GUAM

WIC SHOPPING GUIDE

Standard Food Package

FULLY BREASTFEEDING WOMEN
(UP TO 1 YEAR)
&
FULLY BREASTFEEDING INFANTS
(6-11 MONTHS OLD)

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PREGNANT WOMEN WITH MULTIPLES

A Healthy Foundation for Life
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Thank you for giving your baby the best of breastmilk!

Before You Shop:

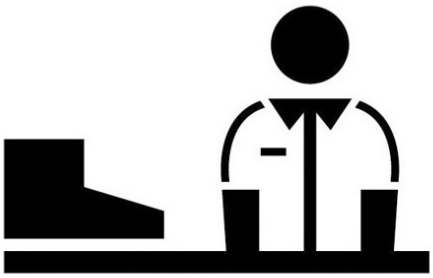
- Check your refrigerator temperature (35-40° Fahrenheit) and that there's enough storage space.
- Make a shopping list for items you plan to buy to resist impulse shopping.
- **Do NOT sign your WIC checks before going to the store.** Look at the "**First Date to Use**" and the "**Last Date to Use**" printed on your WIC checks to make sure you are taking the right checks to the store.
- Plan what fruits and vegetables to buy with your Fruit/Vegetable check (Cash Value Vouchers or CVVs).
- Locate the WIC authorized vendors in your area by using the **WIC Authorized Vendor List** provided at the WIC clinic.
- Bring your **WIC ID Card**, **WIC checks**, **Guam WIC Shopping Guide**, and your **own shopping list** to the store. If you are a Proxy, you must bring the **WIC ID Card**, your **Proxy Card**, and your **valid photo identification card**.

While Shopping:

- Read your WIC checks so that you only buy authorized food items. You can only buy food items listed on your WIC checks. No substitutions can be made. Buy store or generic brands when possible.
- Use this Guam WIC Shopping Guide to help you choose WIC approved foods and the correct package sizes.
- Look for the **WIC APPROVED** labels on the store shelves to help you find approved foods.

- You should buy all the foods listed on your WIC checks. Once the WIC check is redeemed, the foods that you did not get cannot be redeemed later.
- Do not buy foods that are close to being out-of-date/expired or are damaged. Contact the WIC Vendor Management Coordinator (475-0291 or 687-7905) if you have any problems with a vendor. Contact the store manager if you have a problem with the quality of any foods.
- In the produce section, take time to weigh the fresh fruits and vegetables and calculate prices so you will know how much they will cost. You will need to pay for the amount that is more than what's indicated on the WIC check.
- If you cannot find what you are looking for, ask store staff for help. If the store does not have all the WIC foods listed on your WIC checks, you may go to another WIC authorized vendor or return when the store has all the WIC foods listed on your WIC checks. Please contact the WIC Vendor Management section at 475-0300, 475-0291 (or 687-7095), or 475-0292 if you have problems with the WIC foods or the WIC authorized vendors.
- Before checking out, review your WIC checks and WIC foods to know you have the correct items.

At Checkout:



- Tell the cashier you will be using WIC checks.
- Separate your WIC items from other items you plan to buy.
- Before you sign the WIC check, make sure that the right date is written on the check and the total price on the cash register matches the total price written on the check. If it matches, sign the check the same way you signed your WIC ID Card (or the signature on the Proxy Card for Proxies).
- Fruit/Vegetable checks have a printed dollar value. If your fruits and vegetables cost more than the amount on the check, you can pay the extra amount.
- No cash change will be given from any WIC transaction.
- Keep receipts for your records. WIC items may not be returned to the store for cash, credit, or be exchanged for non-WIC foods. Defective items may be replaced according to the vendor's policy for replacement.

When Home:

- Properly store foods to keep them fresh.
- Keep a refrigerator thermometer in your fridge (40°F or below) and freezer (0°F or below) to make sure it's at the correct temperature.
- If you are still having issues with your refrigerator temperature, contact your WIC nutrition counselor for more information.
- Receiving WIC food benefits makes you responsible to prepare healthy and nutritious meals for yourself and/or your children.

NOTICE:

Keep your WIC checks in a safe place. Treat them as if they were cash. Lost or stolen WIC checks <u>WILL NOT</u> be replaced!

Report any stolen WIC checks to your WIC clinic as soon as possible!

