

WIC ALASKA

WIC FOOD GUIDE

eWIC
YOUR ELECTRONIC BENEFITS TRANSFER CARD



Welcome to eWIC!

eWIC is a system used to purchase WIC foods with an electronic benefit card that can be used like a debit card.

- Your family will receive one eWIC card with everyone's benefits combined together.
- You will use your card every time you go shopping.
- You don't have to buy all your WIC foods in one trip.
- Your eWIC card is re-usable; so keep it and the PIN safe.

Keep Your Card Safe!

If someone knows your eWIC card number and PIN, they can use all of your food benefits – once used, those benefits cannot be replaced.

Make sure to keep your eWIC card:

- ✓ In a safe place, like your wallet or purse
- ✓ Clean and dry
- ✓ Away from magnets and electronics, such as cell phones
- ✓ Away from direct sunlight
- ✓ Away from heat

At the Checkout Counter:

- ✓ Tell the cashier you are using your eWIC card.
- ✓ Separate your WIC foods from your other groceries.
- ✓ WIC foods will be scanned first, before other items.
- ✓ Ask when you should swipe your card and enter your PIN.



Self Checkout may be available in your area.

- ✓ Please reach out to your local WIC Clinic to find out more!

It is important to keep your receipt after every WIC purchase as it shows your remaining food benefit balance and expiration date!

SHOPPING TIPS

✓ Make sure to bring your eWIC card

Purchases cannot be made without it.

✓ Keep your card and PIN safe

Don't write your PIN on your card. Only share it with people you trust. Your card will be locked after four incorrect PIN attempts. Keep your card away from heat and magnets.

✓ What's my benefit balance?

Your benefit balance can be found on your last receipt, the WICShopper app or at www.ebtedge.com, or by calling the eWIC Customer Service line at 1 (844) 386-3149.

✓ Download the WICShopper app

Register your eWIC card, check your balance, scan a barcode, view our food guide, and find recipes and your closest WIC agency and grocery store.



✓ Unsure of what foods are WIC approved?

When in doubt, use the WIC Shopper app to scan product bar codes to check if the product is on your benefits.

✓ Remember!

You may use coupons, store loyalty cards, buy one/get one offers and other specials when shopping with eWIC.

Tell the cashier you're using an eWIC card

Be sure to use any coupons or store loyalty cards *prior* to using your eWIC card. Use your eWIC card before all other forms of payment, including your Quest card.

✗ NOT ALLOWED

Substitutions or returns. Exchanges only allowed for exact item if spoiled or damaged.

✗ DO NOT:

Do not sell, trade, or give away WIC foods or WIC benefits. This includes attempting to sell or the re-sale of items in person, in print, or online.



Whole Grains

Any combination of approved bread, buns, rice, tortillas, pasta and grain up to the amount of whole grains listed on your benefits.

Mix and match!



1 LOAF WHOLE WHEAT BREAD (16 OZ)
1 PACKAGE OF WHOLE WHEAT TORTILLA (16OZ)
1 BOX WHOLE WHEAT PASTA (16 OZ)

Total: 48oz



1 PACK BUNS (16 OZ)
1 PACKAGE OF WHOLE WHEAT TORTILLA (16OZ)
1 PACK BROWN RICE (16 OZ)

Total: 48oz



1 PACK WHOLE WHEAT BREAD (24 OZ)

Total: 24 oz



1 PACK SANDWICH THINS (12 OZ)
1 PACK CORNMEAL (12 OZ)

Total: 24 oz



Bread

ALLOWED 12 ounces to 32 ounces:

- Must be 100% whole wheat
- Brands including but not limited to:

Franz

Whole wheat bread	Big Horn Valley honey bread
Hamburger buns	Wheat bread
Big Horn bread	Oregon Trail English muffin
Honey bread	Sandwich bread
Thin sliced bread	
Hot dog buns	

Oroweat *Bread Perfected.*

Whole wheat bread	English muffin
Sandwich thins	
Hot dog buns	
Sliced buns	

Nature's Pride

Whole wheat bread

Sara Lee

Whole wheat bread	Hearty & Delicious hamburger buns
Thin style buns	Honey bread
Classic bread	
Soft & Smooth bread	
Delightful bread	

