HEALTHY FOOD.
HEALTHY KID.
HAPPY MOM.

NH Department of Health and Human Services
Division of Public Health Services
Nutrition Services Section
29 Hazen Drive
Concord, NH 03301
1-800-WIC-4321

WIC Foods
January 2024
## Infant Foods

### Cereal
- 8 oz. container only
- **Beech-Nut**
  - Rice, Multigrain, Oatmeal, Corn
- **Beech-Nut Organics**
  - Multigrain, Oatmeal
- **Earth’s Best Organic**
  - Rice, Multigrain, Oatmeal
- **Gerber**
  - Whole Wheat, Rice
  - Oatmeal, Multigrain
- **Gerber Organic**
  - Rice, Oatmeal
  - Oatmeal/Quinoa/Millet cereals

### Fruits & Vegetables
- Fruits, vegetables, or fruit & vegetable combinations.
  - (Stage 2, 4 oz. jars only)
- **Beech-Nut**
- **Beech-Nut Organics**
- **Earth’s Best Organic**
- **Full Circle Organic**
- **Gerber** (4 oz. - 2 packs only): 2nd foods
  - *2 packs count as 2 containers off your benefit balance*
- **Gerber Organic**
- **Happy Baby Organic**
- **Nature’s Promise Organic**
- **Once Upon a Farm Organic**
- **O Organics**
- **Parent’s Choice**
- **PIC Select**
- **Plum Organics**

### Meats
- For fully breastfed babies only.
  - 2.5 oz. jar only
- **Beech-Nut**
- **Stage 1 infant meats**
- **Earth’s Best**
  - Chicken and Turkey Jars
- **Gerber**
  - 2nd foods infant meats

### Infant Formula
- Allowed
- Brand, type and size listed on benefit.

### Breast Milk
- Complete nutrition for your baby.

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No added ingredients such as DHA, meat, poultry, cereal, noodles, rice, yogurt, or granola.
No desserts, cobblers, dinners, or casseroles.
No toddler foods.

This institution is an equal opportunity provider.
### Fruits & Vegetables

#### Fresh

ANY BRAND, variety, size, or mixture of fresh fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, or oil.

- Whole or cut up
- Loose or packed in bags or plastic containers

#### Frozen

ANY BRAND, variety, size, or mixture of frozen fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, meat, pasta, rice, or sauce. Frozen vegetables may be with or without salt.

- Any frozen beans or peas such as lima beans and blackeye peas are allowed.

#### Canned

(Also includes boxes, plastic or glass containers)

ANY BRAND, variety, size, or mixture of canned fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.

- Canned fruit must be packed in water or fruit juice.
- Canned vegetables may be with or without salt and may have added seasonings or spices.
- Applesauce with no sugar added and applesauce/fruit blends with no sugar added.
- Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, diced tomatoes or stewed tomatoes.
- Canned beans and peas such as green peas, green beans, wax beans, snap beans, and snap peas are allowed.

#### Not Allowed

- No items from the salad bar, party trays, or fruit baskets.
- No decorative fruits or vegetables, painted pumpkins, or gourds.
- No fresh or dried herbs and spices.
- No garlic on a string.
- No edible blossoms, flowers, or plants.
- No dried or dehydrated fruits or vegetables.
- No jarred baby and toddler fruits & vegetables.
- No pouches of fruit purees or fruit pulps.
- No frozen fruit bars.
- No beverages such as fruit juice, tomato juice, and vegetable juice.
- No fruit-nut mixtures.
- No ketchup, relishes, pickles, olives, sauerkraut, mustard, pickled items or condiments.
- No jelly, jams, fruit preserves, or apple butter.
- No salsa, pizza sauce, or pasta sauce.

This institution is an equal opportunity provider.
Milk, Soymilk and Tofu

Milk
1% Low Fat or Fat Free Milk

The following types of milk may only be purchased when listed in your food benefit list:

- Whole Milk
- Lactose Free Milk
- Evaporated milk, 12 oz. can only
- UHT milk, 32 oz. quart only
- Powdered milk, 32 oz. box only

No goat’s milk, raw milk, nut milk or rice milk.
No organic, flavored milk, or buttermilk, or glass bottles.

Soymilk
Quart, shelf stable

- Pacific Natural Foods
  Ultra Soy Original
- Silk
  Original
- Half-gallon carton only, refrigerated
- 8th Continent Soymilk
  Original
- Great Value
  Original
- Silk
  Soymilk Original

Tofu
16 oz. package only.

