



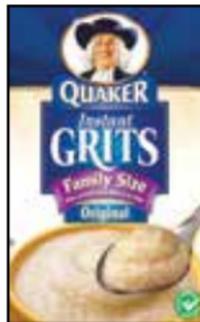
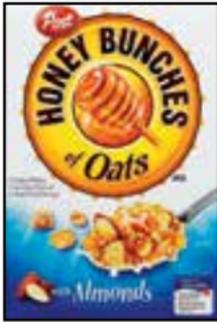
RHODE ISLAND WIC APPROVED

Cashier Guide



Non-Whole Grain Cereals

CREAMY WHEAT HOT CEREAL	CRISPY RICE	CORN FLAKES
Best Yet	Best Yet	Best Yet
Krasdale	Essential Everyday	Essential Everyday
	Great Value	Great Value
	IGA	IGA
	Kiggins	Kiggins
	Krasdale	Krasdale
	Ralston	Ralston
	Shurfine	Shurfine
	Stop & Shop	Stop & Shop



Cereal Size Guide: 12 oz - 36 oz Package

Not Allowed: Individual Servings, Organic, Gourmet, and Imported

$$\begin{array}{|c|} \hline \text{Cereal} \\ \hline 18 \text{ oz} \\ \hline \end{array}
 +
 \begin{array}{|c|} \hline \text{Cereal} \\ \hline 18 \text{ oz} \\ \hline \end{array}
 = 36 \text{ oz}$$

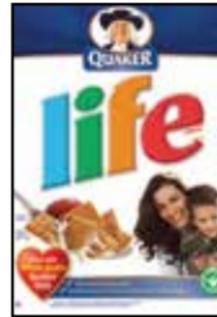
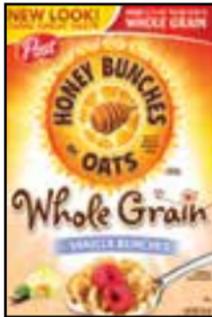
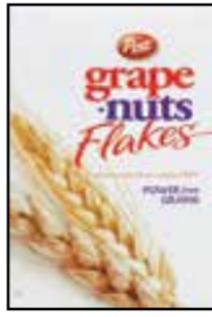
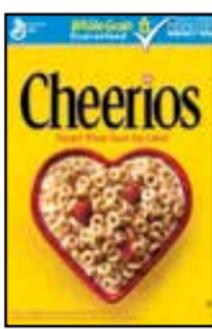
$$\begin{array}{|c|} \hline \text{Cereal} \\ \hline 12 \text{ oz} \\ \hline \end{array}
 +
 \begin{array}{|c|} \hline \text{Cereal} \\ \hline 12 \text{ oz} \\ \hline \end{array}
 +
 \begin{array}{|c|} \hline \text{Cereal} \\ \hline 12 \text{ oz} \\ \hline \end{array}
 = 36 \text{ oz}$$

$$\begin{array}{|c|} \hline \text{Cereal} \\ \hline 24 \text{ oz} \\ \hline \end{array}
 +
 \begin{array}{|c|} \hline \text{Cereal} \\ \hline 12 \text{ oz} \\ \hline \end{array}
 = 36 \text{ oz}$$

$$\begin{array}{|c|} \hline \text{Cereal} \\ \hline 20 \text{ oz} \\ \hline \end{array}
 +
 \begin{array}{|c|} \hline \text{Cereal} \\ \hline 16 \text{ oz} \\ \hline \end{array}
 = 36 \text{ oz}$$

Whole Grain Cereals

BRAN FLAKES	FROSTED SHREDDED WHEAT	TOASTED OATS / MULTIGRAIN TOASTED OATS
Best Yet	Best Yet	Best Yet
Essential Everyday	Essential Everyday	Essential Everyday
Great Value	IGA	Great Value
IGA	Kiggins	IGA
Kiggins	Ralston	Kiggins
	Shurfine	Krasdale
	Stop & Shop	Ralston (Tasteos)
		Shurfine
		Stop & Shop



Whole Grains

SLICED BREAD, ROLLS, TORTILLAS

Not Allowed: Organic, Gourmet, and Imported



Arnold Stone Ground
100% Whole Wheat
(16 oz)



Gold Medal Bakery
100% Whole Wheat
with Flax (16 oz)



Pepperidge Farm
Stone Ground 100%
Whole Wheat (16 oz)



Sunbeam 100%
Whole Wheat (16 oz)



Shaw's 100%
Whole Wheat (16 oz)
(including No Salt
or Low Salt)



Stop & Shop 100%
Whole Wheat (16 oz)
(including No Salt
or Low Salt)



Arnold Select
Multi-grain Kaiser
Rolls (16 oz)



Bimbo 100%
Whole Wheat
(16 oz)



Pepito Tortillas,
Whole Wheat, and
Corn
(16 oz)



Mayan Farm Tortillas
Whole Wheat
(16 oz)



Don Pancho Tortillas,
Whole Wheat, and
Corn (white or yellow)
(16 oz)