Signature Select

Whole wheat bread
Sandwich Slims
English muffin

Kroger

Whole wheat bread	Restaurant dinner rolls
Sliders mini buns	Honey bread
Round Top bread	Hot dog buns
Hoagie rolls	Whole wheat bagels
	English muffin

Private Selection

Whole wheat bread

Pepperidge Farm

Whole wheat bread	Stone ground bread
Deli Flat bread	Thin bread
Hamburger buns	
Light Style bread	

Open Nature 100% natural

Whole wheat bread

Essential Everyday

Whole wheat bread

Goya

Cassava bread

NOT ALLOWED

- ✕ Organic



Grains

ALLOWED 12 ounces to 30 ounces:

- ✓ Instant, quick, or regular cooking
- ✓ Quinoa, bulgar, barley, millet, triticale, amaranth, cornmeal, corn masa flour, buckwheat, teff, kamut, sorghum, spelt, farro
- ✓ Brands including but not limited to:

Cornmeal *Any color, fine, extra fine, medium, coarse	Kamut
Red bulgur	Amaranth
Quinoa	Teff
Tri-Color quinoa	Millet
Masa harina	Pearl Barley
	Sorghum

Cornmeal *Any color, fine, extra fine, medium, coarse, white and yellow	
Quinoa	
100% Roasted buckwheat	

NOT ALLOWED

- ✗ Organic
- ✗ Whole grain options may not contain added fats, sugars, oils, or salt.



Pasta

ALLOWED 16 ounces package:

- ✓ Must be 100% whole wheat
- ✓ Any shape
- ✓ Brands including but not limited to:

NOT ALLOWED

- ✗ Organic
- ✗ No added, sugar, fat, oil or salt



Tortillas

ALLOWED 10 ounces to 73.4 ounces:

- ✓ Soft white or yellow corn tortilla, any brand
- ✓ Whole wheat tortillas, 16 ounces ONLY: Must say "whole wheat" or "100% whole wheat" as the primary ingredient
- ✓ Tortillas may have added oil, salt, fat, and sugar
- ✓ Brands including but not limited to:

NOT ALLOWED

- ✗ Organic



Rice

ALLOWED 14 ounces to 32 ounces:

- ✓ Brown, red, black, wild
- ✓ Must be boxed or bagged
- ✓ Instant, quick or regular
- ✓ Long or short grain rice
- ✓ Brands including but not limited to:

NOT ALLOWED

- ✗ Organic
- ✗ Added fat, oil, salt, sugar
- ✗ Bulk rice
- ✗ Boil in a bag rice
- ✗ Microwavable rice bowls
- ✗ Rice cakes
- ✗ Rice pouches
- ✗ White rice



Milk

ALLOWED **No smaller than 1 quart (32 ounces) of:**

- ✓ Fresh milk
- ✓ Lactose-free milk
- ✓ Dry powdered milk
- ✓ Ultra High Temperature (UHT) milk shelf-stable milk

You can purchase evaporated milk ONLY if it is listed on your household benefit.

- ✓ Brands including but not limited to:

"Milk" means fresh, UHT, lactose free, powdered milk, or plant-based milk. No change in your food prescription is needed.

food club · Great Value · Kroger · Milkman low fat milk · Shur Fine · SIGNATURE KITCHEN · Sanalac · THAT'S SMART! · WESTERN FAMILY

NOT ALLOWED

- ✗ Organic
- ✗ Chocolate or fruit-flavored
- ✗ Acidophilus, buttermilk and goat milk



Plant-Based Milk

ALLOWED **32 ounces (1 quart) or 64 ounces ONLY:**

- ✓ Must be fortified to meet nutrient levels similar to cow's milk
- ✓ Must have 8 grams protein per 8 ounce cup
- ✓ Flavored or unflavored, refrigerated or shelf stable
- ✓ Brands including but not limited to:

Pacific Foods · ripple Dairy-Free. As It Should Be. · Silk · 8th CONTINENT SOYMILK

NOT ALLOWED

- ✗ Organic
- ✗ Any container size that is not 32 ounces or 64 ounces



Yogurt

ALLOWED

See your benefit balance to see if low-fat or whole yogurt is available to you.