- Azumaya
  Extra Firm
  Firm
  Silken
- Franklin Farms
  Extra Firm
  Firm
  Medium Firm
  Soft
- Heiwa
  Organic Tofu
- House Foods
  Extra Firm
  Firm
  Medium Firm
- Nasoya
  Sprouted Super Firm
  Silken
  Soy Boy
  Firm

This institution is an equal opportunity provider.
Cheese

8 oz. and 16 oz. package only

ANY BRAND - Blends of listed cheese are allowed.
Prepackaged, dairy case only. Regular or reduced fat.

Allowed Types:
American
Cheddar
Colby-Jack
Monterey-Jack
Mozzarella
Swiss
Provolone
Block
Round
Shredded
Sliced
String cheese - must be 100% Mozzarella
No deli, imported or organic.
No cheese product or cheese food.
No individually wrapped slices or singles.

(2) 8 ounce packages = (1) 16 ounce package

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### Yogurt

Regular or Greek Style - Whole milk, low fat or fat free/nonfat as specified in your food benefit list.

<table>
<thead>
<tr>
<th>Yogurt</th>
<th>32 oz. container/package only*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Best Yet</strong></td>
<td></td>
</tr>
<tr>
<td>Plain, Vanilla</td>
<td></td>
</tr>
<tr>
<td><strong>Bowl &amp; Basket</strong></td>
<td></td>
</tr>
<tr>
<td>Plain, Vanilla, Strawberry</td>
<td></td>
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<tr>
<td><strong>Brown Cow</strong></td>
<td></td>
</tr>
<tr>
<td>Plain, Vanilla, Cream Top Plain, Cream Top Vanilla, Cream Top Maple</td>
<td></td>
</tr>
<tr>
<td><strong>Cabot</strong></td>
<td></td>
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<tr>
<td>Plain, Vanilla, Vanilla Bean, Strawberry</td>
<td></td>
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<tr>
<td><strong>Chobani (No Simply 100)</strong></td>
<td></td>
</tr>
<tr>
<td>Plain, Vanilla, Strawberry, Peach, Less Sugar Madagascar Vanilla &amp; Cinnamon, with Zero Sugar* Vanilla and Strawberry</td>
<td></td>
</tr>
<tr>
<td><strong>Dannon Naturals and Oikos (No Light &amp; Fit) (No Triple Zero)</strong></td>
<td></td>
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<tr>
<td>Plain, Vanilla, Strawberry Banana</td>
<td></td>
</tr>
<tr>
<td><strong>Food Club (No Light)</strong></td>
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<tr>
<td>Plain, Vanilla</td>
<td></td>
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<tr>
<td><strong>Good and Gather</strong></td>
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<tr>
<td>Plain, Vanilla</td>
<td></td>
</tr>
<tr>
<td><strong>Great Value (No Light)</strong></td>
<td></td>
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<tr>
<td>Plain, Strawberry, Peach, Strawberry Banana</td>
<td></td>
</tr>
<tr>
<td><strong>Green Mountain Creamery</strong></td>
<td>0% Plain, 5% Plain, 0% Vanilla, 0% Maple</td>
</tr>
<tr>
<td><strong>Hannaford</strong></td>
<td>Plain, Vanilla, Strawberry</td>
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<tr>
<td><strong>Lucerne</strong></td>
<td>Plain, Vanilla, Strawberry</td>
</tr>
<tr>
<td><strong>Market Basket</strong></td>
<td>Plain, Vanilla, Strawberry, Peach, Low Fat Blueberry</td>
</tr>
<tr>
<td><strong>Market Pantry (No Light)</strong></td>
<td>Plain, Vanilla</td>
</tr>
<tr>
<td><strong>Mountain High</strong></td>
<td>Plain, Vanilla, Strawberry</td>
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<tr>
<td><strong>O Organics</strong></td>
<td>Plain, Vanilla</td>
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<tr>
<td><strong>Open Nature</strong></td>
<td>Plain, Vanilla</td>
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<tr>
<td><strong>PICs</strong></td>
<td>Plain, Vanilla, Strawberry</td>
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<tr>
<td><strong>Price Rite</strong></td>
<td>Plain, Vanilla</td>
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<tr>
<td><strong>Shurfine</strong></td>
<td>Plain, Vanilla</td>
</tr>
<tr>
<td><strong>Stonyfield</strong></td>
<td>Plain, French Vanilla, Vanilla, Strawberry, Banilla, Maple 2 oz. tubes; 8 packs = (1 LB/16 oz.) and 16 packs = (2 LB/32 oz.) Yo Baby Banana and Mango Whole (= 16 oz container)</td>
</tr>
<tr>
<td><strong>Taste of Inspiration</strong></td>
<td>Plain, Vanilla, Strawberry</td>
</tr>
<tr>
<td><strong>Wallaby</strong></td>
<td>Plain, Vanilla, Vanilla Bean</td>
</tr>
<tr>
<td><strong>Yoplait</strong></td>
<td>Vanilla, Strawberry, Peach, Strawberry Banana 2 oz. tubes; 8 packs = (1 LB/16 oz.) and 16 packs = (2 LB/32 oz.)</td>
</tr>
</tbody>
</table>