Tiyan: 475-0295/6
Dededo: 635-7471/2
Mangilao: 735-7180/1
Santa Rita: 565-3537
Inarajan: 828-7550

DAIRY

NEW WIC STANDARD 1% LOW FAT MILK

+

OR

1% FAT (LOW FAT MILK):	**CHEESE:**
1 gallon	16 oz. block* Any brand of: Cheddar, Mozzarella, Monterey Jack, Colby *Cheese blends of the above are allowed ***OR*** Mozzarella string style (only 16 oz. pkg.)

WHOLE WHEAT BREAD or WHOLE GRAINS

BREAD

OR

Whole Wheat Hot Dog Buns
(up to 16 oz. pkg.)

Whole Wheat Spaghetti
(up to 16 oz. pkg.)

<u>WHOLE WHEAT BREAD (16 oz. loaf only):</u>

100% Whole Wheat Bread

Brands:

- Franz
- Light Oroweat
- Pepperidge Farm
- Wonder

OR

<u>OTHER WHOLE GRAINS (up to 16 oz. pkg.):</u>

Brown Rice - any brand

Alexia

- whole wheat & whole grain rolls

Oroweat

- whole wheat hot dog buns

Essential Everyday Whole Wheat

- elbow macaroni, spaghetti, rotini

Western Family

- spaghetti (16 oz. package only), penne rigate

Ronzoni Healthy Harvest 100% Whole Grain

- rotini, lasagna

Eden Kamut 100% Whole Grain

- spirals

Bionaturae

- rigatoni

DRY BEANS & PEANUT BUTTER

AND

One pound (16 oz.) dry beans total/month
AND
One jar (16-18 oz.) peanut butter total/month

DRY BEANS:

16 oz. package only

Any brand of:

- Black beans
- Garbanzo beans (chick peas)
- Kidney beans
- Lentils
- Mongo/Mung beans (green or yellow)
- Pinto beans
- Split peas (green or yellow)

PEANUT BUTTER:

16-18 oz. containers

Any brand is allowed.

All textures allowed (smooth to super crunchy).

CANNED FISH

Up to 30 ounces total/month

5 – 15 oz. can
Any brand is allowed.
Fish may contain skin and bones.

TUNA:
5 – 6.5 oz. can; Packed in water only

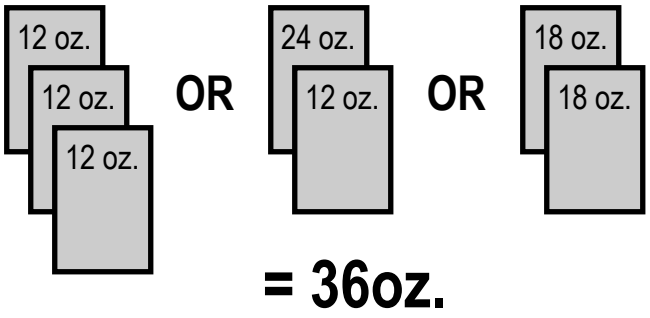
PINK SALMON:
14 – 15 oz. can; Packed in water or natural oil

SARDINE:
14 – 15 oz. can; Packed in water or natural oil

MACKEREL:
14 – 15 oz. can; Packed in water or natural oil

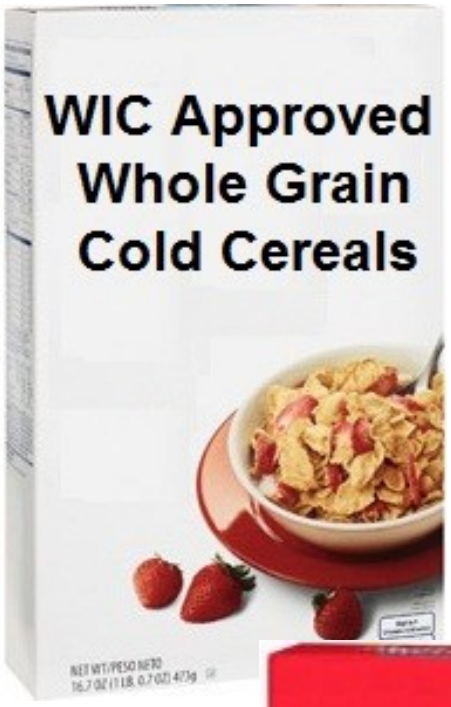
CEREALS

Up to 36 oz. total (minimum box size is 12 oz.)



= 36oz.

Ways to buy up to 36 oz. total of WIC approved cold and hot cereals. Get the best value!



