Shopping with your WIC Card

• Buy what you need. You do not have to buy all your foods at one time!
• Have your card ready at check out.
• Before scanning any of your foods, tell the cashier you are using a WIC Card.
• When the cashier tells you, slide your WIC Card in the Point of Sale (POS) machine or hand your WIC Card to the cashier.
• Enter your PIN and press the enter button on the keypad.
• The cashier will scan your foods.
• The amount of approved food items and dollar amount of fruits and vegetables you purchase will be deducted from your WIC account.
• The cashier will give you a receipt which shows your remaining benefit balance and the date benefits expire. Save this receipt for future reference.
• It’s important to swipe your WIC Card before any other forms of payment. Any remaining balance can be paid with either cash, EBT, SNAP, or other form of payment accepted by the store.
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</tbody>
</table>
Fruits and Vegetables

Fresh

✅ WIC-Approved
- Any size
- Whole, cut, bagged or packaged
- Organic allowed

🚫 Do not buy
- Added sugars, fats and oils
- Salad bar items
- Dried fruits or vegetables
- Herbs or spices
- Salad kits or party trays with added food items (dip, dressing, nuts, etc.)
- Fruit baskets

Any size

Any brand
- Any fruit or vegetable

🛒 Shopping tip
The availability of fresh produce varies by season. If a fresh produce item does not scan properly at checkout, let the store know so it can be added as an approved item.
# Fruits and Vegetables

## Frozen

- **WIC-Approved**
  - Any size
  - Any package type (bag, box, etc.)
  - Organic allowed

- **Do not buy**
  - Added fats, oils or salt
  - Added sugar, dextrose or artificial sweetener
  - Non-fruit or non-vegetable ingredients (pasta, rice, cheese, etc.)
  - Vegetables with sauce

- **Any size**

- **Any brand**
  - Any plain fruit or vegetable, or plain mixtures

## Canned

- **WIC-Approved**
  - Any size
  - Any container (can, jar, plastic)
  - Organic allowed

- **Do not buy**
  - Fruit cocktails in syrup
  - Added sugars, fats or oils
  - Pickled vegetables
  - Sauce (pizza, spaghetti or tomato)
  - Creamed vegetables
  - Salsa

- **Any size**

- **Any brand**
  - Any plain fruit or fruit mixtures packed in water or juice
  - Any plain vegetable or vegetable mixtures
Whole Grains

Shopping tip

Whole grain benefit includes choices of:
- **Pasta**: Whole wheat and whole grain
- **Bread**: Whole wheat and whole grain
- **Tortillas**: Whole wheat and corn
- **Brown Rice**
- **Oatmeal**

Whole Wheat Pasta

 рожу WIC-Approved

- 16 ounce (1 pound) packages
- Any shape

16 ounce (1 pound) packages

- **Barilla**
- **Delallo**
- **Hodgson Mill**
- **Luigi Vitelli**
- **Racconto**
- **Ronzoni**

Store Brands:

Essential Everyday, Full Circle, O Organics, Simply Balanced
**Bread** (continued)

⚠️ **Choose only 16 oz (1 lb) loaves of bread.**
Many bread loaves are larger than 16 ounces (1 pound). They are not WIC-approved. Check the weight carefully.

✅ **WIC-Approved**
- 16 ounce (1 pound) loaves
- Whole Wheat
- Whole Grain

### 16 ounce (1 pound) loaves

- **Arnold**
  - Stone Ground Wheat
  - Select Wheat Sandwich rolls

- **Bimbo**
  - 100% Whole Wheat

- **Holsum**
  - 100% Whole Wheat
  - All Natural 100% Wheat

- **Pepperidge Farm**
  - 100% Whole Wheat
  - Stone Ground

- **Pepperidge Farm**
  - Light Style
  - Soft Wheat

- **Pepperidge Farm**
  - 100% Whole Wheat
  - Very Thin
Whole Grains

Bread

16 ounce (1 pound) loaves

Pepperidge Farm
• Whole Grain Seeded Rye

Pepperidge Farm
• Light Style 100% Whole Wheat

Pepperidge Farm
• Swirl 100% Whole Wheat Cinnamon with Raisins

Sara Lee
• Classic 100% Whole Wheat

Wonder
• 100% Whole Wheat

Sunbeam
• 100% Whole Wheat

Store Brands:
7 Select, Best Yet, Big Y, Central Market Classics, Geissler’s, Gold Medal, Gourmet, Hannaford, Ideal, Krasdale, Market Basket, Pics by Price Chopper, Roche Bros, Shop Rite, Signature Kitchens, Stop & Shop, Town Talk, Trucchi’s
Tortillas

