


# New WIC Allowable Foods List - Script

## Explaining the Allowable Foods List to Participants

- Use this script to assist your explanation of the new Foods List to participants. As you become comfortable explaining the new Foods List, you will find your own words and routine for ensuring that participants are comfortable using the Foods List while shopping for their food items.
- This script is a starting point to help you remember key concepts and messages that all participants will need to understand when they receive their new Foods List and checks.

## Note to Staff: Dealing with Questions

- Questions will arise, and you have very limited time with each participant. Although participants need to feel comfortable with the Foods List, you likely won't be able to cover everything in great detail during the first visit. Remember that participants will be back for more appointments.
- Discuss with the participant that this is a learning experience, and to start small and simple at the store. When a participant has questions, use the resources provided during training and encourage her to refer to her Foods List. Ask the participant to write down any questions she has while shopping, and you can discuss them at her next appointment.

New WIC Allowable Foods List	
Welcome & Introduction	
<b>Introduction</b> 	<ul style="list-style-type: none"><li>• <b>New foods, benefits, and why:</b> Welcome to WIC! Today we are going to talk about your new food package. The packages now include more foods to provide better nutrition and to better meet your and your family's needs.</li><li>• <b>Personal impact (What does this mean to you?):</b> What this means is that you will receive more food and more choices than our past packages provided.</li><li>• <i>Note to staff: Discuss the appropriate food package(s) for participant(s). Depending on the participant, only discuss the food items that are really vital in your limited amount of time. Have checks available before beginning conversation, if possible.</i></li></ul>

## Foods List & Check Introduction: *Show Foods List & Checks to Participant*

### Foods List & Checks



- **Here is the Foods List** – it has all the foods that WIC provides, but your checks will only have the foods that are prescribed for you or your child. Use this list to find the items at the store that you can get with your checks. You will want to have this list with you when you go to the store. The items are not marked or labeled as WIC approved at the store, so this list is your tool (and the cashier’s) to make sure you are getting the right items.
- On your Foods List you will see a section for each food item. Under the heading, Amount, Size and Brand are listed.
- The **Amount** tells you how much of an item you can get, and this is based on what is listed on your check. The amounts will sometimes be different on your check or your child’s check, so be sure to read each check carefully.
- The **Size** tells you what package size or combination of packages you can get (up to the amount listed on your check).
- The **Brand** tells you whether the items for this food group are any brand, store brand or a specific brand/item. If the list says “any brand,” you can get any brand. If the list says “store brand,” you must get store brand only. If the list says “specific items listed below,” you must purchase only the items shown on the food list.
- Each food item has a grey **Do Not Buy** section, so make sure you are familiar with this section for each food item.
- The Foods List and the checks will have some items that can be combined and they will say “and/or.” In addition, many of the food groups have an “**OK to Buy**” section, where you will see options listed that are OK to buy. These items will give you more choice while you’re shopping.
- Here are your checks, and here are the foods on your checks.
- *(WIC Staff: Read line by line from the check and then go to the item on the list – use a mock check for those who don’t have the participant’s check in hand. Do not spend time on food items that are not relevant to the participant. Based on what is included on the participant’s checks, even “old” WIC foods have changed a bit so don’t hesitate to cover those food groups in addition to the new food groups).*

## Fruits & Vegetables

### Fruits & Vegetables



- One of the exciting new food groups is fresh and/or frozen fruits and vegetables – here is the Fruits & Vegetables section on the Foods List. We will spend some time talking about this food group first since it's a little different from your other food checks.
- You will have a separate check with a dollar amount for this food group. With this check you can purchase any combination of fresh and/or frozen fruits and vegetables including those listed in the OK To Buy section.
- Please read the OK To Buy and Do Not Buy sections, and let's talk about any questions you have.
- In general, it's OK to buy:
  - Organic fruits and vegetables
  - Sweet potatoes and yams
  - Salad mixes and mixed greens with vegetables and/or fruit only
  - Whole or cut fruits and vegetables in bags or tubs
- In general, you cannot buy:
  - White potatoes. White potatoes are any variety of potato except sweet potatoes and yams.
  - Added ingredients that are not fruits or vegetables (such as rice, noodles, meat, cheese, dressing, croutons, sugar, syrup, salt, etc – these are not allowed)
  - Fruits and vegetables in cans or jars (metal or glass)
  - Herbs, spices, party items from a salad bar or deli, or dried fruits/vegetables
- The fruit and vegetable checks are a bit different because you will be purchasing items up to a dollar amount listed on the check.
- **[Show check]:** Your check is for XX dollars. You will need to add up the price and/or weigh these items so that you get as close to your full dollar amount without going over.
- You will not be able to purchase more than the amount on your check, and you will not be given cash back if you purchase less than the amount on your check.
- If you are purchasing fruits and vegetables for more than one person (for example yourself and your child) you will not be able to combine your purchases. You will need to add up the items for each check separately, and be sure to separate the purchases by check at the cash register.
- Adding up your fruit and vegetable purchase may take some thinking ahead and a little practice. (*Show Shopping Tip: Buying Fresh Fruits & Vegetables chart*) This chart can help you figure out how to get close to your check amount without going over. Think about how you will add up fruits and vegetables on your first purchase. Will this chart or other tools (such as a calculator or shopping list) be helpful?
- It may be a good idea to start simple with your first fruit and vegetable purchase. For instance, you may want to start with items that are priced per item rather than priced by the pound. As you practice, you will become an expert at adding up your purchases.