COLD CEREAL:

12 oz. or larger boxes up to 36 oz. total

General Mills
- Cheerios – whole grain or multigrain
- Total – whole grain
- Kix – whole grain
- Wheaties

Kellogg's
- All Bran Complete Wheat Flakes
- Mini-Wheats
- Mini-Wheats Bite Size
- Mini-Wheats Unfrosted

Post
- Grape Nut Flakes
- Grape Nuts (16 oz. pkg.)
- Bran Flakes

Quaker
- Life
- Oatmeal Squares
- Quaker Essentials – Crunchy Corn Bran

Western Family
- Wheat Bran Flakes

Malt-O-Meal
- Blueberry Mini Spooners (18 oz. pkg.)
- Strawberry Cream Mini Spooners (18 oz. pkg.)

HOT CEREAL:

12 oz. or larger boxes/bags up to 36 oz. total

General Mills
Wheat Hearts

Homestead Farms LTD
Maypo Oatmeal – regular or quick

Malt-O-Meal Co.
Original Malt-O-Meal

Western Family
Original Instant Oatmeal

100% JUICES

FROZEN JUICE

OR

SHELF STABLE JUICE

NO JUICE DRINKS ALLOWED

FROZEN:

12 fl. oz. concentrate (3 containers)

Apple juice

Seneca Red * Springfield * IGA * Western Family
Treetop * Old Orchard

Grape juice

Welch's * Western Family * Old Orchard

Pineapple juice

Dole

Orange juice

Any brand

SHELF STABLE:

46 fl. oz. (3 containers)

Apple juice

Western Family * Langers * Motts * Treetop * IGA
Hansen's * Seneca Red * Ruby Kist * Springfield
Juicy Juice (Nestle)

Grape juice

Welch's (grape; concord, red, or white grape) * Hansen's
IGA (red or white grape) * Western Family * Langers
Ruby Kist * Donald Duck * Springfield
Juicy Juice (Nestle)

Grapefruit juice

Flavorite * Western Family * Ruby Kist * Donald Duck

Orange juice

Flavorite * Tropicana * Hansen's * Ruby Kist * Texsun
Western Family * Cal-Maid * Langers

Pineapple juice

Western Family * IGA * Langers * Dole * Hansen's
Springfield

Tomato juice

Campbell's * IGA * Western Family * Red Gold

Vegetable juice

V8 * Western Family * IGA * Springfield

EGGS

TWO DOZEN EGGS

Two dozen fresh chicken eggs total/month

FRESH CHICKEN EGGS:

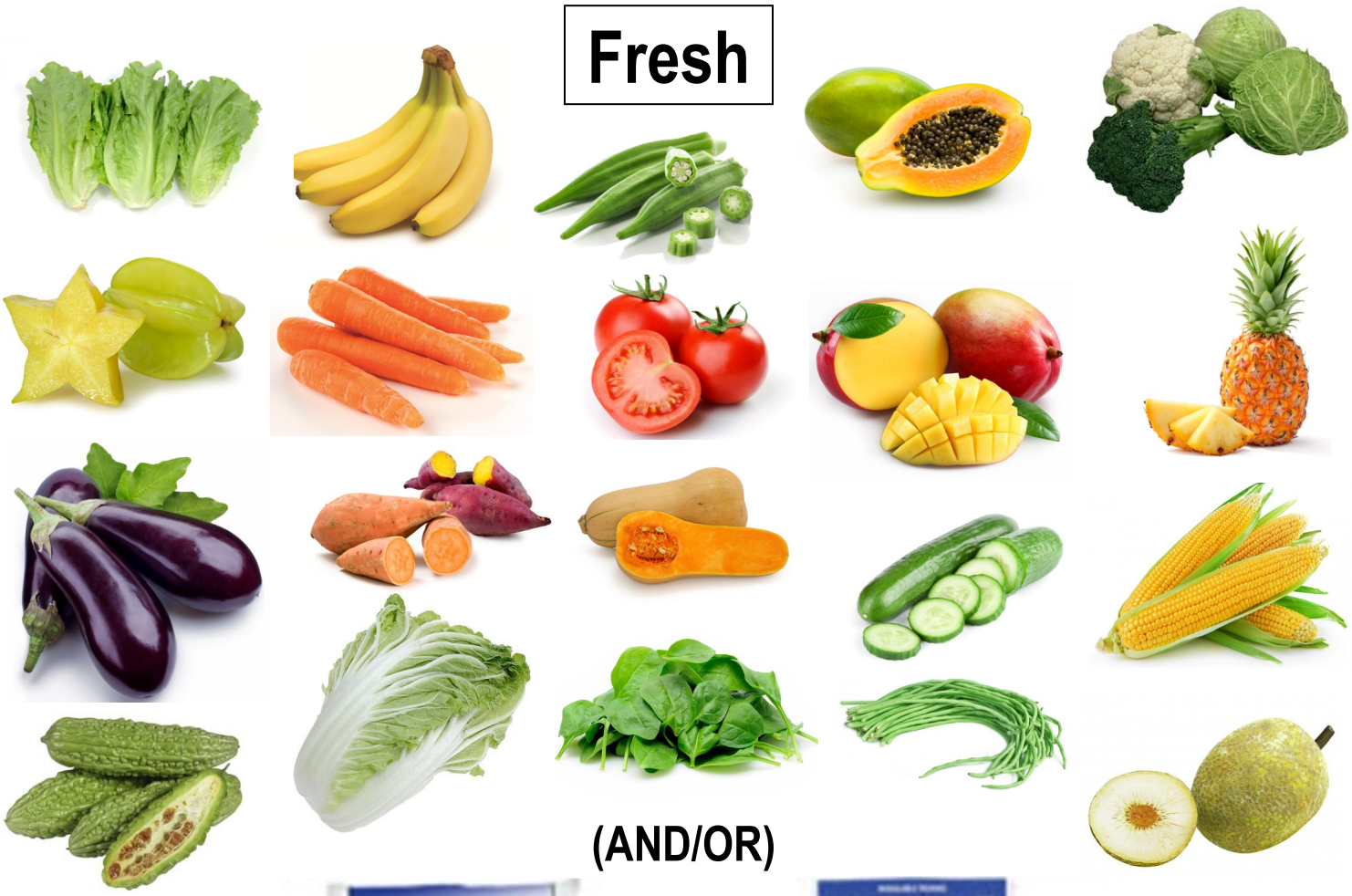
Any brand is allowed.

