TEAM KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES

Kentucky Public Health
Prevent. Promote. Protect.

KENTUCKY WIC
Women, Infants, & Children

WIC-Approved Foods

04/20/2026 - 03/31/2027

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Welcome to WIC

What does WIC provide?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides at no cost:

- Healthy foods like milk, cheese, yogurt, cereal, whole grains (bread, tortillas, brown rice, and pasta), juice, eggs, peanut butter, beans, fruits and vegetables.
- Nutrition education.
- Infant feeding information.
- Healthcare referrals.
- Breastfeeding support.

Who is eligible?

Applicants must meet these requirements:

- Category (be a woman, infant or child)
  - Pregnant women.
  - Women who have delivered a baby or miscarried in the past six months.
  - Breastfeeding women until their baby is one year old.
  - Infants and children up to their fifth birthday.
- Resident (must live in the state where they apply.)
- Income (must meet income guidelines.)

KY WIC shopping tips

- Take your KY WIC shopping list with you.
- If you have a smartphone, use the free WICShopper app to scan foods. Be sure to register your eWIC card with the app so you can check your benefits from your phone.
- Make sure the foods you buy are on your KY WIC shopping list.
- If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference.
- Coupons and store promotions can be used with your KY eWIC card.
- If using multiple forms of payment, use your KY eWIC card first.
- Your receipt will list the remaining food benefit balance.

Cereal

10 ounces or larger
Only cereals listed

B & G Foods

- Cream of Wheat Instant
- Cream of Wheat Whole Grain
- Cream of Rice
- Cream of Rice Instant
- Cream of Wheat 2 ½ minute
- Cream of Wheat 1 minute

# indicates whole grain cereal

General Mills

- Cheerios #
- Vanilla Spice Cheerios #
- Multi-Grain Cheerios
- Veggie Blends Apple Strawberry Cheerios #
- Veggie Blends Blueberry Banana Cheerios #
- Bluey Cereal #
- Cheerios Ancient Grains #
- Fiber One Honey Clusters #
- Wheaties #
- Corn Chex
- Rice Chex
- Wheat Chex #
- Strawberry Vanilla Chex #
- Blueberry Chex #
- Cinnamon Chex #
- Kix #
- Honey Kix #
- Berry Berry Kix #
- Total #

Cereal

Kellogg's

- All Bran Complete Wheat Flakes #
- Corn Flakes
- Rice Krispies
- Frosted Mini-Wheats Strawberry #
- Frosted Mini-Wheats Cinnamon Roll #
- Frosted Mini-Wheats Original #
- Frosted Mini-Wheats Little Bites #
- Frosted Mini-Wheats Blueberry #
- Frosted Mini-Wheats Golden Honey #
- Frosted Mini-Wheats Bite Size Pumpkin Spice #
- Special K Protein Original Multigrain Touch of Cinnamon #

Post

- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats with Vanilla Bunches #
- Honey Bunches of Oats Whole Grain Honey Crunch #
- Grape Nuts Original #
- Grape Nuts Flakes

Cereal

Quaker

- Instant Oatmeal Original #
- Life Original #
- Oatmeal Squares Golden Maple #
- Oatmeal Squares Brown Sugar #
- Oatmeal Squares Cinnamon #
- Oatmeal Squares Honey Nuts
- Instant Grits Original
- Life Multigrain Vanilla #

Malt-O-Meal

- Crispy Rice
- Frosted Mini Spooners #
- Original Hot Wheat Cereal
- Strawberry Frosted Mini-Spooners #

Juice

Unsweetened 100% fruit or vegetable

100% Frozen Fruit Juice
12 ounce (makes 48 ounces)