## Milk

Milk



- Here is the Milk section on the Foods List.
- **[Show check line]:** The amount you can purchase is listed on your check – your check says XX (gallon, half-gallon or quart) cartons.
- You may purchase up to the carton size listed on your check. However, if your check says 1 gallon, do not get 2 half-gallons.
- Notice that the foods list tells you that you must purchase store brand, but if store brand is not available, you may get a national brand.
- Also notice that your check tells you what fat content (or type) of milk you can get. If the check lists a specific fat content (such as whole milk only), you may purchase only that type of milk. If the check list several types (such as 2%, 1% or skim), you may choose from those types listed.
- Please read the OK To Buy and Do Not Buy sections, and let's talk about any questions you have.

## Cheese

Cheese



- Here is the Cheese section on the Foods List.
- **[Show check line]:** The amount you can purchase is listed on your check – your check says XX pounds.
- The Foods List tells you that you can purchase up to the number of pounds listed on your check, and you may only purchase the store brand.
- Cheese can sometimes be confusing at the store. Your check says XX pounds of cheese, but sometimes the cheese you want does not come in 1 pound packages. As you can see in the Do Not Buy section, you cannot buy packages smaller than 12 ounces. If you choose to buy a package that is not exactly 1 pound, it must be between 12 and 16 ounces.
- Make sure you are familiar with the OK To Buy and Do Not Buy sections for this item. Let's talk about any questions you have.

## Tofu

Tofu



- Here is the Tofu section on the Foods List.
- **[Show check line]:** The amount you can purchase is listed on your check – your check says XX pounds.
- The Foods List tells you that you can purchase up to the number of pounds listed on your check, and you must purchase the specific items and brands shown on the foods list only.
- Tofu can sometimes be confusing at the store. Your check says XX pounds of tofu, but some of the tofu listed does not come in 1 pound packages. As you can see in the Do Not Buy section, you cannot buy packages smaller than 12 ounces. If you choose to buy a package that is not exactly 1 pound, it must be between 12 and 16 ounces.
- Notice that the WIC-allowed brands of tofu are fresh, refrigerated and water-packed. Stores often stock these items in the produce section or near the dairy items.
- Local availability of this item may vary, and stores will not be required to maintain stock of tofu.

## Soy Beverage

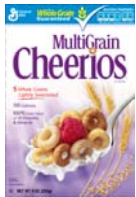
Soy Beverage



- Here is the Soy Beverage section on the Foods List.
- As you can see, **[show check line]** the amount you can purchase is listed on your check – your check says XX quarts.
- The Foods List tells you that you can purchase up to the number of quarts listed on your check, and you must purchase the specific items and brands shown on the foods list only. Plain and vanilla flavors of this item are allowed.
- Notice that the WIC-allowed brand is shelf-stable. Stores often stock this item near the cereals, juices or teas.
- Local availability of this item may vary, and stores will not be required to maintain stock of soy beverage.

## Breakfast Cereal

### Breakfast Cereal



- Here is the Breakfast Cereal section on the Foods List.
- **[Show check line]:** The amount you can purchase is listed on your check – your check says XX ounces.
- The foods list tells you that you can purchase any combination of cold or hot cereal up to the number of ounces listed on your check.
- You must choose from these specific items shown on the foods list.
- You will need to pay attention to the number of ounces on each box, and add up the box sizes to the amount listed on your check. You will not be able to purchase more than your check specifies.
- This chart shows you some ways to buy up to the amount listed on your check. *[Show Ways to Buy up to 36 Ounces of Cereal chart.]*
- Please read the Do Not Buy section, and let's talk about any questions you have.