*This institution is an equal opportunity provider.*

*(2) 16 ounce packages or container = (1) 32 ounce container*
# Breads, Buns, and Tortillas

## 100% Whole Wheat Bread
- Arnold Stone Ground 100% Whole Wheat
- Arnold Whole Wheat Hamburger Buns 16 oz.
- Baker’s Choice 100% Whole Wheat
- Best Yet 100% Whole Wheat
- Bimbo 100% Whole Wheat
- Country Kitchen 100% Whole Wheat
- Gourmet 100% Whole Wheat
- Hannaford 100% Whole Wheat
- IGA 100% Whole Wheat
- Market Basket 100% Whole Wheat
- Nature’s Own 100% Whole Wheat with Honey, Life 100% Whole Grain
- Pepperidge Farm Light Style 100% Whole Wheat, Very Thin 100% Whole Wheat, Whole Grain Rye (not seeded)
- PICs 100% Whole Wheat
- Rubschlager Westphalian Style Pumpernickel Bread, Danish Style Pumpernickel, European Style Whole Grain, 100% Whole Wheat Bread, Cocktail Whole Grain Bread, Cocktail Rye Bread, Cocktail Pumpernickel Bread, 100% Rye Rye-Ola Flax Bread, 100% Rye Rye-Ola Pumpernickel Bread, 100% Rye Rye-Ola Black Rye Bread, 100% Rye-Rye-Ola Sunflower Bread
- Sara Lee 100% Whole Wheat
- Shop Rite 100% Whole Wheat
- Signature Select 100% Whole Wheat
- Signature Select No Salt Added Whole Wheat
- Wonder 100% Whole Wheat

## Tortillas
### Wheat
- Chi-Chi’s
- Food Club
- Great Value
- Hannaford
- Herdez
- IGA
- La Banderita
- Market Basket
- Mission
- Ortega
- Pepito
- PICS
- Shop Rite 100% Whole Wheat
- Signature Select 100% Whole Wheat
- Signature Select No Salt Added Whole Wheat
- Wonder 100% Whole Wheat

### Soft Corn
- Food Club
- Hannaford
- Herdez
- IGA
- La Banderita
- Market Basket
- Mission
- Pepito
- PICS
- Shurfine
- Siempre Autentico
- Tropical

16 ounce (1 LB) loaf or packages only

This institution is an equal opportunity provider.
Brown Rice, Oatmeal and Whole Wheat Pasta

**Brown Rice**

**ANY BRAND**
14 to 16 oz. package
Instant, or Boil-in-Bag Brown Rice

16 oz. package only
Regular Brown Rice

**Oatmeal**

(Whole Grain Option)
16 oz. package only

McCann’s Irish Oatmeal
Mom’s Best Naturals Quick Oats
Mom’s Best Old Fashioned Oats
Shurfine 100% Natural Oatmeal
Signature Select

**Whole Wheat Pasta**

(100% Whole Wheat/Whole Grain Only)
16 oz. package only

Barilla
Bowl & Basket
Great Value
Hodgson Mill
Ronzoni Healthy Harvest
Shurfine
Signature Select

No white rice or wild rice.
No added ingredients such as seasonings.

This institution is an equal opportunity provider.
100% Juice

All juice must be labeled as 100% juice. Calcium fortified is allowed.

Fruit

Apple
Apple & Eve
Best Yet
Delish
Food Club
Great Value
Hannaford
Harvest Classics
Hy-Top
IGA
Langers
Market Basket
Market Pantry
Mott’s
Ocean Spray
Old Orchard
PICS
Price Rite
Seneca
Shurfine
Signature Select

Grape
Best Yet
Food Club
Great Value
Hannaford
Harvest Classics
Hy-Top
IGA
Langers
Market Basket
Market Pantry
Ocean Spray
Old Orchard
PICS
Price Rite
Shurfine
Signature Select
That’s Smart
Welch’s

White Grape
Apple & Eve
Best Yet
Food Club
Great Value
Hannaford
Harvest Classics
Hy-Top
IGA
Langers
Market Basket
Market Pantry
Old Orchard
PICS
Price Rite
Shurfine
Signature Select
That’s Smart
Welch’s