Any brand	Grapefruit or Orange
Seneca	Apple
Old Orchard	Any flavor

Can or plastic 100% Vegetable Juice
64 ounces

Tomato Juice
- Campbell's
- Campbell's low sodium

Vegetable Juice
- V8
- V8 low sodium

Can or plastic 100% Fruit Juice
48 or 64 ounces

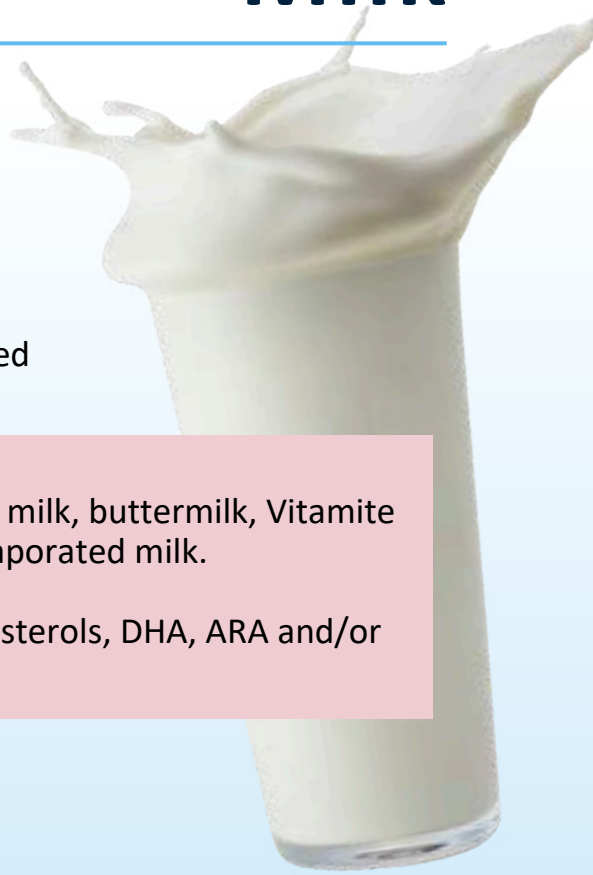
Any brand	Grapefruit or Orange
Seneca, Motts	Apple
Apple and Eve	Any flavor
Libby's	Pineapple
Juicy Juice	Any flavor
Northland	Any flavor
Old Orchard 100% Juice	Any flavor
Welch's	100% grape juice (No other varieties)

Purchase size shown on EBT shopping list

Allowed:
- Added calcium.

Not allowed:
- No 46-ounce juice.
- No 11.5-ounce juice.
- No other juices or fruit drinks.
- No organic juice.
- No cocktails.
- No V8 Lite, Splash or Fusion.
- No DHA, prebiotics or artificial sweeteners.
- No juice made with coconut water.

Milk



Fat free/skim
Low fat (1%)
Reduced fat
Whole
Purchase type shown on EBT shopping list

Acidophilus and/or bifidum (A/B), lactose free and powdered milks are allowed if shown on EBT shopping list

Allowed:
- Added calcium.

Not allowed:
- No flavored milk, goat's milk, buttermilk, Vitamite 100, rice, almond or evaporated milk.
- No organic milk.
- No added plant sterols, sterols, DHA, ARA and/or Omega 3.

Plant-Based Milk

Half gallon or quart size container

To purchase plant-based milk, it must be shown on EBT shopping list.

Approved plant-based milk

Silk Soy Original

8th Continent Original

Pacific Soy Original

NO other plant-based milk is authorized.

Yogurt

32 oz tub
Purchase type shown on EBT shopping list

Whole Milk yogurt

Dannon

- Whole Milk Plain
- Whole Milk Vanilla

Meijer

- Whole Milk Plain

Mountain High

- Whole Fat Plain
- Whole Fat Vanilla

Kroger

- Whole Milk Plain
- Whole Milk Vanilla
- Whole Milk Blended Vanilla

Our Family

- Whole Milk Plain

Low Fat and Fat Free yogurt

Activia

- Vanilla

Coburn Farms

- Low Fat Plain
- Low Fat Vanilla

Essential Everyday

- Fat Free Plain
- Low Fat Plain
- Low Fat Peach
- Low Fat Strawberry
- Low Fat Vanilla

Kroger

- Blended Low Fat Plain
- Blended Low Fat Vanilla

Best Choice

- Nonfat Plain
- Low Fat Vanilla
- Strawberry
- Low Fat Strawberry Banana
- Low Fat Peach

Yogurt

Dannon

- Nonfat Plain
- Low Fat Plain
- Low Fat Vanilla

Food Lion

- Plain Nonfat
- Low Fat Vanilla
- Nonfat Vanilla

Meijer

- Nonfat Plain
- Low Fat Plain
- Blended Low Fat Strawberry
- Blended Low Fat Strawberry Banana
- Low Fat Vanilla
- Plain 1.5% Milk Fat
- Light Blended Low Fat Vanilla
- Blended Low Fat Blueberry

