Kansas WIC Program

WIC Program Booklet

Information for Clients

Effective: August 2009

This institution is an equal opportunity provider.

MyPyramid.gov
STEPS TO A HEALTHIER YOU

MyPyramid for Preschoolers
Eat Right. Exercise. Have Fun.
MyPyramid.gov

GRAINS | VEGETABLES | FRUITS | OIL | MILK | MEAT & BEANS

Welcome to WIC

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides a range of nutrition services in a supportive environment.

WIC achieves positive health outcomes through:

- Nutrition counseling and education
- Breastfeeding promotion and support
- Nutritious foods - at no cost to client - worth about $75 per month
- Immunization screening and referrals
- Health and social service referrals

WIC nutrition staff meet with each WIC client to:

- Assess their diet and identify nutritional needs
- Provide individual nutrition counseling
- Determine appropriate foods

APPROVED BABY FOOD/INFANT CEREAL/INFANT FORMULA/MILK/EGGS/CHEESE

APPROVED FRUITS & VEGETABLES

APPROVED JUICE/HOT CEREAL

APPROVED PEANUT BUTTER/BEANS/FISH/WHOLE GRAINS

APPROVED BREAKFAST CEREAL

Baby Food

Fruits & Vegetables - 4 oz

Single or mixed fruits and/or vegetables without added sugar, starch, salt, DHA/ARA, meat, rice, pasta or noodles

Meats - 2 1/2 oz

Single meats with broth and/or gravy without added sugar, salt, DHA/ARA, rice, pasta or noodles

Recommended brands that have products to meet the above criteria include: Beechnut, Gerber, Nature's Goodness

Cannot buy: desserts, dinners, cobblers or delights

Infant Cereal

8 oz box or larger

Least expensive brand

Your choice of:

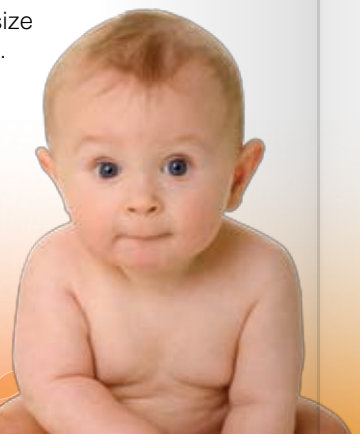
- Barley
- Mixed
- Oatmeal
- Rice
- Whole Wheat

Cannot buy: cereal with added fruit, formula or DHA/ARA

Infant Formula

The brand, type and size as listed on the check.

Cannot buy: any other brand, type or size



Milk

Type and container size as listed on the check

Least expensive brand

- Skim, 1/2%, 1%, 2%
- Whole milk
- Fat free, Lowfat or Reduced fat Lactose Free
- Whole Lactose Free
- Fat free or Lowfat Evaporated
- Whole Evaporated
- Nonfat Dry

Cannot buy: buttermilk, flavored milk, raw unpasteurized milk, non-dairy milk substitutes, soy milk or rice milk

Eggs

One Dozen

Least expensive brand

Your choice of:
Grade AA or A large

Cheese

15.1 oz package or larger

Least expensive brand: Clients may buy 2% milk reduced fat or part skim cheeses. Your choice of:

- Pasteurized Processed American (sliced)
- Cheddar (block)
- Cojack (block)
- Colby (block)
- Monterey Jack (block)
- Mozzarella (block)
- Swiss (block)

Cannot buy: imported cheese, cheese food, product or spread, shredded cheese, cheese with added flavors or individually wrapped slices

APPROVED BABY FOOD/INFANT CEREAL/INFANT FORMULA/MILK/EGGS/CHEESE

APPROVED FRUITS & VEGETABLES

APPROVED JUICE/HOT CEREAL

APPROVED PEANUT BUTTER/BEANS/FISH/WHOLE GRAINS

APPROVED BREAKFAST CEREAL

Fruits & Vegetables

Fresh Fruits & Vegetables

- Any variety of fresh, bulk fruits and vegetables, including sweet potatoes and yams
- Bagged salad mixes
- Bagged vegetables
- Cut fruit or vegetables