## Whole Grains - 100% Whole Grain Bread, Brown Rice & Corn Tortillas

### Whole Grains-Bread, Brown Rice, & Tortillas



- Here is the Whole Grains section on the Foods List.
- **[Show check line]:** The amount you can purchase is listed on your check – your check says XX ounces.
- The Foods List tells you that you can purchase any combination of whole grain bread, brown rice and/or soft corn tortillas up to the number of ounces listed on your check.
- For whole grain bread, you must choose from these specific items on the foods list. For brown rice and corn tortillas you can purchase any brand.
- Please read the OK To Buy and Do Not Buy sections for each food item, and let's talk about any questions you have.
- In general, it is OK to buy:
  - Whole grain breads that are named on the Foods List
  - Bags of long, medium or short grain brown rice
  - White or yellow corn tortillas
- In general, you cannot buy:
  - Breads that are not specifically listed on the Foods List
  - Organic breads, rice and tortillas
  - Flour tortillas or hard shell corn tortillas (such as tortilla chips, taco shells and tostada shells)
- This food group is a little different than some of the other food groups because you have the option to combine foods in this category if you like.
- For instance, if your check says 32 ounces whole grains, you could choose a 24 oz loaf of bread AND an 8 oz package of corn tortillas to reach the total amount listed on the check. Or if your check says 16 ounces, you will want to look for packages that are 16 ounces or less. There are some 16 ounce loaves of bread available.
- You will need to look closely at the labels to make sure you are getting the right item matching the foods list and the ounces listed on your check. You will not be able to purchase more than your check specifies.
- Take a look at the *Shopping Tips & Reminders* handout for ways to get up to the full amount on your check.

## 100% Juice

### 100% Juice



- Here is the 100% Juice section on the Foods List.
- **For women** [*Show check line*]: The amount you can purchase is listed on your check – your check says XX cans of 12 oz-frozen or 46-oz (metal) cans. You will want to look at the section on the Foods List that shows 12-oz Frozen and 46-oz Metal Cans for this check.
- Your child’s check will say something a little different, so we will come back to his/her check in a moment.
- Because your check lists both frozen and canned juices you have the option to mix and match the items listed on the Foods List for these sizes, up to the number of cans listed on your check. Remember it’s any combination of these two sizes, so you can get 1 of each if you like.
- Some frozen juices come in 11.5-ounce cans. These are OK and count as a 12-ounce can.
- Notice that orange and grapefruit juices are store brand only, and other flavors list specific items and brands. Remember that if the foods list says store brand, you can only get the store brand. If the food list shows a specific item and brand, you can only get that specific item listed. You will need to look closely at the labels to make sure you are getting the right item matching the foods list.
- Take a look at the *Shopping Tips & Reminders* handout for ways to mix and match the frozen and canned juice items up to the amount on your check.
- **For children** [*Show check line*]: The amount you can purchase is listed on your check – your child’s check says XX containers 64 ounce juice. You will want to look at the section on the Foods List that shows 64-oz Containers for this check.
- Notice that some flavors and sizes are store brand only, and some flavors list specific items and brands.
- Remember that if the Foods List says store brand, you can only get the store brand. If the Foods List shows a specific item and brand, you can only get that specific item. You will need to look closely at the labels to make sure you are getting the right item matching the Foods List.
- Please read the Do Not Buy sections for Juice, and let’s talk about any questions you have.
- In general, you cannot buy:
  - Organic juices
  - Juice blends, cocktail juices or juices that are less than 100% juice
- Many of the allowed 64-ounce containers of juice are shelf-stable, but you will generally find the allowed orange juice in this size in the refrigerated juice section.

## Eggs

Eggs



- Here is the Eggs section on the Foods List.
- *[Show check line]:* The amount you can purchase is listed on your check – your check says XX dozen.
- Notice that the Foods List tells you that you must purchase store brand, but if store brand is not available you may get a national brand.
- Make sure you are familiar with the OK To Buy and Do Not Buy sections for this item, and let's talk about any questions you have.

## Dry Beans, Peas & Lentils

Dry Beans



- Here is the Dry Beans, Peas & Lentils section on the Foods List.
- *[Show check line]:* The amount you can purchase is listed on your check – your check says XX pounds.
- You can purchase any brand and any type of unflavored dry beans, peas or lentils in a bag.

## Canned Beans

Canned Beans



- Here is the Canned Beans section on the Foods List.
- *[Show check line]:* The amount you can purchase is listed on your check – your check says XX cans.
- You can buy any brand of beans, in cans up to 16 ounces.
- Make sure you are familiar with the OK To Buy and Do Not Buy sections for this item, and let's talk about any questions you have.
- In general, you cannot buy:
  - Beans with added flavoring, fat, oil or meat
  - Refried beans, baked beans and chili beans

## Peanut Butter

Peanut Butter



- Here is the Peanut Butter section on the Foods List.
- *[Show check line]:* The amount you can purchase is listed on your check – your check says XX jars.
- You can buy any brand peanut butter in jars up to 18 ounces.
- Make sure you are familiar with the OK To Buy and Do Not Buy sections for this item, and let's talk about any questions you have.