Yoplait

- Low Fat Blueberry
- Low Fat Harvest Peach
- Low Fat Strawberry Banana
- Low Fat Strawberry
- Low Fat Vanilla
- Low Fat Plain

Morning Fresh

- Nonfat Plain
- Nonfat Vanilla

Food Club

- Fat Free Plain
- Low Fat Vanilla
- Low Fat Strawberry

Great Value

- Nonfat Plain
- Low Fat Vanilla
- Low Fat Strawberry
- Low Fat Strawberry Banana
- Low Fat Peach

Lala

- Low Fat Plain
- Low Fat Vanilla
- Low Fat Strawberry
- Low Fat Mango

Our Family

- Nonfat Plain
- Nonfat Strawberry
- Nonfat Vanilla
- Low Fat Vanilla
- Low Fat Peach
- Low Fat Strawberry
- Low Fat Blueberry

Mountain High

- Low Fat Plain
- Fat Free Plain
- Low Fat Vanilla

Yogurt

Low Fat and Nonfat multipacks

Go-Gurt
Box of 8 - 2 oz tubes
Box of 8 - 4 oz tubes
Box of 16 - 2 oz tubes

Activia
Pack of 4 - 4 oz cups

To buy 32 Ounces of Yogurt

One 32 oz. container

Eight 4 oz. containers

Sixteen 2 oz. containers

Eight 2 oz. containers

+

Eight 2 oz. containers

Four 4 oz. containers

+

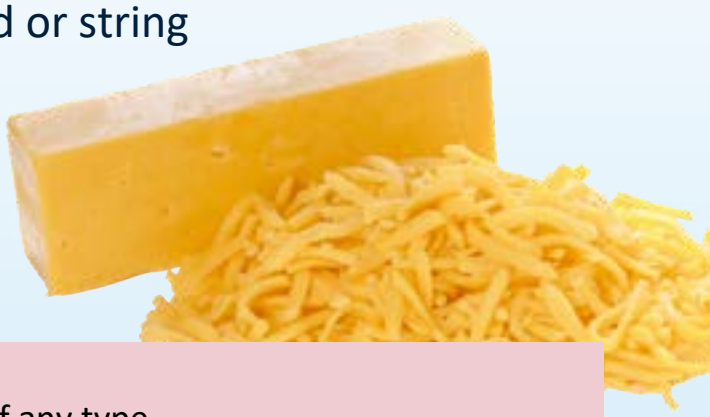
Four 4 oz. containers

Not allowed:

- No organic.
- No Greek or strained yogurt.
- No artificial sweeteners (No light & fit, carb master).
- No drinkable yogurt bottles or frozen yogurt.
- No mix-in ingredients such as granola, candy pieces, honey or nuts.

Cheese

Block, crumbled, cubed, sliced, shredded or string
8 or 16 ounce packages only



- Brick
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

Allowed:

- Variety packs/blends.
- Low cholesterol.
- Low or reduced fat.
- Nonfat.
- Fat-free.
- Added calcium.
- Low sodium.

Not allowed:

- No deli cheese of any type.
- No American cheese.
- No cheese food, cheese product, cheese spread, pasteurized processed cheese, imitation cheese.
- No added pepper, pimento, added herbs, spices, seasonings or flavorings (wine or smoked).
- No organic cheese.
- No added probiotics (e.g., Live Active, etc.)