Cannot buy: russet, white, red, yellow, blue or purple potatoes; items from the salad bar, party trays, fruit baskets, decorative fruits or vegetables, nuts, herbs or spices

Canned Fruits & Vegetables

- Any variety of canned fruits and vegetables, regular or low sodium, without added syrup, sweetener, flavoring, fat, oil, sauce, meat, pasta, rice or noodles

Cannot buy: russet, white, red, yellow, blue or purple potatoes; sauerkraut, baked beans, pork and beans, black beans, kidney beans, navy beans, lima beans, split peas, lentils, other mature legumes, soups, ketchup, relishes, condiments, pickled vegetables and olives

Frozen Fruits & Vegetables

- Any variety of frozen fruits and vegetables, without added syrup, sweetener, flavoring, fat, oil, sauce, meat, pasta, rice or noodles

Cannot buy: russet, white, red, yellow, blue or purple potatoes; or any mixes containing these type of potatoes; products with any ingredients other than fruit or vegetables

How to Use a Fruit and Vegetable Check

The Fruit and Vegetable Check (FVC) will look and be used just like a normal WIC check with the following differences:

- The FVC will have a maximum dollar amount written on it.
- If you have fruits and vegetables that exceed the dollar amount on the FVC you can pay the difference.
- You can pay the difference using cash, credit/debit card, check, Vision card benefits, or another FVC.
- Tax will be applied to the difference if you pay with cash, credit/debit, or check.
- Tax will not be applied to the difference if you pay with Vision card benefits or another FVC.
- If your fruit and vegetable purchase doesn't add up to the FVC amount, you will not receive change back.

COSTS OF FRESH FRUITS AND VEGETABLES

Price per pound	Pounds					
	1½	2	2½	3	3½	4
$0.69	$1.04	$1.38	$1.73	$2.07	$2.42	$2.76
$0.99	$1.49	$1.98	$2.48	$2.97	$3.47	$3.96
$1.49	$2.24	$2.98	$3.73	$4.47	$5.22	$5.96
$1.69	$2.54	$3.38	$4.23	$5.07	$5.92	
$1.99	$2.99	$3.98	$4.98	$5.97		
$2.49	$3.74	$4.98				

APPROVED FRUITS & VEGETABLES

APPROVED JUICE/HOT CEREAL

APPROVED PEANUT BUTTER/BEANS/FISH/WHOLE GRAINS

APPROVED BREAKFAST CEREAL

Juice 100% Juice only

64 oz Container

Apple:

- Best Choice
- Market Pantry
- Seneca
- IGA
- Musselman's
- Shurfine
- Tree Top
- Tipton Grove
- Kroger
- Our Family
- Old Orchard 100% Juice
- Juicy Juice (any flavor)

Grape:

- Bay Mist
- Best Choice
- IGA
- Kroger
- Market Pantry
- Our Family
- Shurfine
- Old Orchard 100% Juice
- Welch's 100% Grape

Juice Blends:

- Kroger Blueberry, Pomegranate, White Grape Peach
- Best Choice 100% Juice
- Juicy Juice (any flavor)
- Old Orchard 100% Juice

Orange:

- Any brand

11-12 oz Shelf Stable Concentrate

Apple:

- Juicy Juice
- Welch's (any flavor with a yellow band)

Grape:

- Welch's (any flavor with a yellow band)

Juice Blends:

- Juicy Juice (any flavor)
- Welch's (any flavor with a yellow band)

Orange:

- Any brand

11-12 oz Frozen Concentrate

Apple:

- Best Choice
- Great Value
- Hy-Vee
- Kroger
- Seneca
- Tree Top
- Market Pantry
- Old Orchard
- Our Family
- Shurfine

Grape:

- Best Choice
- Welch's
- Great Value
- Kroger
- Old Orchard
- Seneca

Juice Blends:

- Old Orchard (any flavor with a green band)
- Welch's (any flavor with a yellow band)

Orange:

- Any brand

Cannot buy: Any other size, container, type, flavor, or brand, freshly squeezed, infant juice, punches, ades or fruit drinks, juice cocktail or lite juice