**WIC-Approved**

- 16 ounce (1 pound) packages
- 100% Whole Wheat
- Corn

**16 ounce (1 pound) packages**

- **Chi-Chi’s**
  - White Corn, Taco Style
  - Whole Wheat, Fajita Style

- **Don Pancho**
  - White Corn
  - Whole Wheat Soft Taco Style

- **La Banderita**
  - Corn
  - Whole Wheat, Fajita Soft Taco Style

- **Mission**
  - Whole Wheat, Soft Taco
  - Whole Wheat, Fajita
  - Yellow Corn Extra Thin

- **Ortega**
  - Whole Wheat

- **Tio Santi**
  - Whole Wheat

- **Mayan Farms**
  - Whole Wheat Soft Taco

**Store Brands:**

- **Big Y** – Whole Wheat
- **Hannaford** – Corn, Whole Wheat
- **Market Basket** – Corn, Whole Wheat
- **Market Pantry** – Corn, Whole Wheat
- **Nature’s Promise** – Whole Wheat
- **Signature Kitchens** – Whole Wheat
- **Stop & Shop** – Corn, Whole Wheat

**Shopping tip**

Looking for tortillas? Try the bread aisle, the cooler section, or with the taco supplies.
**Brown Rice**

**WIC-Approved**
- 14–16 ounce packages
- Bags, boxes and plastic jars

**Do not buy**
- Added sugars, fats, oils or salt

**14-16 ounce packages**

**Any Brand**
- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag

---

**Oatmeal**

**WIC-Approved**
- 16 ounce packages

**Shopping tip**

You can choose a mix of bread, pasta, tortillas, rice, and oatmeal to add up to the total number of packages of Bread/Whole Grains, on your Family Food Benefits list. Here are two examples:

<table>
<thead>
<tr>
<th>Bread/Whole Grains</th>
<th>One 16 ounce loaf bread</th>
<th>One 16 ounce package tortillas</th>
<th>= 2 packages-16 oz. Bread/Whole Grains</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Bread/Whole Grains</th>
<th>One 16 ounce loaf bread</th>
<th>One 16 ounce package tortillas</th>
<th>One 16 ounce package rice</th>
<th>= 3 packages-16 oz. Bread/Whole Grains</th>
</tr>
</thead>
</table>

---

[Images of Brown Rice, Oatmeal packages]
Milk

Choose what is approved for you.

• Whole milk for children 12-24 months
• Low-fat (1%) and nonfat (skim) milk for women and children 2-5 years

WIC-Approved

• Fluid: Least Expensive Brand
• Evaporated or Dry Milk: Any Brand
• Long-Life Milk: Any Brand
• Lactose Free Milk: Any Brand

Do not buy

• Organic
• Flavored

Fluid

Least Expensive Brand
• Fat Free, 1% Low-fat, 2% Reduced fat,
• Whole

Long-life Shelf-stable

Quart

Any Brand

Nonfat dry milk powder

16 and 32 ounce boxes

Any Brand

Evaporated Milk

12 ounce cans

Whole, Low-fat or Fat-free

Lactose-free

96 ounce and half gallons

Any Brand

Any Brand
Cheese

**WIC-Approved**
- 16 oz. packages only
- Blocks
- American slices
- String, Shredded
- Regular, Low Fat

**Do not buy**
- Imported or deli cheese
- Sliced cheese (except American)
- Cheese food/product/spread
- Individually wrapped slices
- Flavored
- Organic

Any Brand: American, Colby, Cheddar, Monterey Jack, Mozzarella or Muenster.

Tofu

**WIC-Approved**
- 16 ounce packages
- Organic allowed

**16 ounce packages only**

- **Azumaya**
  - Silken Tofu

- **Heiwa**
  - Organic

- **House Foods**
  - Extra Firm Tofu
  - Firm Tofu
  - Medium Firm Tofu

- **Nasoya**
  - Lite Silken Tofu
  - Organic Silken Tofu
  - Org. Super Firm Tofu

- **O Organics**
  - Silken Tofu

- **SoyBoy**
  - Organic Firm Tofu
Yogurt

Choose what is approved for you.