Eggs

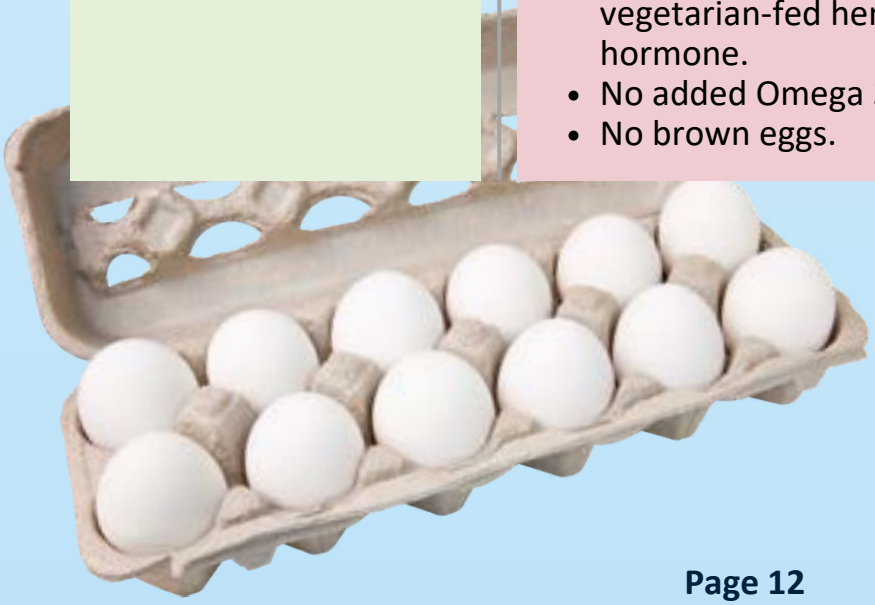
Grade A, white, dozen only
Size - small, medium or large

Allowed:

- Cage-free.

Not allowed:

- No organic, free-range, low cholesterol, antibiotic-free, vegetarian-fed hen, multigrain diet fed and no growth hormone.
- No added Omega 3 or other fatty acids.
- No brown eggs.



Dried Beans & Peas

Any Brand
Dried - 16-ounce bag OR
Canned - 15 to 16 ounce

Any plain bean or pea. Some examples include:

- Black
- Black-eyed
- Garbanzo
- Great Northern
- Kidney
- Lentils
- Mixed
- Navy
- Pinto
- Red
- Speckled

Allowed:

- Mixed beans (pinto and great northern, etc.).
- Regular or low sodium.

Not allowed:

- No added meats, flavorings, sauces, spices, seasoning, fats, sugars or oils.
- No organic or baked.
- No canned green beans, green peas or waxed beans.

Peanut Butter

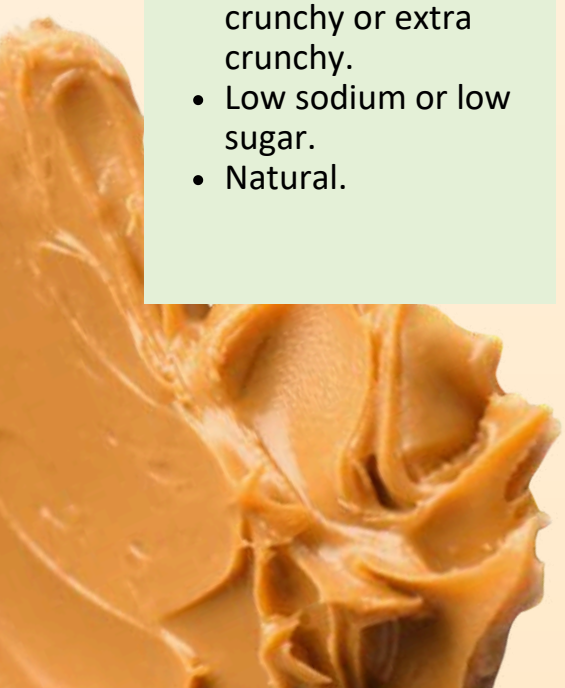
Any brand - 16 to 18 ounce only

Allowed:

- Chunky, creamy, crunchy or extra crunchy.
- Low sodium or low sugar.
- Natural.

Not allowed:

- No low carb.
- No chocolate, marshmallow, artificial sweeteners, jelly, honey or added flavors.
- No tubes, slices or “To-Go” containers.
- No organic peanut butter.
- No reduced fat.
- No whips.
- No Omega 3, flaxseed or plus.



Tofu

8 or 14 to 16 ounces only

Simple Truth
Organic Extra Firm
Organic Firm

Nasoya
Extra Firm
Organic Extra Firm
Firm

House Foods
Premium Medium Firm
Premium Extra Firm
Premium Firm
Housefoods Regular

Azumaya
Firm
Extra Firm

Franklin Farms
Medium Firm
Firm
Extra Firm
Soft
Organic Medium Firm
Organic Firm
Organic Extra Firm
Organic Pressed Firm

To purchase tofu, it must be shown on EBT shopping list

Allowed:
- Prepared with calcium/magnesium salts.
- Organic.