Hot Cereal

9 oz package or larger

- Creamy Wheat Enriched Farina

- Whole Grain Cream of Wheat
- Cream of Wheat 1 Minute
- Cream of Wheat 10 Minutes
- Cream of Wheat 2 1/2 Minutes

- Creamy Wheat

- Chocolate Hot Wheat Cereal
- All Natural Creamy Hot Wheat Cereal
- Original Hot Wheat Cereal

- Instant Grits Original Flavor

Cannot buy: any cereal or brand not listed, organic cereal

APPROVED JUICE/HOT CEREAL

APPROVED PEANUT BUTTER/BEANS/FISH/WHOLE GRAINS

APPROVED BREAKFAST CEREAL

Peanut Butter

18 oz Jar

- Smooth/Creamy or Crunchy

Cannot buy: peanut butter spreads, peanut butter with added flavors or fortified peanut butter

Dried Beans/Peas

Up to 1 lb bag

Least expensive brand

Your choice of:
Dried beans, peas, or lentils

Cannot buy: soup mixes

Canned Beans

14 - 16 oz can

Any Brand

- Black
- Kidney
- Navy
- Pinto
- Fat-Free Refried Beans

Cannot buy: green beans, baked beans, flavored beans, pork and beans or beans/chili, beans containing added sugars, fats, meats or oils

Fish

2.5 - 15 oz container

Light Tuna, chunk

- Any brand, packed in water or oil

Pink Salmon

- Any brand, packed in water or oil

Cannot buy: albacore tuna, tuna spreads, or any other type of salmon, or lunch packs

Whole Grains

Whole Wheat Bread/Rolls/Buns
12 - 24 oz packages

Product labels for breads/rolls/buns must include the words whole wheat or entire wheat. Whole wheat flour must be the first ingredient listed.

Recommended brands that have 100% Whole Wheat products to meet the above criteria include:

Tortillas
6 - 17.5 oz containers

Whole Wheat Tortillas:

- Best Choice
- Food Club
- La Banderita
- Carlita
- Hy-Vee
- Manny's
- Don Pancho
- Kroger
- Shurfresh

Soft Corn Tortillas:

- Don Pancho
- La Burrita
- La Banderita

Cannot buy: any other brand

Brown Rice
8 - 24 oz containers

Any brand, may be instant, quick or regular cooking

Cannot buy: products with added sugar, salt, flavoring, fat or oil

Oatmeal
8 - 24 oz containers

Any brand, may be instant, quick or regular cooking

Cannot buy: products with added sugar, salt, flavoring, fat or oil

Cereal

*Indicates a whole grain cereal option

9 oz package or larger

Best Choice

- Corn Flakes
- Corn Puffs
- Crisp Rice
- Enriched Bran Flakes*
- Frosted Shredded Wheat*
- Happy O's*
- Nutty Nuggets*
- Oats and More with Almonds
- Oats and More with Honey
- Rice Crisps
- Wheat Crisps*
- Wheat Flakes*

General Mills

- Cheerios*
- Corn Chex
- Rice Chex
- Honey Kix*
- Kix
- MultiGrain Cheerios*
- Fiber One Frosted Shredded Wheat*
- Wheat Chex*
- Wheaties*

Great Value

- Corn Flakes
- Crisp Rice
- Enriched Bran Flakes*
- Frosted Shredded Wheat*
- Healthy 4 You Corn
- Healthy 4 You Rice
- Healthy 4 You Wheat*
- Multigrain Flakes
- Nutty Nuggets*
- Toasted Oats*

Hy-Vee

- Tasteeos*
- Wheat Flakes*
- Corn Flakes
- Crispy Rice
- Nutty Nuggets*
- Honey Oats & Flakes with Almonds
- Enriched Bran Flakes*
- Bite Sized Frosted Shredded Wheat*
- Toasted Corn
- Toasted Rice
- Wheat Biscuits*

IGA

- Corn Biscuits
- Corn Flakes
- Crisp Rice
- Enriched Bran Flakes*
- Frosted Shredded Wheat*
- Nutty Nuggets*
- Rice Biscuits
- Tasteeos*

