



RHODE ISLAND WIC APPROVED

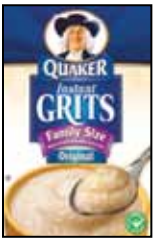
# Cashier's Guide



JANUARY 2014

# Non-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
	Essential Everyday	Essential Everyday
	Shurfine	Shurfine
	Stop & Shop	Stop & Shop



Hot Cereal



Hot Cereal



Hot Cereal



Hot Cereal

Hot Cereal Size Guide: 12 oz Box or Larger

Not Allowed: Individual Servings, Organic, Gourmet, Imported

$$\begin{array}{|c|} \hline \text{Cereal} \\ \hline 18 \text{ oz} \\ \hline \end{array}
 + 
 \begin{array}{|c|} \hline \text{Cereal} \\ \hline 18 \text{ oz} \\ \hline \end{array}
 = 36 \text{ oz}$$

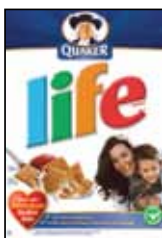
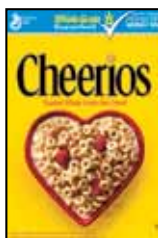
$$\begin{array}{|c|} \hline \text{Cereal} \\ \hline 12 \text{ oz} \\ \hline \end{array}
 + 
 \begin{array}{|c|} \hline \text{Cereal} \\ \hline 12 \text{ oz} \\ \hline \end{array}
 + 
 \begin{array}{|c|} \hline \text{Cereal} \\ \hline 12 \text{ oz} \\ \hline \end{array}
 = 36 \text{ oz}$$

$$\begin{array}{|c|} \hline \text{Cereal} \\ \hline 24 \text{ oz} \\ \hline \end{array}
 + 
 \begin{array}{|c|} \hline \text{Cereal} \\ \hline 12 \text{ oz} \\ \hline \end{array}
 = 36 \text{ oz}$$

$$\begin{array}{|c|} \hline \text{Cereal} \\ \hline 20 \text{ oz} \\ \hline \end{array}
 + 
 \begin{array}{|c|} \hline \text{Cereal} \\ \hline 16 \text{ oz} \\ \hline \end{array}
 = 36 \text{ oz}$$

# Whole-Grain Cereals

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

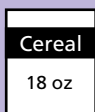


Hot Cereal

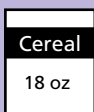
Hot Cereal

Cold Cereal Size Guide: 18 oz and 36 oz Only

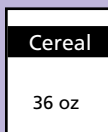
Not Allowed: Individual Servings, Organic, Gourmet, Imported



+



= 36 oz



# Whole Grains

## SLICED LOAVES, BUNS AND ROLLS, TORTILLAS AND WRAPS

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



Arnold Stone Ground  
100% Whole Wheat  
(16 oz)



Gold Medal Bakery  
100% Whole Wheat  
with Flax (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)



Sunbeam 100% Whole  
Wheat (16 oz)



Bimbo 100% Whole  
Wheat (16 oz)



Arnold Select  
Multi-grain Kaiser Rolls  
(16 oz)



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



Pepito Tortillas,  
Whole Wheat, and Corn  
(16 oz)



Mayan Farm  
Whole Wheat Tortillas  
(16 oz)



Don Pancho Tortillas  
Whole Wheat, and  
Corn (white or yellow)  
(16 oz)



Mission Tortillas,  
Whole Wheat, and Corn  
(16 oz)



La Banderita Tortillas,  
Whole Wheat, and Corn  
(16 oz)

## BROWN RICE

**Store Brand or Least Expensive - Box or Bag (16 oz)**



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



Welch's

## FOR CHILDREN

100% Juice, Shelf-stable Bottle, 64 oz

Juicy Juice,  
Any Flavor



Libby,  
Pineapple  
Only



Old Orchard,  
Any Flavor



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



# Dairy

## MILK

### Store Brand or Least Expensive

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



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

## SOY MILK

Only if listed on WIC check



Silk,  
Plain  
(64 oz)



Pacific  
Natural  
Foods:  
Ultra Soy  
Plain, and  
Vanilla  
(32 oz)



8th  
Continent  
Plain, and  
Vanilla  
(64 oz)

**Not Allowed: Other Flavorings, Gourmet, and Imported**

## CHEESE



Deli: American  
Cheese ONLY,  
Store Brand or  
Least Expensive



Pre-packaged regular and/or low-fat Sliced, Shredded, Block;  
Any Brand 16 oz packages American, Cheddar, Colby,  
Monterey Jack, Mozzarella, Muenster, Provolone

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

## EGGS

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



**Not Allowed: Half Dozens, Organic, Gourmet, and Imported**

# Protein

## DRIED BEANS, PEAS, OR LENTILS

Store Brand or Least Expensive, 1 lb Bag



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

## CANNED BEANS

Store Brand or Least Expensive, 15-16 oz Can

Not Allowed: Baked Beans, Refried Beans, Flavorings, Mixed Beans, Organic, Gourmet, and Imported

(Green Beans, Wax Beans, or Green Peas can be bought with a Fruit and Vegetable Check)



## PEANUT BUTTER

Store Brand or Least Expensive

Smooth, Chunky, or Extra Chunky  
16-18 oz

Not Allowed: Single Servings, Added Honey, Jelly, or Other Flavorings, Natural, Organic, Gourmet, and Imported