Grapefruit
Apple & Eve
Best Yet
Food Club
Great Value
Hannaford
Harvest Classics
Hy-Top
IGA
Langers
Market Basket
Market Pantry
Old Orchard
PICS
Price Rite
Shurfine
Signature Select
That’s Smart
Welch’s

Pineapple
Best Yet

Orange
Great Value

Juicy Juice all flavors, including blends

Vegetable

Tomato
Best Yet
Campbell's
Food Club
Great Value
Hannaford
Market Pantry
PICS
Shurfine
Signature Select

Vegetable (Regular or Low Sodium)

Apple & Eve
Best Yet
Food Club
Great Value
Hannaford
Market Pantry
PICs
Shurfine
Signature Select

Bottled (64 oz. plastic containers only)

This institution is an equal opportunity provider.

No juice drinks, beverages, cocktails, or “light” juice.
No toddler or infant juice. No organic juice.
100% Juice

Refrigerated Plastic Jugs or Cartons (64 oz. only)

ANY BRAND
100% Pasteurized Orange Juice only

No juice drinks, beverages, cocktails, or “light” juice.
No toddler or infant juice.
No organic juice.

Frozen Concentrate (11.5 to 12 oz. cans only)

<table>
<thead>
<tr>
<th>Apple</th>
<th>Cranberry</th>
<th>Grapefruit: Any Brand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best Yet</td>
<td>Langers</td>
<td>Any Brand</td>
</tr>
<tr>
<td>Food Club</td>
<td>Old Orchard</td>
<td></td>
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<tr>
<td>Great Value</td>
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<tr>
<td>Hannaford</td>
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<tr>
<td>Hy-Top</td>
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<tr>
<td>IGA</td>
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<tr>
<td>Langers</td>
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<tr>
<td>Market Basket</td>
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<tr>
<td>Market Pantry</td>
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<td>Old Orchard</td>
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<td>PICS</td>
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<tr>
<td>Seneca</td>
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<tr>
<td>Shurfine</td>
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<tr>
<td>Signature Select</td>
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</tr>
</tbody>
</table>

Orange: Any Brand

Grapefruit: Any Brand

Pineapple: Any Brand

White Grape: Old Orchard PICS

All juice must be labeled as 100% juice. Calcium fortified is allowed.

This institution is an equal opportunity provider.
Choose a combination that best meets your total ounces in your benefit balance.
12 oz. or larger only

**General Mills**
- Cheerios*
- MultiGrain*
- Vanilla Spice*
- Crunch Berry*
- Veggie Blend*

**Kellogg’s**
- All Bran Complete
- Wheat Flakes*
- Corn Flakes
- Crispix
- Frosted Mini-Wheats
  - Original*
  - Little Bites*
  - Blueberry*
  - Strawberry*
  - Mixed Berry*
  - Cinnamon Roll*
  - Chocolate*
  - Golden Honey*
- Rice Krispies
  - Plain
- Special K
  - Plain, Banana
- Touch-of-Fruit Mini Wheats
  - Raspberry*
  - Unfrosted Mini-Wheats*

**MOM Brands**
- Crispy Rice*
- Blueberry Mini Spooners*
- Frosted Mini Spooners*
- Strawberry Cream Mini Spooners*

**Quaker**
- Corn Crunch*
- Life
  - Regular*
  - Strawberry*
  - Vanilla*

**Post**
- Grape Nuts*
- Grape Nut Flakes*
- Honey Bunches of Oats
  - With Crispy Almonds
  - Whole Grain Honey Crunch*
  - Whole Grain Vanilla Bunches*
  - Cinnamon Bunches
  - Honey Roasted
- Wheat ‘n Bran Shredded Wheat*

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*Cereals containing 51% or more whole grain.

This institution is an equal opportunity provider.
Cereal

Store Brands

**Bran Cereal**
- **Bran Flakes**: Best Yet, Food Club, Great Value, Hannaford, IGA, Market Basket, PICs, Price Rite, Shurfine, Signature Select, Bowl&Basket/ShopRite

**Oat Cereal**
- **Toasted Oats/O’s**: Best Yet, Food Club, Great Value, IGA, Market Pantry, PICs, Price Rite, Shurfine, Signature Select, Bowl&Basket/ShopRite
- **Tasteeos**: Hannaford, Market Basket