Not allowed:
- No added fats, sugars, oils or sodium.
- Marinated or seasoned tofu.

Fish

Only type and sizes below.
Any brand packed only in oil or water.

Pink Salmon - 6 and 7.5 ounce cans only
Sardines - 3.75 ounce cans only
Tuna Fish - 5 and 6 ounce cans only

To purchase fish, it must be shown on EBT shopping list

Allowed:
- Regular or low sodium.

Not allowed:
- No white or albacore tuna.
- No organic fish.
- No foil containers.
- No added seasonings, flavors or dressings.

Whole Grains

Bread, Bagels, Buns, English Muffins and Rolls

100% Whole Wheat
Sizes: 12, 14, 16, 20 or 24 ounces

Kroger

- 100% Whole Wheat
- 100% Whole Wheat Pre-sliced Bagels
- Whole Wheat Bagels

Private Selection

- 100% Whole Wheat
- Whole Wheat
- Whole Wheat Wide Pan Bread
- Sugar Free Wide Pan Bread

Wonder

- 100% Whole Wheat

Nature's Own

- 100% Whole Grain Sugar Free
- 100% Whole Wheat Honey
- Keto Multi-Grain Bread
- Whole Wheat

Sara Lee

- 100% Whole Wheat
- Whole Wheat

Kern's

- 100% Whole Wheat

Pepperidge Farm

- Very Thin 100% Whole Wheat
- Whole Grain 100% Whole Wheat
- Whole Grain 15 Grains
- Whole Grain Honey Whole Wheat
- Whole Grain Oatbread
- Thin Sliced 100% Whole Wheat
- Whole Grains Sliced
- Thin Sliced Whole Grain 15 Grain

Bimbo

- 100% Whole Wheat

Arnold

- 100% Whole Grain Sandwich Thins
- 100% Whole Wheat Sandwich Rolls
- Whole Wheat
- Whole Wheat Small Slice
- Whole Grain Healthy Grain Multi-Grain
- Whole Grains Oatbread

Our Family

- 100% Whole Wheat

Whole Grains

Brownberry

100% Whole Wheat Sandwich Thins

Whole Grains Whole Wheat

Whole Grains Whole Wheat Small Slice

Whole Grains 100% Whole Wheat Sandwich Rolls

Whole Grains 100% Whole Wheat Hotdog Buns

Whole Grains

Bunny

Whole Wheat

Thomas'

Whole Wheat Bagels

Light Multi-grain English Muffins

Light Whole Grain English Muffins

Heiner's

Whole Wheat

Schwebel's

100% Whole Wheat

Food Lion

100% Whole Wheat

Roman Meal

Sungrain 100% Whole Grain

Lewis Bake Shop

Whole Wheat

Healthy Life Whole Wheat

Whole Wheat Sandwich Buns

Whole Wheat Hotdog Buns

Aunt Millie's

Light Whole Grain

Wholesome

Harvest 9 Grain and Seed

Great Value

Whole Wheat

Meijer

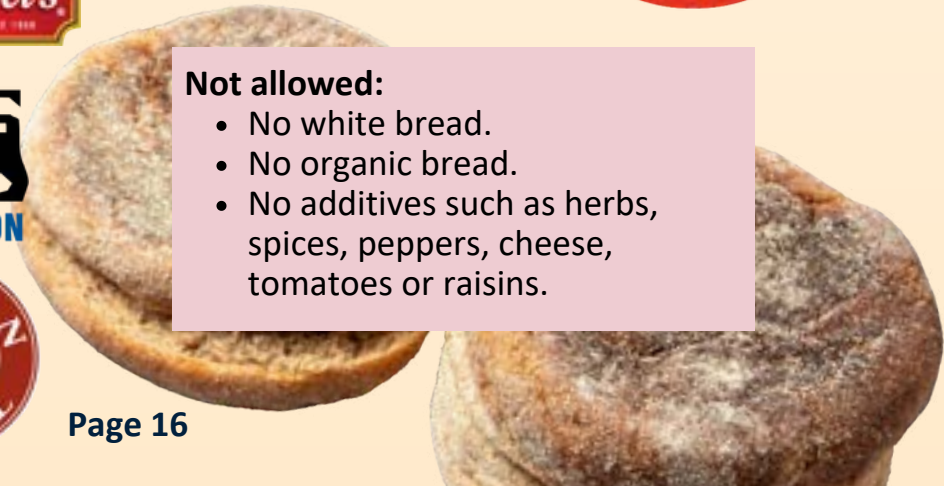
Whole Wheat English Muffins

Freihofer's

Whole Wheat

IGA

Whole Wheat



Not allowed:

- No white bread.
- No organic bread.
- No additives such as herbs, spices, peppers, cheese, tomatoes or raisins.