Kashi

- Mighty Bites – Honey Crunch*

Kellogg's

- Rice Krispies
- Corn Flakes
- Frosted Mini-Wheats Bite Size*
- Complete All-Bran Wheat Bran Flakes*
- Unfrosted Mini-Wheats*

Kroger

- Bran Flakes*
- Corn Bitz
- Corn Flakes
- Nutty Nuggets*
- Honey Crisp Medley
- Honey Crisp Medley w/Almonds
- Frosted Shredded Wheat*
- Rice Bitz
- Toasted Oats*

Malt-O-Meal

- Crispy Rice
- Frosted Mini Spooners*
- Honey Oat Blenders
- Honey Oat Blenders w/Almonds

market pantry

- Frosted Bite Size Shredded Wheat*
- Honey & Oat Mixers
- Toasted Oats*

Our Family

- Bran Flakes*
- Corn Biscuits
- Crispy Rice
- Krunch Nutties*
- Toasted Oats*
- Crispy Rice Biscuits
- Oats and More with Honey
- Oats and More with Almonds
- Frosted Shredded Wheat*
- Wheat Biscuits*
- Corn Flakes

Post

- Honey Bunches of Oats – Almonds
- Honey Bunches of Oats – Honey Roasted
- Banana Nut Crunch*
- Bran Flakes*
- Grape Nuts*

Quaker

- Crunchy Corn Bran
- Life*
- Oatmeal Squares*

Save a Lot

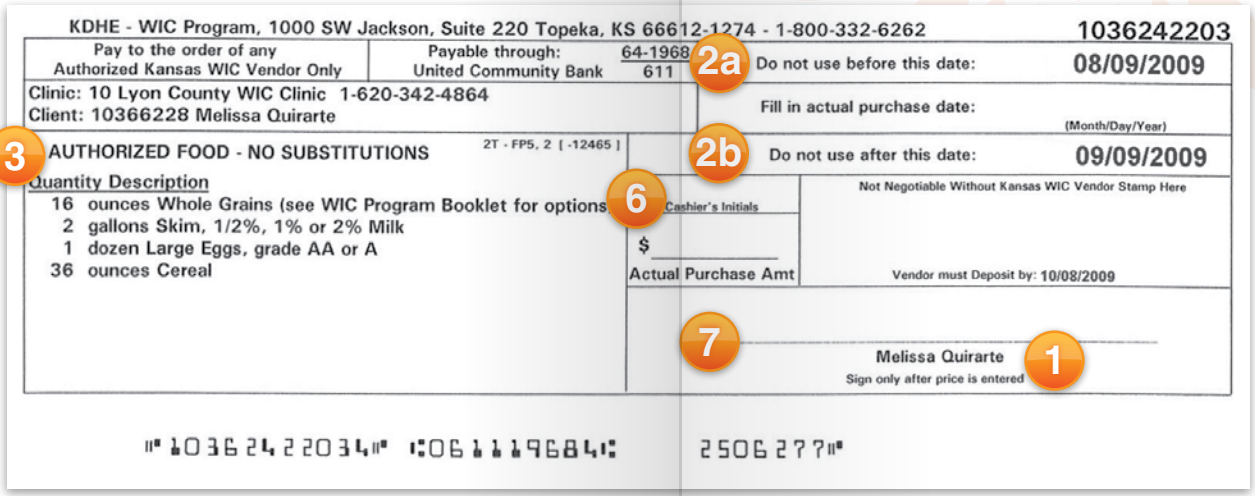
- Mornin' Gems Corn Flakes
- Nature's Crunch Enriched Bran Flakes*
- Frosted Shredded Wheat*
- Rollin' Oats Toasted Oats*

Shur Fine

- Corn Biscuits
- Corn Flakes
- Crisp Rice
- Honey Oats & Flakes with Almonds
- Honey Oats & Flakes with Clusters
- Frosted Shredded Wheat*
- Enriched Bran Flakes*
- Nutty Nuggets*
- Rice Biscuits
- Toasted Oats*
- Wheat Squares*

Cannot buy: any cereal or brand not listed or organic cereal

How to Use a WIC Check



Follow the steps below in the order they appear.