U.S. grade A or AA.

Small, medium, or large size only.

FRUITS & VEGETABLES

Fresh



(AND/OR)

Frozen

$10.00/month

FRESH:

Any brand is allowed.

Locally grown or imported fruits and vegetables.

FROZEN:

Any brand is allowed.

Combinations of frozen fruits or vegetables. Frozen beans allowed, except beans already authorized under the dry bean category.

Cash Value Vouchers (CVV) for fresh/frozen fruits and vegetables can also be redeemed at WIC approved Farmers Market Nutrition Program (FMNP) sites or roadside stands.

INFANT FOODS (6-11 MONTHS OLD)

64 4-oz. jars total/month

Infant food fruits and vegetables:
4 oz. jars
Single foods only
Gerber, Beech Nut, Nature's Goodness
No organic brands

OR

Up to 36 single 2-packs of 3.5 oz. jars total/month

Infant food fruits and vegetables:
Single 2-packs of 3.5 oz. jars
Single foods only
Gerber, Beech Nut, Nature's Goodness
No organic brands

INFANT FOODS (6-11 MONTHS OLD)

31 2.5-oz. jars total/month

Infant meats:

2.5 oz. of meat (with gravy or broth)

Single foods only

Gerber, Beech Nut, Nature's Goodness

No organic brands

3 8-oz. containers total/month

Infant cereal:

8 oz. infant cereal packages

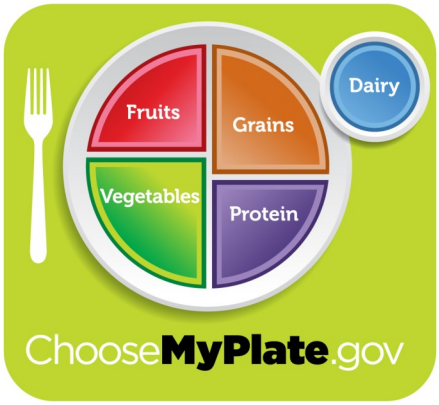
Dry single grain

No fruit added

Gerber **OR** Beech Nut: barley, oatmeal, rice, wheat

No organic brands

Eat Healthy! Shop Smart!



While we try to keep the Guam WIC Shopping Guides up-to-date, changes occur. A current copy may be found and downloaded from the Department of Public Health & Social Services (WIC Program section) web site at http://www.dphss.guam.gov/content/women-infant-children-wic-program. You can also get a current copy from your local WIC clinic.

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Developed by the Guam WIC Program
Department of Public Health & Social Services

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