- Whole milk yogurt for children 12-24 months
- Low-fat and nonfat yogurt for women and children 2-5 years

WIC-Approved

- 32 ounce tubs
- Greek allowed
- Organic allowed

Do not buy

- Artificial sweeteners

32 ounce tubs only

Brown Cow
- Any flavor

Cabot
- Any flavor

Cabot Greek
- Any flavor

Chobani
- Any flavor

Dannon
- Any flavor

Oikos Greek
- Any flavor

Light & Fit
- Plain Only

Greek Gods
- Any flavor

Green Mountain Creamery
- Any flavor
Yogurt (continued)

Maple Hill
• Any flavor

Mehadrin
• Any flavor

Powerful
• Any flavor

Stonyfield Organic
• Any flavor

Stonyfield Greek
• Any flavor

Yoplait
• Any flavor

32 ounce tubs only

Store Brands:

365
Avenue A
Best Yet
Big Y
Coburn Farms
Essential Everyday
Food Club
Great Value
Hannaford
Lucerene Dairy

Market Basket
Market Pantry
Nature’s Place
Nature’s Promise
O Organics
Open Nature
Pics by Price Chopper
Price Rite
Simply Balanced
Stop & Shop
Taste of Inspirations
Eggs

WIC-Approved
• Whole dozen
• Large
• Brown and white
• Least expensive brand

Do not buy
• Organic
• Enhanced or specialty (Omega-3)

Dozen, Grade A Large Brown/White

Least Expensive Brand

Soy Milk Beverage

WIC-Approved
• Refrigerated: 64 ounce (½ gallon)
• Shelf-stable: 32 ounce (1 quart)

Do not buy
• Organic

Refrigerated

64 ounce (½ gallon)

8th Continent
• Original
• Vanilla

Silk
• Original

Shelf-stable

32 ounce (1 quart)

Pacific
• Ultra Soy Original
• Ultra Soy Vanilla
Shopping tip

1–18 oz Peanut Butter / Dry Beans on your Family Food Benefits list means you can buy:

A Peanut Butter

- **WIC-Approved**
  - 16–18 ounce jars
  - Smooth / Creamy
  - Chunky / Crunchy
  - Plastic or glass jars

- **Do not buy**
  - Reduced fat
  - Organic
  - Specialty peanut butters
  - Peanut butter spreads
  - Flavored

16–18 ounce jars

- Any Store Brand
- Jif
- Peter Pan
- Reese’s
- Skippy
- Smuckers
- Teddie

OR

B Dry Beans

- One 16 oz package of dry beans, lentils, peas
B  Dried Beans, Lentils, and Peas

✅ WIC-Approved
  • 1 pound packages

⚠️ Do not buy
  • Organic

16 ounce packages

Any Brand
  • Any type of mature beans, lentils or peas

Canned Beans

✅ WIC-Approved
  • 15.5–16 ounce cans
  • Goya or store brand
  • Plain mature beans, peas or lentils

⚠️ Do not buy
  • Organic
  • Green or wax beans
  • Green peas or green pigeon peas

* These items can be purchased with fruit and vegetable benefits.

15.5 – 16 ounce cans

Goya

Store Brand
Hot Cereal

✅ WIC-Approved
• 12 ounce or larger packages

12 ounce or larger packages only

Cream of Rice
Gluten Free

Cream of Wheat
• 1 Minute
• 2½ Minute

Farina
• Original Hot Wheat Cereal

Maypo
Maple Oatmeal
Vermont Style Oatmeal

Quaker Instant Grits

Shopping tip

Combine hot or cold cereal packages to add up to the total ounces on your Family Food Benefits list. Here are three ways to buy up to 36 ounces of cereal:

- 12 oz + 12 oz + 12 oz = 36 oz
- 14.5 oz + 18 oz = 32.5 oz
- 18 oz + 18 oz = 36 oz

 цельный / безглютеновый
Cold Cereal

**WIC-Approved**
- 12 ounce or larger packages

**12 ounce or larger packages only**

### General Mills
- **Cheerios**
  - Multi-Grain
  - Original

- **Fiber One**
  - Honey Clusters

- **Kix**
  - Honey
  - Berry Berry
  - Plain

- **Chex**
  - Blueberry
  - Cinnamon
  - Vanilla
  - Corn
  - Rice
  - Wheat

- **Total**

- **Wheaties**

### Kellogg’s
- **All Bran**
  - Complete Wheat Flakes

- **Corn Flakes**
  - Original

- **Crispix**
  - Original

- **Frosted Mini Wheats**
  - Touch of Fruit, Raspberry
  - Little Bites
  - Original