Mission Tortillas,
Whole Wheat, and
Corn (16 oz)



La Banderita Tortillas,
Whole Wheat, and
Corn (16 oz)



Stop & Shop Tortillas,
Whole Wheat, and
Corn (16 oz)

BROWN RICE

**Store Brand or Least Expensive -
Box or Bag (16 oz)**



**Not Allowed: Instant,
Organic, Gourmet, and Imported**

WHOLE WHEAT PASTA

**Store Brand or Least Expensive -
Box or Bag (16 oz)**



**Not Allowed:
Organic, Gourmet, and Imported**

100% Juice

ORANGE, GRAPEFRUIT, OR PINEAPPLE JUICE

100% Juice, Any Brand, Frozen Concentrate, 11.5 - 12 oz



Orange Juice
Any Brand



Grapefruit Juice
Any Brand



Pineapple Juice
Any Brand

GRAPE JUICE

100% Juice, Frozen Concentrate, 11.5 - 12 oz



Old Orchard Grape



Old Orchard
White Grape



Essential Everyday
Grape



Stop & Shop Grape



Welch's Grape



Welch's White
Grape

APPLE JUICE

100% Juice, Frozen Concentrate, 11.5 - 12 oz



IGA



Old Orchard



Seneca



Tipton Grove



Essential Everyday



Stop & Shop

ANY FLAVOR

100% Juice, Liquid Concentrate, 11.5 - 12 oz



Welch's

FOR CHILDREN

100% Juice, Shelf-stable Bottle, 64 oz

Juicy Juice,
Any Flavor



Libby's,
Pineapple
Only



Old Orchard,
Any Flavor



Not Allowed for Any Juice: Fruit Drink, Organic, Gourmet, Imported, Added Fiber, Added Calcium (unless specified), and Refrigerated Cartons

Dairy

MILK

Store Brand or Least Expensive, Gallon, and Half Gallon Only if listed on WIC check: Powdered, Evaporated, or Lactose Reduced/Free



Not Allowed: Flavored, High Calcium, Organic, Gourmet, and Imported

SOY MILK

Only if listed on WIC check



Silk:
Plain
(64 oz)



Pacific
Natural
Foods:
Ultra Soy
Plain and
Vanilla
(32 oz)



8th
Continent:
Plain and
Vanilla
(64 oz)

Not Allowed: Other Flavorings, Gourmet, and Imported

CHEESE



Deli: American
Cheese ONLY,
Store Brand or
Least Expensive



Pre-packaged regular and/or low-fat; Sliced, Shredded, Block;
Any Brand 16 oz packages American, Cheddar, Colby,
Monterey Jack, Mozzarella, Muenster, Provolone

Not Allowed: Individually Wrapped Slices,
Blends, Organic, Gourmet, and Imported

YOGURT

Any Brand, Plain or Vanilla Only;
Whole, 1% or Non-Fat;
32 oz. Container Only

Not Allowed: Greek or Organic



Protein

CANNED OR DRIED BEANS, PEAS, OR LENTILS

Store Brand or Least Expensive, 1 lb Bag or 15-16 oz Can, including Low-Salt and Low-Sodium



Not Allowed: Flavorings, Mixed Beans, Baked Beans, Refried Beans, Organic, Gourmet, and Imported

EGGS



Store Brand or Least Expensive, Brown or White, Grade A Large Only

Not Allowed: Half Dozens, Organic, Gourmet, and Imported

PEANUT BUTTER

Store Brand or Least Expensive, 16-18 oz. Container, Any Texture



Not Allowed: Single Servings, Added Honey, Jelly, or Other Flavorings, Organic, Gourmet, and Imported

CANNED FISH (for fully breastfeeding women)

Store Brand or Least Expensive



5 oz.



5 oz.



3.75 oz.

Not Allowed: Pouches, Added Flavorings, Blueback or Red Salmon, Organic, Gourmet, and Imported

TOFU

Only if listed on WIC check



Azumaya
Lite Silken
Tofu (16 oz)



Azumaya
Silken Tofu
(16 oz)



Nasoya Lite
Silken Tofu
(16 oz)



Nasoya
Silken Tofu
(16 oz)



Soy Boy
Organic Firm
Tofu (16 oz)

Not Allowed: Gourmet and Imported

Fruits and Vegetables

FRESH FRUITS AND VEGETABLES

Any Brand (including organic)

Not Allowed:
Salad Bar, Party Trays,
Herbs or Spices, and
Dried Fruit



FROZEN FRUITS AND VEGETABLES

Any Brand (including Vegetable Mixes and Organic)



Not Allowed: Added Fats, Oil or Butter, Cheese, and
Added Flavorings or Seasonings

CANNED FRUITS AND VEGETABLES

Any Brand (including Organic, Low-Salt, and Low-Sodium)



Not Allowed: Light or Heavy Syrup, Pie Filling, Cranberry Sauce,
Soups, Relishes, Olives, Pickles, Glass Jars, Added Fats, Oil or Butter,
and Added Flavorings or Seasonings

GUIDE TO USING YOUR FRUIT AND VEGETABLE CHECK

The Fruit and Vegetable Check is different from the other WIC checks. Each check has a dollar value.