32 ounce container:

- ✓ Plain or limited flavors for regular yogurt
- ✓ Plain or limited flavors for Greek yogurt
- ✓ Brands including but not limited to:

Chobani · BROWN COW · Essential EVERYDAY · food club · Great Value · LALA · MOUNTAIN HIGH · OIKOS · TOO GOOD & CO. · ZOI GREEK YOGURT

NOT ALLOWED

- ✗ Organic
- ✗ More than 12 grams of added sugar per 6 ounce cup (3/4 cup)
- ✗ Artificial sweeteners like aspartame or sucralose



Take a look at the nutrition facts on the back!

Added sugar must be 12 grams or less per serving. A serving size is 3/4 of a cup or 6 ounces.





Cheese

ALLOWED 8 ounces, 16 ounces, or 32 ounce packages:

- ✓ Pasteurized, blends, block, shredded, sliced, and string cheeses
- ✓ Less or light in salt
- ✓ Low fat, fat free, reduced fat
- ✓ American (pasteurized processed ONLY, not a "cheese product")
- ✓ Colby, Monterey Jack, Muenster, Provolone, Swiss
- ✓ Cheddar (mild, medium, sharp and extra sharp)
- ✓ Mozzarella -low moisture, part skim or whole
- ✓ String cheese- 16 ounces (1 pound) ONLY
- ✓ Brands including but not limited to:

Frigo CheeseHeads, Galbani, KRAFT, Lucerne DAIRY FARMS

NOT ALLOWED

- ✗ Organic cheese or cheese that is made with organic milk
- ✗ Unpasteurized cheeses, such as all Tillamook Cheese (cultured milk product)
- ✗ Fresh mozzarella
- ✗ Imported, deli cut, soy, goat, or raw
- ✗ Cheese with flavorings or added ingredients other than salt.
- ✗ American singles that state "cheese product", not allowed as this is not real cheese
- ✗ Ingredients that include wording such as "cheese food", or "spreads" mean that it is not real cheese



Tofu

ALLOWED 16 ounce containers:

- ✓ Organic
- ✓ Lite, silken, lite silken, firm, or extra firm
- ✓ Tofu that meets 100 miligrams of calcium per 100 grams of tofu
- ✓ Brands and types including but not limited to:

Azumaya, Franklin FARMS, House Foods, nasoya

NOT ALLOWED

- ✗ Soft
- ✗ Added fat, sugar, oil, or salt



Eggs

ALLOWED 1 dozen (12 count) sized container:

- ✓ Organic
- ✓ White or brown
- ✓ Any size chicken eggs
- ✓ Cage-free, free-range
- ✓ Hardboiled (only if listed on benefits)
- ✓ Ova easy dried eggs (each 4.5 ounce package = 1 dozen)



NOT ALLOWED

- ✗ Non-chicken eggs
- ✗ Naturally nested
- ✗ Any containers less than or more than 12 count



Fish

ALLOWED 2.5 ounce to 20 ounces packages:

- ✓ Packed with water or oil, may include bones or skin, with added flavors for the following:
- ✓ Salmon: any variety, 5 ounce to 14.75 ounces, canned ONLY
- ✓ Tuna: 2.5 ounce to 20 ounces. Canned or pouch
- ✓ Sardines: 3.75 ounce to 15 ounces
- ✓ Mackerel: Atlantic and Chub Pacific, 15 ounces only

NOT ALLOWED

- ✗ Organic
- ✗ Jack or King Mackerel
- ✗ Albacore or white tuna



Legumes

ALLOWED

- Dry: must be **16 ounce to 32 ounces**. Any type and brand of mature beans, peas, lentils or mixed
- Canned: **15 ounces or 16 ounces**, regular or low salt
- No added sugars (except minimal amounts required for processing)
- Refried beans without added sugar, fat, oil, or meat. **16 ounce can only**
- Brands including but not limited to:

BUSH'S BEST, Carlita, CASA FIESTA, food club, Essential EVERYDAY, GOYA, Great Value, Kroger, IGA, Oh so GOOD!, SIGNATURE KITCHEN