## Canned Fish

Canned Fish



- Here is the Canned Fish section on the Foods List.
- *[Show check line]:* The amount you can purchase is listed on your check – your check says XX ounces.
- The Foods List tells you that you can purchase any combination of canned chunk light tuna, pink salmon and/or sardines up to the number of ounces listed on your check.
- For the canned fish items you can purchase any brand.
- You will need to pay attention to the number of ounces on each can, and add the can sizes up to the amount listed on your check. You will not be able to purchase more than your check specifies.
- Make sure you are familiar with the OK To Buy and Do Not Buy sections for this item, and let's talk about any questions you have.

## Baby Food – Fruits and Vegetables

### Baby Food – Fruits & Vegetables



- Here is the Baby Foods – Fruits & Vegetables section on the Foods List.
- *[Show check line]*: The amount you can purchase is listed on your check – your check says XX jars.
- The Foods List tells you that you can purchase any combination of fruits and vegetables in jars up to 4 ounces, and you can purchase any brand.
- Notice in the OK To Buy section that multi-packs are ok, but remember that each individual jar in the multi pack counts as 1 jar. For example, a 2-pack equals 2 jars.
- Please read the OK To Buy and Do Not Buy sections for each food item and let's talk about any questions you have.
- In general, you cannot buy:
  - Organic baby foods
  - Graduates, 3<sup>rd</sup> foods, dinners, desserts and custards
  - Added ingredients like meat, noodles, rice, DHA, ARA, salt, starches or sugars

## Baby Food – Meats

### Baby Food – Meats



- Here is the Baby Foods – Meats section on the Foods List.
- *[Show check line]*: The amount you can purchase is listed on your check – your check says XX jars.
- The Foods List tells you that you can purchase jars up to 2.5 ounces, and you can purchase any brand.
- Notice in the OK To Buy section that multi-packs are ok, but remember that each individual jar in the multi pack counts as 1 jar. For example, a 2-pack equals 2 jars.
- Please read the OK To Buy and Do Not Buy sections for each food item and let's talk about any questions you have.

## Infant Cereal

Infant Cereal



- Here is the Infant Cereal section on the Foods List.
- *[Show check line]:* The amount you can purchase is listed on your check – your check says XX boxes.
- The Foods List tells you that you can buy 8 ounce boxes, and you must purchase the specific items and brands shown on the Foods List only.
- Please read the OK To Buy and Do Not Buy sections for each food item, and let's talk about any questions you have.

## Fresh Bananas

Fresh Bananas



- Here is the Fresh Bananas section on the Foods List.
- In addition to the jarred fruits and vegetables your baby gets, he will also get fresh bananas.
- *[Show check line]:* The amount you can purchase is listed on your check – your check says XX boxes.
- You cannot go over the weight listed on your check, so you will need to weigh the bananas before you go to the check-stand.
- Generally, 2 to 3 medium bananas weigh about 1 pound, but you will want to use the scale to make sure you don't go over that amount.
- Make sure that these bananas are separate from the fruit and vegetables that you purchase with your fruit and vegetable check.

## Infant Formula

Infant Formula



- Here is the Infant Formula section on the Foods List.
- *[Show check line]:* The amount you can purchase is listed on your check – your check says XX cans.
- Your check also lists the size, brand and form (powder, concentrate, or ready-to-use) of formula you must buy.
- There are no substitutions allowed. This is a prescription for your baby and the store will not allow you to get anything different.
- If you need to change formulas, give us a call here at the clinic and we can change your check.

## Steps in a WIC Transaction & Check Reminders

### Steps in a WIC Transaction



- Here are the steps you will need to follow at the check-stand when purchasing your WIC items. These steps are important to follow, and many of these steps are listed in your WIC envelope as a reminder.
- Do not use your checks before the “First Date to Use” or after the “Last Date to Use.”
- Separate your items by check. You will want to group the items listed on the check together so that when the store clerk rings up the items, they match the items listed on your check. This means that there will be a separate transaction for each check.
- Tell the store clerk you are using WIC checks.
- Make sure the clerk writes the correct price on the WIC check.
- Sign the check in the box marked “Authorized Signature.”
- Show the clerk your WIC envelope.
- Remember – only the endorser or the alternate shopper whose signature is on the front of this envelope may sign the checks at the store.

## More on Using a Fruits & Vegetables Check

### Using Fruits & Vegetables Check



- You will have a dollar amount on your fruit & vegetable check.
- You will need to add up or weigh your fruits & vegetables to get as close as possible to the full dollar amount.
- You can not purchase more than the dollar amount on your check.
- There is no cash involved in WIC shopping.
- If you are under the amount you will not get cash back.
- If you are over the amount you will not be able to pay the difference.
- You will want to try to get as close to your full amount as possible, without going over.