1) Make sure your name is listed under the signature line. Only the names listed can use the WIC check at the store. Contact your local WIC agency if someone else needs to use the WIC check.

2) Check the dates.

   a. Make sure today's date is the same as or after the "Do not use before this date" and

   b. before or the same as the "Do not use after this date" printed in the upper right hand corner of the check.

3) Choose the items you want to buy from the "Authorized Food" list on the WIC check.

   a. You do not have to buy all the items listed on the check.

   b. Never accept a rain check—if a store offers you a rain check, report the store to your local WIC agency.

   c. If the store is out of the item you need, try another WIC store.

4) Refer to the WIC approved foods section of this booklet for details about brands, sizes, types and flavors.

   a. You must buy the least expensive brand of milk, cheese, eggs, dry beans/peas, and infant cereal. Least expensive is defined as least expensive brand on the shelf at the time of purchase.

   b. Remember that as long as the size is correct: container = bottle = can = box.

5) Group WIC foods together according to what is listed on each check. Keep WIC foods separate from any other foods you may buy.

6) After scanning your items, the cashier will write in the total dollar amount of your WIC foods and their initials.

7) The cashier will hand the check back for you to sign and date. Never sign or date a WIC check before the "Actual Purchase Amt" has been filled in.

8) Show the cashier your ID.

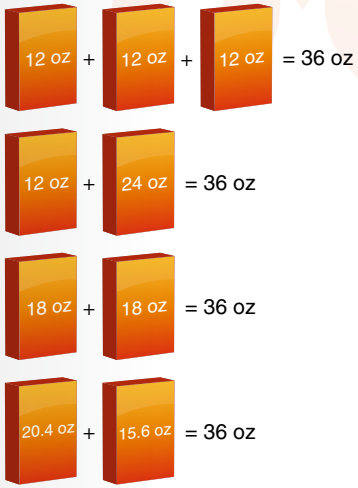
Shopping Tips & Reminders

- ✓ Handle your WIC checks carefully—like they were cash.
- ✓ Call your WIC office right away if something happens to your checks. Checks are replaced only in special cases.
- ✓ Shop for WIC foods at Kansas grocery stores with a “We Accept WIC Checks” door decal.
- ✓ Always take your WIC Program Booklet with you when you go shopping for WIC foods.
- ✓ Please be sure to call your Local Agency to make any changes on your WIC checks.
- ✓ Select the correct package sizes. Double check!
- ✓ Count your ounces to be at or under the maximum amount on your check.

What to bring to the grocery store:

- ✓ WIC Checks
- ✓ Identification
- ✓ Canvas shopping bags
- ✓ Shopping list
- ✓ WIC Program Booklet

Ways to Buy 36 oz of Cereal



Things to look for when buying whole wheat bread

Step 1:
Check the Label

Label says “100% Whole Wheat”

AND

Step 2:
Check the Ingredient List

Whole Wheat flour is the first ingredient listed

AND

Step 3:
Check Ounces in Product

Make sure you don’t go over the ounces listed on your WIC check

Referrals

Check with your local health department or SRS Access Point to apply for Healthwave, Child Support Enforcement, Temporary Assistance for Families, and/or Kansas Food Assistance Program. You may also apply online at: http://www.srskansas.org/onlineapp/index.html

To stop smoking call the Kansas Quitline: 1-800-QUIT-NOW (1-800-784-8669).

Ask your WIC staff about other services in your area.

Healthy Families

- Are active every day
- Eat a variety of colorful fruits and vegetables
- Cook together, eat together, and make mealtime a family time
- Use low fat milk with meals and snacks
- Drink water in place of sweet drinks
- Make half of their grains whole
- Try new foods

Breastfeeding Tips

Each mother makes perfect breastmilk to fit her baby's growth and developmental needs.