- **Rice Krispies**
  - Original

- **Special K**
  - Original
  - Protein Honey Almond
  - Protein Original

- Whole grain
- Gluten-free
Cold Cereal (continued)

12 ounce or larger packages only

**Post**

- *Great Grains*
  - Banana Nut Crunch

- *Grape Nuts*
  - Flakes
  - Original

- *Honey Bunches of Oats*
  - With Almonds
  - With Cinnamon Bunches
  - Honey Roasted
  - Pecan & Maple Brown Sugar
  - Vanilla Bunches
  - Honey Crunch
  - Almond Crunch

**Quaker**

- *Life*
  - Original

- *Oatmeal Squares*
  - Hint of Brown Sugar
  - Hint of Cinnamon

**Sunbelt Bakery**

- *Malt O Meal*
  - Frosted Mini Spooners
  - Strawberry Cream Mini Spooners

- *Kiggins*
  - Bran Flakes
  - Corn Flakes
  - Crispy Rice

- *Krasdale*
  - Toasted Oats
  - Corn Flakes
  - Crispy Rice
Cold Cereal (continued)

**WIC-Approved**
- 12 ounce or larger packages

12 ounce or larger packages only

**Store Brands**

**365**
- 365 Frosted Wheat Squares
- 365 Multi-Grain Morning O’s

**Best Yet**
- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats
  - Corn Flakes
  - Crispy Rice
  - Honey Oats & Flakes

**Big Y**
- Toasted Oats
  - Corn Flakes
  - Crisp Rice
  - Crispy Corn Squares

**Essential Everyday**
- Bran Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Toasted Oats
  - Honey Oats & Almonds
  - Honey Oats & Flakes

**Food Club**
- Bran Flakes
- Honey & Oats
  - Corn Flakes
  - Crisp Rice
  - Honey & Oats with Almonds
  - Toasted Oats

- Whole grain
- Gluten-free
Cold Cereal (continued)

12 ounce or larger packages only

Store Brands

Great Value
- Bran Flakes
- Corn Flakes
- Corn Squares
- Crunchy Nugget
- Crispy Rice
- Rice Squares
- Frosted Shredded Wheat
- Toasted Oats
- O’s
- Multigrain O’s
- Wheat Squares

Hannaford
- Bran Flakes
- Corn Flakes
- Crispy Rice
- Crunchy Nugget
- Crispy Hexagons
- Frosted Shredded Wheat
- Oats & More with Almonds
- Bite Size Frosted Shredded Wheat
- Easy Living Oat Squares
- Oats & More with Honey
- Bite Size Strawberry Frosted Shredded Wheat
- Tasteeos
- Multigrain Tasteeos
- Toasted Corn Squares
- Nutty Nuggets
- Toasted Rice Squares
- Toasted Wheat
- Wheat Flakes

Market Basket
- Bran Flakes
- Corn Flakes
- Corn Biscuits
- Oats & More with Honey
- Frosted Shredded Wheat
- Oats & More with Almonds
- Good Choice Oat Crunch
- Tasteeos
- Nutty Nuggets
- Toasted Corn Crisps
- Toasted Oats
- Toasted Rice Squares
- Wheat Flakes

Pics by Price Chopper
- Bran Flakes
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Oats & More with Almonds
- Good Choice Oat Crunch
- Toasted Corn Crisps
- Nutty Nuggets
- Toasted Rice Crisps
- Toasted Oats
- Strawberry Frosted Shredded Wheat
Cold Cereal (continued)

✅ WIC-Approved

• 12 ounce or larger packages

12 ounce or larger packages only

Store Brands

Price Rite
- Bite Size Shredded Wheat
- Bran Flakes
- Frosted Shredded Wheat
- Multigrain Toasted Oats
- Toasted Oats

- Corn Flakes
- Crisp Rice
- Honey Oat Clusters with Almonds

Signature Kitchens
- Bran Flakes
- Crunchy Nuggets
- Frosted Shredded Wheat
- Live it Up!
- Toasted Oats

- Corn Flakes
- Corn Pockets
- Crispy Rice
- Oats & More with Almonds
- Oats & More with Honey
- Rice Pockets