You can use your check(s) to buy any combination of fresh, frozen, or canned fruits and vegetables.

For fresh fruits and vegetables priced by the pound:

Price per pound x weight = final price

Example: Granny Smith Apples

\$1.59 x 1/2 pound = \$0.80

You can combine multiple checks to pay for one purchase.

You can pay the difference if you go over the amount of your check(s).

You cannot get cash back if you do not spend the full amount of your check(s).

You can use these checks at WIC-approved Farmer's Markets (but you cannot use the Farmer's Market checks at the grocery store).

Infant Formula, Cereal, Food

as listed on WIC Check

FORMULA



BEECH NUT BABY CEREAL (8 OZ)



Oatmeal

Rice

Multigrain

**Not Allowed:
Added Fruit or Formula**

BEECH NUT STAGE 1 (2.5 OZ) (for fully breastfed infants only)

Beef and Beef Broth

Chicken and Chicken Broth

Turkey and Turkey Broth



BEECH NUT STAGE 2 (4 OZ)

Applesauce

Apples & Bananas

Apples & Blueberries

Apples & Cherries

Apples, Mango, & Kiwi

Apples, Pears, & Bananas

Apricots with Pears & Apples

Bananas & Mixed Berries

Chiquita Bananas

Chiquita Bananas & Strawberries

Corn & Sweet Potatoes

Garden Vegetables

Green Beans

Mixed Vegetables



Peaches

Pears

Pears & Pineapples

Pears & Raspberries

Sweet Potatoes

Squash

Sweet Carrots

Sweet Peas

Check-Cashing Procedure

1. Ask the shopper for WIC identification.
The shopper does not need to remove the cover.
2. Check that the Participant ID Number on the WIC check matches the WIC identification.
3. Do not accept the WIC check if the check or the WIC identification is altered or if the check has already been signed.
4. Verify the dates on the WIC check. Do not accept checks before the "First Day to Use" or after the "Last Day to Use" listed on the check.
5. Process the order.
 - » Make sure the shopper has selected only WIC-approved foods.
 - » Make sure the amount of food (quantities and sizes) does not exceed the amount listed on the WIC check.For Fruit and Vegetable checks ONLY, the shopper can buy more than the amount listed on the check.
 - » Ring in or scan in all items.
 - » Accept coupons or scan cards (if the store allows).
6. Enter the date at the time of the transaction.
7. Enter the total amount of the sale on the WIC check.
Please print clearly with a pen.
8. Ask the shopper to sign the WIC check with a pen.
9. Verify that the signature on the WIC check matches the signature on the WIC Identification.
10. Give the receipt to the shopper.

Important Points to Remember

WIC shoppers must be allowed to buy all of the foods in the amounts listed on their WIC checks.

WIC shoppers do not have to buy everything on their WIC checks.

WIC shoppers can use manufacturer and store coupons. Deduct the value of the coupon(s) before entering the total amount of the sale on the WIC check.

WIC shoppers are entitled to promotions offered to other shoppers. "Buy one, get one free" counts as one item.

Print clearly and carefully.

For more detailed information, ask the manager or refer to the WIC Manager's Guide.

Buying and Selling or otherwise misusing WIC checks is a crime.

Correcting a Pricing Error

A pricing error is an incorrect price, an unclear number, or a number that has been altered or traced over.

1. Clearly cross out the original price.
2. Clearly print the correct price below, in the "Approved Price Correction" box.
3. Ask the shopper to sign the check in the signature box at the bottom of the WIC check.
4. Ask the shopper to initial the check again in the price correction box.

WIC checks with corrections and/or alterations that do not follow this procedure will not be paid by the bank.

Rhode Island Department of Health
WIC Program

Pay To The Order of: **The Authorized Person Island WIC Vendor**

00148545 WIC ID No. **WIC** **31982001** Issue of Postdated
 001/001 31982001
 12/13

001 SHOPPER **209C Shopper**

001 MILK - 1% OR FAT FREE (GALLON)
 001 WIC CHEESE (12-16 OZ PKG)
 001 EGGS DOZEN LARGE - LEAST EXPENSIVE BRAND
 001 PEANUT BUTTER - LEAST EXPENSIVE BRAND (16-18 OZ JAR)
 001 WIC APPROVED JUICE (64 OZ CONTAINER)
 001 WIC APPROVED WHOLE GRAIN (16 OZ BREAD OR 16 OZ TORTILLAS)
 XXX END OF ORDER XXXX

31982001
 20.5.
~~\$20.75~~
 \$15.23

NOV 19, 2013
 DEC 18, 2013

1. 2. 3. 4.



USDA is an Equal Opportunity Provider

**Health Information Line:
401-222-5960 / RI Relay 711**

**Vendor Unit Email:
doh.wicvendorsupport@health.ri.gov**

Rhode Island Department of Health
Three Capitol Hill, Room 302, Providence, RI 02908