Breastmilk – Perfect for babies

- Best possible nutrition
- Easy to digest – immediately ready to help baby grow
- Reduces risk of SIDS, ear infections, RSV and diarrhea
- Helps prevent chronic disease including diabetes, asthma, heart disease, and cancer
- Promotes brain growth and a smarter baby → child → adult
- Always clean and safe

Breastmilk – Perfect for moms

- Always ready at the right temperature
- Promotes weight loss after pregnancy
- Prevents chronic disease including osteoporosis and cancer

Breastmilk – Perfect for families

- Healthy breastfed babies are ready for play - more fun for dads, brothers, sisters, and grandparents
- Breastfeeding babies stay healthier – moms and dads don't have to miss work for sick baby
- Breastfeeding saves money – mom can eat a little more and make plenty of breastmilk
- Breastfeeding saves time – always ready anywhere you go, nothing to carry but baby
- Breastfeeding saves the environment – no manufacturing pollution or waste

WIC can help you achieve your breastfeeding goals. WIC can help you learn about breastfeeding, provide you with nutritious foods, and provide a breastpump. We are here to help you provide your baby with the perfect food you make.

Your RIGHTS and RESPONSIBILITIES

For the Kansas Department of Health and Environment WIC Program

I AGREE TO:

- Attend all scheduled nutrition education classes and appointments.
- Be on time for all appointments.
- Let WIC staff know in advance if I cannot keep an appointment.
- Bring proof of income, address, and identification for each person applying.
- Give the WIC staff truthful information about my or my child's medical history, my household income and the foods that I eat or my child eats.
- Have my or my child's weight, height and blood checked (finger or heel stick) and a diet assessment.
- Handle my WIC checks carefully - like they were cash.
- Call the WIC office right away if my checks are damaged, lost, or stolen. Checks are replaced only in special cases.
- Buy only WIC foods with WIC checks.
- Let the WIC staff know if my address or income changes, if I am going to move away, or if I no longer have custody of the client.

I UNDERSTAND THAT:

- WIC will give me checks to buy certain foods at WIC authorized grocery stores each month.
- WIC will provide referrals to other helpful programs and health services. I am encouraged to participate.
- I may be dropped from WIC if I participate in more than one WIC Program or a WIC and Commodity Supplemental Food Program in any one month.
- Standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, national origin, sex, age, or disability.
- I may appeal any decision made by the local agency regarding my eligibility for WIC.
- I may be dropped from WIC if I or someone with me makes changes on my WIC check; returns WIC foods for cash or non-WIC foods; sells, trades, or gives away WIC foods; buys non-WIC foods; uses an unauthorized vendor; or verbally or physically abuses WIC or vendor staff. I also may be required to repay benefits.
- My WIC records may be released to the following programs to determine eligibility or conduct outreach:

  Other WIC programs, Maternal & Child Health, School Health, Family Planning, Statewide Farmworker Health, Maternal and Infant, Healthy Start/Home Visitor, Immunizations, Children with Special Health Care Needs, Infant Toddler, Parents as Teachers, Kansas Childhood Lead Poisoning Prevention, Head Start, Health Wave, Commodity Supplemental Food, Temporary Aid to Families, Kansas Food Assistance, Medicaid, KAN-Be-Healthy, Dept. of Education Child Nutrition Programs, and Expanded Food Nutrition Education Programs.

I have been advised of my rights and responsibilities under the Program. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue SW, Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider.

I understand my rights and responsibilities in the WIC Program.

What to bring to your WIC Appointment:

On the appointment day, be sure to bring the papers you were given. Completely fill out the papers before you come. If you need help filling out the papers, let the WIC clinic know.

Proof of Identity (Examples)

- Photo ID
- Driver's license
- School ID
- Birth certificate
- KS Medicaid card
- Passport
- Military ID

Proof of ID for Child (Examples)

- Shot/immunization records
- Birth certificate
- Foster care/adoption papers
- KS Medicaid card

WIC can not accept Social Security Cards as proof of identity

Proof of Residency (Examples)

- Envelope that was mailed to you
- Utility bill
- Rent receipts
- Official letter

Proof of Household Income for all people living in your house (Examples)

- Paycheck stub from current job
- SRS benefit letter
- Medicaid/Healthwave 19 card

Contact your Local WIC Agency at:

The information in this booklet is subject to change.

Kansas Department of Health and Environment
Bureau of Family Health
Nutrition and WIC Services
1000 SW Jackson, Suite 220
Topeka, KS 66612