NOT ALLOWED

- Organic
- Beans containing added sugar, fat, meat, vegetables or oil
- Bulk beans, peas, lentils or bean medley
- Bean soup mixes
- Baked beans



Nut & Seed Butter

ALLOWED **Must be 15 ounce to 18 ounce containers**

- Creamy, chunky, extra chunky, smooth, low salt, low sugar, stir, no-stir, natural
- Sunflower seed butter
- Tahini
- Brands including but not limited to:

Peanut Butter:

ADAMS, Algood, Great Value, IGA, Kroger, HOME PLATE PEANUT BUTTER, JIF, Signature Kitchens, SKIPPY, SMUCKER'S, VALU TIME

Tahini:

AL KANATER, Al Arz Tahini, Durra SINCE 1979, Lebanon Valley, ZIYAD BRAND

Sunflower:

SunButter



NOT ALLOWED

- Organic
- Peanut butter spreads
- Honey Roasted
- Bulk or grind-your-own
- Mixtures such as marshmallows, jelly, honey, chocolate or similar
- Almond Butter
- Cashew Butter



Cold Cereal

ALLOWED **9.6 ounce to 36 ounce containers:**

- ✓ Must contain 28 milligrams of iron per 100 grams dry cereal, and no more than 21.2 grams of added sugar per 100 grams.
- ✓ Brands including but not limited to:

	Whole Grain Options	Non-whole Grain Options
Ralston Foods	Bran Flakes, Toasted Oats, Frosted Shredded Wheat	Corn Flakes, Crispy Rice, Oats & More
Great Value	Grape Nuts, Grape Nut Flakes, Great Grains Banana Nut Crunch, Shredded Wheat	Corn Flakes, Corn Squares, Crispy Rice, Crunchy Nuggets, Frosted Shredded Wheat, Rice Squares
Kroger / Fred Meyer	Bran Flakes, Toasted Oats, Shredded Wheat, Frosted Shredded Wheat, Bite-size Shredded Wheat	Corn Flakes, Crispy Rice, Honey Crisp Medley, Honey Crisp Medley with Almonds
food club since 1945	Bran Flakes, Toasted Oats, Frosted Shredded Wheat, Bite-size Frosted Shredded Wheat	Corn Flakes, Crispy Rice
Signature SELECT	Bran Flakes, Shredded Wheat, Shredded Wheat Bite-size, Frosted Shredded Wheat, Frosted Shredded Wheat bite-size	Corn Flakes, Crispy Rice, Oats & More with Almonds
IGA	Toasted Oats, Bran Flakes, Frosted Shredded Wheat, Bite-size Frosted Shredded Wheat, Honey Nut Tasteeos	Corn Flakes, Crispy Rice

	Whole Grain Options	Non-whole Grain Options
Essential Everyday	Bran Flakes, Toasted Oats, Frosted Shredded Wheat	Corn Flakes, Crispy Rice
Post	Grape Nuts, Grape Nut Flakes, Great Grains Banana Nut Crunch, Shredded Wheat	Honey Bunches of Oats
Malt-O-Meal	Mini Spooners, Frosted Mini Spooners	Crispy Rice
Kellogg's	All Bran, Mini Wheats, Frosted Mini Wheats	Rice Crispies, Crispix, Corn Flakes, Special K (original)
Western Family	Toasted Oats, Bran Flakes, Frosted Shredded Wheat	Crispy Rice, Corn Flakes
General Mills	Kix, Honey Kix, Cheerios, Multi Grain Cheerios, Wheat Chex, Fiber One, Wheaties, Total Whole Grain	Corn Chex, Rice Chex, Chex,
Hospitality	Toasted Oats	
Quaker	Life	

NOT ALLOWED

✗ **Organic**





Hot Cereal

ALLOWED 8 ounce to 42 ounce containers:

- Individual packets are allowed only for oatmeal, instant grits and instant Cream of Wheat. Brands including but not limited to:

	Whole Grain Options	Non-whole Grain Options
Hodgson Mill	Gluten Free Quick Rolled Oats, Gluten Free Thick Cut Rolled Oats	
Kroger	Instant Original Oatmeal	
Cream of Wheat	Whole Grain	1 Minute, 2 ½ Minute, 10 Minute, Instant
Cream of Rice		Original
Western Family	Old Fashioned Oatmeal	Corn Flakes, Crispy Rice, Oats & More with Almonds
IGA	Instant Oatmeal	
Quaker	Old Fashioned Oats, Crystal Wedding Oats, Oatmeal, Rolled Oats, Steel Cut Oats, Quick 1-Minute, Gluten Free Oatmeal	



	Whole Grain Options
Malt-O-Meal	Original, Wheat, Rolled Oats
Ralston Foods	Quick Oats
Open Nature	Quick Cook Steel Cut Oats
Essential Everyday	Quick 1-minute Oats, Old Fashioned Oats
Signature Select	Instant Oatmeal, 1-Minute Oats, Old Fashioned Oats
Great Value	Instant Oatmeal
food club	Instant Oatmeal

NOT ALLOWED

- Organic





Fruits and Vegetables

FRESH, CANNED AND FROZEN

ALLOWED **Any eligible variety and container size or type:**

- ✓ Organic
- ✓ Fresh herbs only
- ✓ Un-packaged produce, which could be bundled or weighed, needs to have a barcode (12-digit UPC or 4–6-digit PLU)
- ✓ Bagged fruits and vegetables
- ✓ Fruits, vegetables pre-cut, cleaned and packaged in the store for individual use
- ✓ Fruit or vegetable mixtures, whole or cut
- ✓ Any variety of canned and shelf-stable containers or frozen, with no added sugar, syrup, fat, or oil
- ✓ Any type of immature beans, peas, green or wax beans may be regular or lower salt
- ✓ Unsweetened or no sugar added applesauce



NOT ALLOWED

- ✗ Spices and dried herbs, pastes
- ✗ Seeds (example: pumpkin, sunflower)
- ✗ Fruit and nut mixtures
- ✗ Edible blossoms or flowers
- ✗ Ornamental or non-edible vegetables and fruits, fruit baskets, or baked goods with fruit
- ✗ Fruits and/or vegetables packaged with dips, sauces, or glazes
- ✗ Added sugar, fat, oil, syrup, salt, cream or sauce
- ✗ Ketchup or other condiments, pickled vegetables, or olives
- ✗ Soup, pizza sauce, and salsa
- ✗ Potted plants with vegetables, fruits, or herbs
- ✗ Breaded vegetables: hashbrowns, tater tots, French fries, potatoes O'Brien
- ✗ Fruits, vegetables at salad bars
- ✗ Creamed vegetables, or vegetables with added sauces
- ✗ Fruit and vegetable party trays, pouches, fruit cups in multi-packs, vegetable pasta or rice mixtures, fruit leather or roll-ups
- ✗ Home canned and home preserved fruits and vegetables



Juice

ALLOWED **If available on WIC benefits, 64 ounce containers ONLY**

- ✓ Must be 100% fruit or vegetable juice
- ✓ No sugar added
- ✓ Must contain 72 milligrams of vitamin C per 8 ounce serving
- ✓ Containers must be shelf-stable
- ✓ Brands including but not limited to:

Campbell's, Dole, Essential Everyday, Freedom's Choice, Great Value, Kroger, IGA, Juicy Juice 100% Juice, Langers It's in the Juice, Old Orchard, Seneca, Signature Select, Tree Top, V8, Welch's, Western Family

NOT ALLOWED

- ✗ Organic



Note:

If you would like to add juice to your benefits, talk to your local WIC clinic about your options. Adding juice will reduce your fruit and vegetable cash value benefit.



Infant Cereal

ALLOWED **8 ounce to 16 ounce containers:**

- ✓ Organic
- ✓ Dry multi-grain, barley, and oat
- ✓ Minimum of 45 milligrams of iron per 100 grams of infant cereal

NOT ALLOWED

- ✗ Infant rice cereal
- ✗ Infant cereal with added infant formula, milk, fruit, or other ingredients



Infant Fruits & Vegetables

ALLOWED **4 ounces to 8 ounce (2-pack of 4 ounce) size containers:**

- ✓ Organic
- ✓ Stage 1, 2 and 2 ½
- ✓ Variety of single ingredient commercial infant food
- ✓ Fruit or vegetable without added sugar, starch, or salt
- ✓ Texture may range from strained through diced
- ✓ Brands including but not limited to:

NOT ALLOWED

- ✗ Mixtures with cereal or infant food desserts (example: peach cobbler)



Infant Meats

ALLOWED **2.5 ounce containers:**

- ✓ Organic
- ✓ Any commercial infant food, meat or poultry as a single major ingredient with added broth or gravy: pureed or diced
- ✓ Brands including but not limited to:

NOT ALLOWED

- ✗ Added sugar or salt
- ✗ Food combinations (example: meat and vegetables)
- ✗ Dinners (example: spaghetti and meatball)

BABIES 6 - 11 MONTHS

Food For Thought

Babies between the ages of 6 months to 11 months are able to get fresh, frozen or canned fruits and vegetables instead of jarred baby fruits and vegetables. Talk to your local WIC clinic for options.



ONLINE NUTRITION EDUCATION WITH wichealth

✓ **It's easy**
You can use any computer, tablet or smart phone.

✓ **It's fun**
There are lots of great recipes and tips on preparing healthy foods.

✓ **It's convenient**
You can do it anytime and anywhere you have internet access.



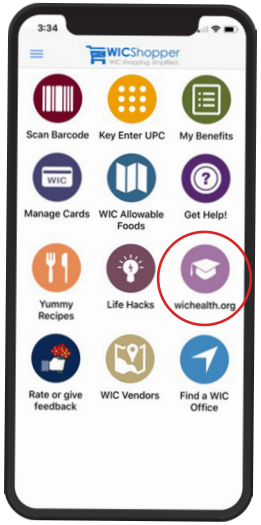
Access lesson certificates by visiting your dashboard. WIC parents that have used wichealth really enjoy it!

Follow these simple steps to get started:

wichealth.org

1. Go to wichealth.org, or access WIC Health through the WICShopper app.
2. Sign up and complete your profile.
3. Click "Start a new lesson."
4. Choose a lesson from one of the categories.
5. Complete the lesson.
6. Fill out the survey.
7. Click "Submit" or print your certificate of completion.

Contact your WIC agency for help!



STAY CONNECTED, STAY CURIOUS, AND KEEP MAKING HEALTHY CHOICES!



health.alaska.gov/en/education/connections-for-kids/kodi-the-bear/

WIC ENCOURAGES BREASTFEEDING EVERY OUNCE COUNTS!

Every mother can help her baby develop and grow with her own breastmilk. It's also a healthy, affordable choice.

✓ **Healthy for MOMS** ✓ **Healthy for BABIES** ✓ **Great for FAMILIES**





Breastfeeding helps moms and babies stay healthy. Healthy moms and babies are more active and ready for play.

Moms have the right to breastfeed their children anytime, anywhere. It is the law in Alaska.

WHAT WIC PARTICIPANTS SAY ABOUT BREASTFEEDING...

"What you taught me must have worked, because it's going great!"

"Healthier for my baby, no preparing milk and breastfeeding is free!"

"It was a way to be close to my daughter when I went back to work."

New parents have questions and WIC is here to answer those questions. Learn more about breastfeeding by contacting your WIC office or call (907) 465-3100 option #2 for WIC.

VITAMIN D

Food For Thought

Getting enough Vitamin D contributes to good health. WIC offers vitamin D supplements to breastfed infants to help them meet their vitamin D needs. Ask your doctor if you or your child should be taking a vitamin D supplement. Contact your local WIC agency for more information.

ALASKA WIC RIGHTS AND RESPONSIBILITIES

You have rights and responsibilities as a WIC participant. The names, address, and contact information of you and your child may be given to agencies such as Medicaid, Denali Kid Care, Supplemental Nutrition Assistance Program (SNAP), Heating Assistance, Temporary Assistance, Child Care, Infant Learning, Head Start and Public Health Nursing Programs for referral and outreach. Programs listed above may give the WIC program your name(s), address, phone numbers, and verification of participation in those programs, to help check if you or your child qualify for WIC. Other WIC information may also be shared with health programs to see if you qualify for their program's services, to share needed health information with programs you are already participating in, and to help assess the overall health of Alaskan families through reports and studies. These same programs listed below may also share their information with WIC for the same purposes. You may ask WIC staff for more information about these programs. These programs include: Medicaid, Denali Kid Care, Pro Care, Head Start, Supplemental Nutrition Assistance Program (Formally known as the Food Stamp Program), Immunizations Program, Public Health Nursing, State Epidemiology and Infant Learning Program. I understand my Rights and Responsibilities.