Stop & Shop
- Bite Sized Frosted Shredded Wheat
- Bran Flakes
- Honey Crunchin Oats
- Honey Crunchin Oats with Almonds
- Multigrain Oats & O’s
- Oats & O’s

- Crispy Rice
- Corn & Rice Hexagons
- Corn Flakes
- Rice Squares

White Rose
- Toasted Oats

- Corn Flakes
- Crispy Rice
Juice

✅ WIC-Approved
- Shelf-stable 100% Juice: 64 ounce bottles
- At least 120% Vitamin C

🚫 Do not buy
- Organic
- Light
- Fiber added

Shelf-stable
64 ounce bottles

Best Yet
- Apple Juice
- Apple Kiwi Strawberry
- Cranberry
- Grape
- Pineapple
- White Grape
- White Grapefruit

Big Y
- Apple
- Berry
- Cherry
- Grape
- Punch
- White Grape

Campbell’s
- Tomato
- Tomato Low Sodium

Essential Everyday
- Apple Cider
- Apple
- Cranberry
- Grape
- Orange
- Pineapple Juice
- Vegetable
- White Grape
- White Grapefruit

Food Club
- Apple
- Grape
- Grapefruit
- White Grape

Great Value
- Apple
- Cranberry
- Cranberry Pomegranate
- Grape
- Tomato
- Vegetable
- White Grape
- White Grape Peach

Hannaford
- Apple
- Berry
- Cranberry Grape
- Cranberry Raspberry
- Fruit Punch
- Grape
- Vegetable
- Vegetable Low Sodium
- White Grape
- White Grapefruit
Juice (continued)

Shelf-stable 64 ounce bottles

HyTop
- Apple
- Grape
- White Grape

IGA
- Apple
- Grape
- White Grape

Juicy Juice
- Any flavor

Krasdale
- Apple
- Grape
- White Grape

Langers
- Apple
- Apple Berry
- Apple Cherry
- Apple Cranberry
- Apple Grape
- Apple Kiwi
- Strawberry
- Apple Orange
- Pineapple
- Apple Peach
- Mango
- Cranberry Plus
- Cranberry
- Grape Plus
- Cranberry Raspberry Plus
- Disney Apple Cranberry
- Grape
- Disney Berry
- Disney Grape
- Disney Punch
- Grape
- Grape Plus
- Orange
- Pineapple
- Tomato Juice
- White Grape

Market Basket
- Apple
- Cranberry
- Cranberry &
- Grape
- Grapefruit
- White Grape

Market Pantry
- Apple
- Cranberry
- Tomato
- White Grape

Pics by Price Chopper
- Apple
- Berry
- Cherry
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Grape
- Grapefruit
- Pineapple
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape
- White Grape Peach
Juice (continued)

Shelf-stable

64 ounce bottles

Price Rite
• Apple
• Grape

Shurfine
• Apple
• Cranberry
• Cranberry Apple
• Cranberry Raspberry
• Grape
• Grapefruit
• Pineapple
• White Grape

Signature Kitchens
• Apple
• Berry Blend
• Cranberry
• Cranberry Grape
• Cranberry Raspberry
• Grape
• Orange
• Pineapple
• Tomato
• Vegetable
• White Grapefruit
• White Grape