## FISH (FOR FULLY BREASTFEEDING WOMEN)

Store Brand or Least Expensive



5 oz



5 oz



3.75 oz

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

## TOFU

Only if listed on WIC check



Azumaya  
Lite Silken  
Tofu (16 oz)



Azumaya  
Silken Tofu  
(16 oz)



Nasoya Lite  
Silken Tofu  
(16 oz)



Nasoya  
Silken Tofu  
(16 oz)



Soy Boy  
Organic Firm  
Tofu (16 oz)

Not Allowed: Gourmet, and 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, and  
Dried Fruit**



## FROZEN FRUITS AND VEGETABLES

Any Brand (including vegetable mixes without white potatoes or white potato products, and organic)



**Not Allowed: Added Cheese or Butter, White Potatoes,  
White Potato Products, and any 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, Glass Jars, White Potatoes,  
White Potato Products, and Added Flavorings**

## GUIDE TO USING YOUR FRUIT AND VEGETABLE CHECK

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

You can use your 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 x weight = final price

Example: Granny Smith Apples

\$1.59 x 1/2 pound = \$0.80

You can combine multiple checks to pay for one purchase.

You can pay the difference if you go over the amount of your check(s).

You cannot get cash back if you do not spend the full amount of your check(s).

You can use these checks at WIC-approved Farmer's Markets (but you cannot use the Farmer's Market checks at the grocery store).



# Infant Formula, Cereal, Food

as listed on WIC Check



**BEECH NUT  
STAGE 1 (2.5 OZ)**

**For Fully-Breastfed  
Infants Only**

All Meat Flavors



**BEECH NUT  
HOMESTYLE GENTLE TEXTURE BABY CEREAL (8 OZ)**

Oatmeal

Rice

Multigrain

Goya Corn

Goya Wheat

**Not Allowed:  
No added fruit or formula.**

**BEECH NUT  
STAGE 2 (4 OZ)**

Applesauce

Apples & Bananas

Apples & Blueberries

Apples & Cherries

Apples, Mango & Kiwi

Apples, Pears & Bananas

Apricots with Pears & Apples

Bananas & Mixed Berries

Chiquita Bananas

Chiquita Bananas & Strawberries

Corn & Sweet Potatoes

Garden Vegetables

Goya Banana Peach

Goya Banana Pear

Goya Pear Guava

Goya Banana Strawberry

Goya Apple Mango

Goya Peach Mango

Goya Apple Guava

Goya Carrots with Corn

Goya Mango



Goya Peas & Carrots

Goya Vegetable Medley

Goya Winter Squash

Green Beans

Mixed Vegetables

Peaches

Pears

Pears & Pineapples

Pears & Raspberries

Sweet Potatoes

Squash

Sweet Carrots

Sweet Peas

Goya Carrots with Corn

Goya Peas & Carrots

Goya Vegetable Medley

Goya Winter Squash

# Check-Cashing Procedure

1. Ask the shopper for WIC identification.  
The shopper does not need to remove the cover.

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2. Check that the Participant ID Number on the WIC check matches the WIC identification.

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3. Do not accept the WIC check if the check or the WIC identification is altered or if the check has already been signed.

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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.

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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).

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6. Enter the date at the time of the transaction.

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7. Enter the total amount of the sale on the WIC check.  
Please print clearly with a pen.

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8. Ask the shopper to sign the WIC check with a pen.

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9. Verify that the signature on the WIC check matches the signature on the WIC Identification.

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10. Give the receipt to the shopper.

## 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.

**Buying and Selling or otherwise misusing WIC checks is a crime.**

# 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.

**Rhode Island Department of Health  
WIC Program**

Pay To The Order of: **The Authorized People Blend WIC Vendor**

WIC STORE: 00148545  
WIC SHOPPER: 001/001

System Through: 01/17/14  
Check Address: 1000  
Check Date: 11/19/13  
Account # 31982001

QTY	DESCRIPTION (NO SUBSTITUTIONS ALLOWED) FOR THESE ITEMS, SIZE, QUANTITIES ONLY	WIC USE ONLY	DATE USED	DATE USED TO USE	ACTUAL \$ AMOUNT
001	MILK - 1% OR FAT FREE (GALLON)	31982001	NOV 19, 2013	DEC 18, 2013	<del>\$20.75</del>
001	WIC CHEESE (12-16 OZ PKG)				\$15.23
001	EGGS DOZEN LARGE - LEAST EXPENSIVE BRAND				
001	PEANUT BUTTER - LEAST EXPENSIVE BRAND (16-18 OZ JAR)				
001	WIC APPROVED JUICE (64 OZ CONTAINER)				
001	WIC APPROVED WHOLE GRAIN (16 OZ BREAD OR 16 OZ TORTILLAS)				
001	XXX-END OF ORDER-XXXX				

APPROVED PRICE CORRECTION: **209C Shopper**

DATE OF PRINTING: NOV 19, 2013

DATE USED: NOV 19, 2013

DATE USED TO USE: DEC 18, 2013

ACTUAL \$ AMOUNT: ~~\$20.75~~ \$15.23

WIC CHECK # 31982001

WIC STORE # 00148545

WIC SHOPPER # 001/001

WIC CHECK # 31982001

WIC MICR LINE: # 3198 2001 \*091912482\* 806207



USDA is an Equal Opportunity Employer and Provider

**HEALTH Information Line:**  
**401-222-5960 / RI Relay 711**

**Vendor Unit Email:**  
**[wicvendorsupport@health.ri.gov](mailto:wicvendorsupport@health.ri.gov)**

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