Responsibilities:

- I will treat WIC and store staff with courtesy and respect.
- All the information I give WIC is true and accurate. WIC staff can check this information.
- I will immediately report any changes in my income, family size, address, phone number or eligibility for Medicaid/Denali Kid Care, or the SNAP.
- I will get WIC benefits from only one clinic at a time. If I move out of Alaska, I will ask for a transfer.
- I will not sell, or try to sell my eWIC card, or trade or give away formula or other WIC foods or breast pumps. This includes the sale of such items in person, in print, or online.
- I will allow WIC staff to take my or my child's height and weight and take a small amount of blood to check my or my child's iron level. I understand this information is needed to check nutrition needs and determine eligibility for WIC.
- I will come to my appointments or call ahead when I need to reschedule.
- I will reapply for benefits as needed. I understand that WIC benefits are for participant use only.
- I will follow the WIC program and shopping rules that are on my WIC food list.
- WIC is a federal program. If I break the rules, make false statements, intentionally misrepresent, conceal, or withhold facts about my eligibility for the WIC Program,
  I understand that:
  - I or my child can be taken off WIC.
  - I will have to pay money back to WIC for foods, formula or breast pumps I should not have received. If I do not pay back the WIC program for foods and/or formula that I accepted or return loaned breast pumps that I was not eligible to receive, the state may use other types of legal options to collect payment, including small claims court, which could result in Permanent Fund Dividend (PFD) garnishment.
  - I can face civil or criminal prosecution under state and federal law.

Rights:

- If I qualify for WIC, I will get benefits to buy healthy foods. **I understand that WIC does not give all the food or formula needed in a month.** WIC foods help promote and support the nutrition and well-being and help meet the needed intake of important nutrients or foods for myself and / or my child(ren).
- WIC will give me information for healthy eating and active living
- WIC will provide me with breastfeeding support.•WIC will give me information to find a healthcare provider and get immunizations for my child. I will be referred to other services.•WIC staff will treat me with courtesy and respect.
- WIC will keep information about me and / or my child(ren) confidential and share only needed information to determine eligibility and forreferral to other services.
- The rules for getting on WIC are the same for everyone. I can ask for a Fair Hearing if I do not agree with a decision about my WIC



In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
Fax: (202) 690-7442; or
Email: program.intake@usda.gov

WIC GIVES KIDS A HEALTHY START



VISIT OUR WEBSITE AT

WIC.alaska.gov

eWIC CUSTOMER SERVICE LINE

Questions about your benefit balance?
Call the eWIC Customer Service Line, 24-hours a day, at:

1 (844) 386-3149

CHECK YOUR BALANCE AT

EBTedge.com



FOR MORE INFORMATION

Ask your WIC staff about services in your area. The Alaska Department of Health has information about:

The Supplemental Nutrition Assistance Program (SNAP); formerly known as Food Stamps, the Alaska Temporary Assistance Program (ATAP), and Medicaid/Denali KidCare:

health.alaska.gov/dpa/

Tobacco, alcohol, and drugs can harm you, your baby, and family. For help making changes, talk with WIC staff or visit:

findtreatment.gov

HEAD START:

Head Start program promotes school readiness of children ages birth to five by supporting the development of the whole child through comprehensive services such as health, nutrition, and parent involvement.

https://education.alaska.gov/headstart

MY LOCAL WIC CLINIC

Please call the clinic if you cannot keep your appointment.

State of Alaska
Department of Health
Family Nutrition Program
PO Box 110612
Juneau, Alaska 99811
(907) 465-3100

WIC ALASKA

STATE OF ALASKA DEPARTMENT OF HEALTH

HEALTHY FOOD.
HEALTHY KID.
HAPPY MOM.

This institution is an equal opportunity provider.
Published April 2026