Stop & Shop
• Apple
• Grape
• Grapefruit
• Tomato
• Vegetable
• White Grape

Tipton Grove
• Apple
• Grape
• Pineapple

V8 Vegetable
• Original Vegetable
• Spicy Hot Vegetable
• Low Sodium

Welch’s 100%
• Grape
• White Grape
• Red Grape
• Super Berry
• Tropical Trio

White Rose
• Apple
## Juice

### WIC-Approved
- Frozen concentrate: 11.5–12 ounce cans

### Do not buy
- Organic

### Frozen
#### 11.5–12 ounce cans

<table>
<thead>
<tr>
<th>Brand</th>
<th>Variants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any Store Brand</td>
<td>Orange Juice</td>
</tr>
<tr>
<td>Best Yet</td>
<td>Apple, Grape, Grapefruit</td>
</tr>
<tr>
<td>Dole</td>
<td>100% juice - Any flavor</td>
</tr>
<tr>
<td>Essential Everyday</td>
<td>Apple</td>
</tr>
<tr>
<td>Great Value</td>
<td>Apple, Grape</td>
</tr>
<tr>
<td>Hannaford</td>
<td>Apple, Grape, Pineapple Orange</td>
</tr>
<tr>
<td>Market Basket</td>
<td>Apple</td>
</tr>
<tr>
<td>Pics by Price Chopper</td>
<td>Apple, Apple Raspberry, Grape, White Grape</td>
</tr>
<tr>
<td>Seneca</td>
<td>Apple</td>
</tr>
<tr>
<td>Shurfine</td>
<td>Apple</td>
</tr>
<tr>
<td>Signature Kitchens</td>
<td>Apple</td>
</tr>
<tr>
<td>Stop &amp; Shop</td>
<td>Apple, Grape, Grapefruit</td>
</tr>
<tr>
<td>Welch’s</td>
<td>Yellow peel strip - Any flavor</td>
</tr>
</tbody>
</table>
Infant Fruits and Vegetables

✅ WIC-Approved
- Stage 2 (4 ounce jars)
- 2nd Foods (2 packs of 4 ounce tubs)
- Any variety fruit or vegetable
- Any variety mixed fruits and mixed vegetables

🚫 Do not buy
- Mixtures with cereal or food combinations
- Dinners
- Pouches
- Desserts

Stage 2 (4 ounce jars)
- Beech-Nut Classics
- Beech-Nut Naturals
- Full Circle Organic
- Happy Baby Organics
- Nature’s Promise Organic (6 m. +)
- O Organics

2nd Foods (2-packs of 4 ounce tubs)
- Gerber
Fresh fruit and vegetable option:

At 9 months of age, half of the jarred infant food benefit can be replaced with fresh fruits and vegetables:

- $4 for partially breastfeeding or fully formula feeding infants
- $8 for fully breastfeeding infants

If this option is not already on your Shopping List and you would like it, contact your local WIC office.

Infant Cereal

**WIC-Approved**

- 8 ounce packages only
- Single and multigrain
- Organic allowed

**Do not buy**

- Added fruit, formula or vegetables

8 ounce packages

**Beech-Nut**
- Multigrain
- Oatmeal
- Organic Multigrain
- Organic Oatmeal
- Rice

**Earth’s Best Organic**
- Whole Grain Multigrain
- Whole Grain Oatmeal
- Whole Grain Rice

**Gerber**
- Multigrain
- Oatmeal
- Organic Oatmeal
- Organic Rice
- Rice
- Whole Wheat

Infant Formula

- Purchase size and type shown on WIC Shopping List
For Fully Breastfeeding Moms and Babies Only

Infant Meats

✅ WIC-Approved
- 2.5 ounce jars
- Stage 1 or Stage 2

⚠️ Do not buy
- Added sugar or salt
- Dinners

2.5 ounce jars

Beech-Nut Classics (Stage 1)
Gerber (Stage 2)

Canned Fish

✅ WIC-Approved
- Sizes and varieties shown
- Packed in water or oil
- Sardines may include bones and skin

⚠️ Do not buy
- Albacore tuna
- Chunk white tuna
- Pouches

Chunk Light Tuna

Any Brand
- 5 ounce

Sardines

Any Brand
- 3.75 ounce

Salmon

Any Brand
- 5 ounce
What should I do if my card is lost or stolen?
• Call your local WIC Program right away! They will stop anyone from using your food benefits and help you get a new card.

Is there a fee to replace my WIC Card?
• Massachusetts WIC will replace your card free of charge.

What happens if I can’t do my own shopping and need someone else to shop for me?
• You may have someone else shop for you if you wish. You can give them your WIC Card and PIN. Just make sure this is someone you can trust!

What if I enter the wrong PIN?
• DO NOT try to guess your PIN. After several incorrect attempts, your PIN will be locked. This is done as a protection from someone guessing your PIN and getting your food benefits. There are three ways to unlock your card:
  - call your local program
  - call the 800 number on the back of your card
  - wait until midnight and your account will automatically unlock

What if I forgot my PIN or want to change it?
• You must visit your local WIC office to change your PIN.
Simplify your shopping.
Download the ‘WIC Shopper’ App!

- Check your WIC balance
- Locate a WIC Authorized store
- Scan a product to determine if it’s WIC approved
- Access WIC recipes

1-800-WIC-1007
Retail Stores call: 1-800-552-9425 - Retail Hotline
mass.gov/wic

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