**Wheat Cereal**
- **Nutty or Crunchy Nuggets**: Great Value, Hannaford, Market Basket, Market Pantry, PICs, Signature Select
- **Wheat Squares or Biscuits, or Pockets**: Hannaford, Great Value, Market Basket, Market Pantry, Price Rite, Safeway, Shurfine, Signature Select
- **Bite Sized Frosted (Original or Strawberry)**: Best Yet, Great Value, Hannaford, IGA, Market Basket, PICs, Price Rite, Shurfine, Signature Select
- **Frosted Shredded Wheat**: Food Club, Bowl&Basket/ShopRite

Hot Cereal

No single serving packages, pouches or packets

**B & G Foods**
- **Cream of Wheat**: Instant, Original 1, 2.5 and 10 minute

**Cream of Rice**
- Regular and Instant

**Whole Grain Cream of Wheat**

**Farina Mills**
- Original Creamy Hot Wheat Cereal

**Maypo**
- Instant Maple Oatmeal
- Vermont Style Oatmeal

**MOM Brands**
- Original Hot Wheat
- Creamy Hot Wheat

**Quaker**
- 2 Minute Oats

This institution is an equal opportunity provider.
**Peanut Butter**
16 oz. to 18 oz. jar only

*ANY BRAND*
Creamy, Smooth, Crunchy, Chunky allowed.

No peanut spreads, peanut butter spreads, low fat, reduced fat, deli, honey roasted, organic, or low carb.

No added artificial sweeteners, palm oil, added flavors, honey, marshmallow, chocolate or jelly.

**Canned Beans**
15 oz. to 16 oz. can only

*ANY BRAND* and *variety is allowed.*

Low fat, fat free and vegetarian refried beans are allowed.

No canned green peas, green beans, wax beans, or snap beans. *These beans may be purchased with your fruit and vegetable benefit.*

No soups. No chili beans, seasoned beans, or baked beans.

No added meat. No organic.

**Dry Beans, Peas, and Lentils**
16 oz. (1 lb.) bag only

*ANY BRAND* and *variety is allowed.*

No flavored, seasoned, gourmet, or soup mixes.
Eggs

ANY BRAND, including any color and size. Full dozen only.

Canned Fish

ANY BRAND

Mix and match up to 30 oz., packed in water only.

- chunk light tuna (5 oz. cans)
- pink salmon (5, 6 or 7.5 oz. cans)

No white or albacore tuna.
No sockeye or red salmon.
No pouches.
No flavored, gourmet, smoked, grilled, blackened, or added ingredients.
Remember

**Getting started:** Call or go to the following to check your account balance.

**Customer Service:** 1-855-279-0680

**Cardholder Website:** www.WICConnect.com

- Select **NH WIC** from the dropdown menu or go directly to the NH page using the QR code below.
- Click create user account, you will need the primary card holder mailing address zip code, date of birth and card number.
- You may also use your last store receipt or do a benefit balance check at the store.

**Shopping with your eWIC card:**

Look for the NH WIC Accepted Here sign before shopping. Use the following as a guide for how to do an eWIC transaction. The steps may have minor differences from store to store.

- Select your WIC foods using your household benefit balance and this NH WIC Food List or the WICShopper App. You can download the WICShopper App using the QR code below.
- If the store uses a stand beside device, you need to separate WIC items from other purchases.
- The cashier scans the WIC food items.
- Swipe your eWIC card. Always use your eWIC card first before other forms of payment.
- Enter your four digit PIN.
- Approve the foods bought with your eWIC card.
- Take your card and receipt. Your receipt shows what you bought and what is left on your eWIC card.

This institution is an equal opportunity provider.
Valid Dates:
Valid dates are the dates you can buy your WIC foods within a month. Check to see your WIC benefits valid dates on your benefit list.Use your benefits within the dates listed.

Store and manufacturer coupons and promotions
You may use store and manufacturer promotions with your WIC benefits.

Examples are: buy one, get one free; buy one, get one at a reduced price; additional free ounces added by the manufacturer; store savings card or customer rewards cards; and manufacturer cents-off coupons.

Respect store staff.
Respectful Behavior: Anyone shopping with an eWIC card must be respectful and courteous to store staff. Store staff must be respectful and courteous to eWIC cardholders as well.

Selling, returning, or refunding WIC foods is not allowed.
• You may not receive cash refunds, gift cards, change, rainchecks, or IOUs in exchange for WIC benefits, foods or formula. Only defective, spoiled, or outdated WIC Foods/formula may be exchanged for the same product at the store.
• Infant formula bought with WIC benefits may not be exchanged for another brand or type of formula. Any formula changes must be done at your local WIC office.
• You and your child may be taken off the WIC program for selling WIC foods or trying to get a cash refund for WIC foods.

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