILDREN

100% Juice, Shelf-stable Bottle, 64 oz

Juicy Juice,
Any Flavor



Old Orchard,
Any Flavor

**Not Allowed: Fruit Drink, Organic, Gourmet, Imported,
Added Fiber, Added Calcium (unless specified), Refrigerated Cartons**

Dairy

MILK

Children under 2: Whole Milk
Adults and Children, 2 and Older: 1% Low Fat or Fat Free Milk

Least Expensive

Only if listed on WIC check: Half Gallon, Quart, Non-fat Powdered, Non-fat Evaporated, or Lactose Free



Not Allowed: Flavored, High Calcium, Organic, Gourmet, Imported

SOY MILK

Only if listed on WIC check

Not Allowed: Other Flavorings, Gourmet, Imported



Pacific Natural Foods:
Ultra Soy Plain
(32 oz)



Pacific Natural Foods:
Ultra Soy Vanilla
(32 oz)

CHEESE



Deli: American Cheese ONLY, Store Brand or Least Expensive

Pre-packaged Sliced, Shredded, Block: Any Brand, 12–16 oz Packages
American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone

Not Allowed: Individually Wrapped Slices, Blends, Organic, Gourmet, Imported

EGGS

Store Brand or Least Expensive, Brown or White, Grade A Large



Not Allowed: Half Dozens, Organic, Gourmet, Imported

Protein

DRIED BEANS, PEAS, OR LENTILS

Any Brand, 1 lb Bag



Not Allowed: Flavorings, Mixed Beans, Organic, Gourmet, Imported

CANNED BEANS

Any Brand, 14–16 oz Can

Not Allowed: Green Beans, Wax Beans, Green Peas, Baked Beans, Refried Beans, Flavorings, Mixed Beans, Organic, Gourmet, Imported

(Canned Green Beans, Wax Beans, or Green Peas can be bought with Fruit and Vegetable Checks)



PEANUT BUTTER

Any Brand
Smooth, Chunky, or Extra Chunky
16–18 oz

Not Allowed: Single Servings, Added Honey, Jelly, or Other Flavorings, Reduced Salt, Low Fat, Natural, Organic, Gourmet, Imported



FISH (FOR FULLY BREASTFEEDING WOMEN)

Least Expensive



5 oz



6 oz



3.75 oz

Not Allowed: Pouches, Added Flavorings, Blueback or Red Salmon, Organic, Gourmet, Imported

TOFU

Only if listed on WIC check



Azumaya
Lite Silken
Tofu



Azumaya
Silken Tofu



Nasoya
Lite Silken
Tofu



Nasoya
Silken Tofu



Soy Boy
Organic
Firm Tofu

Not Allowed: Gourmet, Imported

Fruits and Vegetables

FRESH FRUITS AND VEGETABLES

Any Brand (including organic)



Potatoes: Sweet Potatoes and Yams ONLY

Not Allowed: Salad Bar, Party Trays, Herbs or Spices, Dried Fruit

FROZEN FRUITS AND VEGETABLES

Any Brand (including organic)



Not Allowed: Added Cheese or Butter, Potatoes or Potato Products, Mixes, Blends, or Medleys, Added Flavorings or Seasonings

CANNED FRUITS AND VEGETABLES

Any Brand (including organic)



Not Allowed: Light or Heavy Syrup, Pie Filling, Cranberry Sauce, Soups, Relishes, Olives, Pickles, Mixes, Glass Jars, Added Flavorings

GUIDE TO USING THE FRUIT AND VEGETABLE CHECK

The Fruit and Vegetable Check is different from the other WIC checks. Each check has a dollar value.

WIC shoppers can use their check(s) to buy any combination of fresh, frozen, or canned fruits and vegetables.

For fresh fruits and vegetables priced by the pound:

Price per pound × weight = final price

Example: Granny Smith Apples

$\$1.59 \times 1/2 \text{ pound} = \0.80

WIC shoppers can combine multiple checks to pay for one purchase.

WIC shoppers can pay the difference if they go over the amount of their check(s).

WIC shoppers cannot get cash back if they don't spend the full amount of their check(s).

WIC shoppers can use these checks at WIC approved Farmers' Markets (but cannot use the Farmers' Market checks at the grocery store).

Price entered on the check cannot exceed the cash value amount of the check.

Infant Formula, Cereal, Food

As Listed on WIC Check



Check Cashing Procedure

1. Ask the shopper for WIC Identification. The shopper does not need to remove the cover.
2. Check that the Participant ID Number on the WIC check matches the WIC Identification.
3. Do not accept the WIC check if the check or the WIC Identification is altered or if the check has already been signed.
4. Verify the dates on the WIC check. Do not accept checks before the "First Day to Use" or after the "Last Day to Use" listed on the check.
5. Process the order.
 - » Make sure the shopper has selected only WIC approved foods.
 - » Make sure the amount of food (quantities and sizes) does not exceed the amount listed on the WIC check.
 - For Fruit and Vegetable checks ONLY, the shopper can buy more than the amount listed on the check.*
 - » Ring in or scan in all items.
 - » Accept coupons or scan cards (if the store allows).
6. Enter the total amount of the sale on the WIC check. Please print clearly with a pen.
7. Ask the shopper to sign the WIC check with a pen.
8. Verify that the signature on the WIC check matches the signature on the WIC Identification.
9. Give the receipt to the shopper.

Correcting a Pricing Error

A pricing error is an incorrect price, an unclear number, or a number that has been altered or traced over.

1. Clearly cross out the original price.
2. Clearly print the correct price below, in the "Approved Price Correction" box.
3. Ask the shopper to sign the check in the signature box at the bottom of the WIC check.
4. Ask the shopper to initial the check again in the price correction box.

WIC checks with corrections and/or alterations that do not follow this procedure will not be paid by the bank.

Important Points To Remember

WIC shoppers must be allowed to buy all of the foods in the amounts listed on their WIC checks.

WIC shoppers do not have to buy everything on their WIC checks.

WIC shoppers can use manufacturer and store coupons. Deduct the value of the coupon(s) before entering the total amount of the sale on the WIC check.

WIC shoppers are entitled to promotions offered to other shoppers. "Buy one, get one free" counts as one item.

Print clearly and carefully.

For more detailed information, ask the manager or refer to the WIC Manager's Guide.

QTY	Description (No Substitutions Allowed)	PRICE	AMOUNT
001	MILK - 1% OR FAT FREE (GALLON)		
001	WIC CERESE (16 OZ) OR LESS PKG		
001	EGGS DOZEN LARGE		
001	WIC APPROVED JUICE (64 OZ CONTAINER)		
004	BEANS - CANNED (14-16 OZ CAN)		
001	WIC APPROVED WHOLE GRAIN (16 OZ BREAD OR 12-16 OZ TORTILLAS)		
	XXXX END OF ORDER XXXX		

WIC USE ONLY
 WIC IDENTIFICATION # 25355303
 FIRST DAY TO USE NOV 15, 2009
 LAST DAY TO USE DEC 14, 2009
 APPROVED PRICE CORRECTION
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