Whole Grains

Pita Bread

Sizes: 11, 12 and 14 ounce only

Joseph's

Whole Wheat Pita Bread

Toufayan Bakeries

Whole Wheat Pita Bread

Kontos

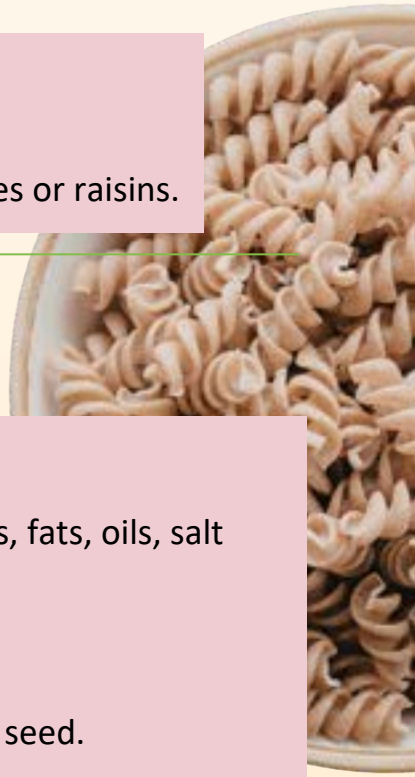
Whole Wheat Pocketless Pita Bread

Meijer

Whole Wheat Pita Bread

Not allowed:

- No white bread.
- No organic bread.
- No additives such as herbs, spices, peppers, cheese, tomatoes or raisins.



Pasta

100% Whole Wheat
16 ounce size only

Allowed:

- Any brand.
- Any shape (for example, whole wheat rotini, penne, spaghetti, macaroni/elbows or linguine).

Not allowed:

- No organic.
- No added cheese, vegetables, sugars, fats, oils, salt (sodium) or other flavorings.
- No egg noodles.
- No pasta meals or canned pasta.
- No gluten free or brown rice pasta.
- No corn flour, chia seed flour or flax seed.

Rice

Sizes: 14, 16 and 32 ounce only

Allowed:

- Any brand.
- Brown rice, purple rice and red rice.
- Instant, quick or regular.

Not allowed:

- No organic.
- No additives such as herbs, spices, peppers or cheese.

Whole Grains

Tortillas

Sizes: 16 and 24 ounce only

Whole Wheat Tortillas	
Best Choice	Micasa
Carlita	Food Lion
Celias	IGA
Kroger	Food Club
La Banderita	Tio Santi
Ortega	Chi Chi's
Mission	Don Pancho
Essential Everyday	

Corn Tortillas	
Celias	Hy-Top
Don Pancho	Mission
Food Club	Best Choice
Food Lion	Guerrero
La Banderita	Essential Everyday
La Burrita	Kroger
IGA	Chi Chi's
Our Family	

Not allowed:

- No organic.
- No additives such as herbs, spices, peppers, cheese, spinach or tomatoes.

Cornmeal and Corn Masa Flour

Sizes: 20, 24 and 32 ounce only

Allowed:

- Any brand.

Not allowed:

- No organic.
- No additives such as herbs, spices, peppers, cheese, spinach or tomatoes.

Fruits and Vegetables Cash Value Benefit

Fresh

Allowed:
- Whole or cut.
- Organic.

Not allowed:
- No added sugars, fats or oils.
- No ornamental fruits or vegetables such as painted pumpkins or peppers on a string.
- No party trays or fruit baskets.
- No muffins or baked goods.
- No items from the deli or salad bar, i.e., potato salad.
- No herbs, spices or sprouts.
- No fruit/nut mixtures or dried fruit/vegetables.
- No added dressings, croutons, herbs, spices, marinades, etc.

Frozen

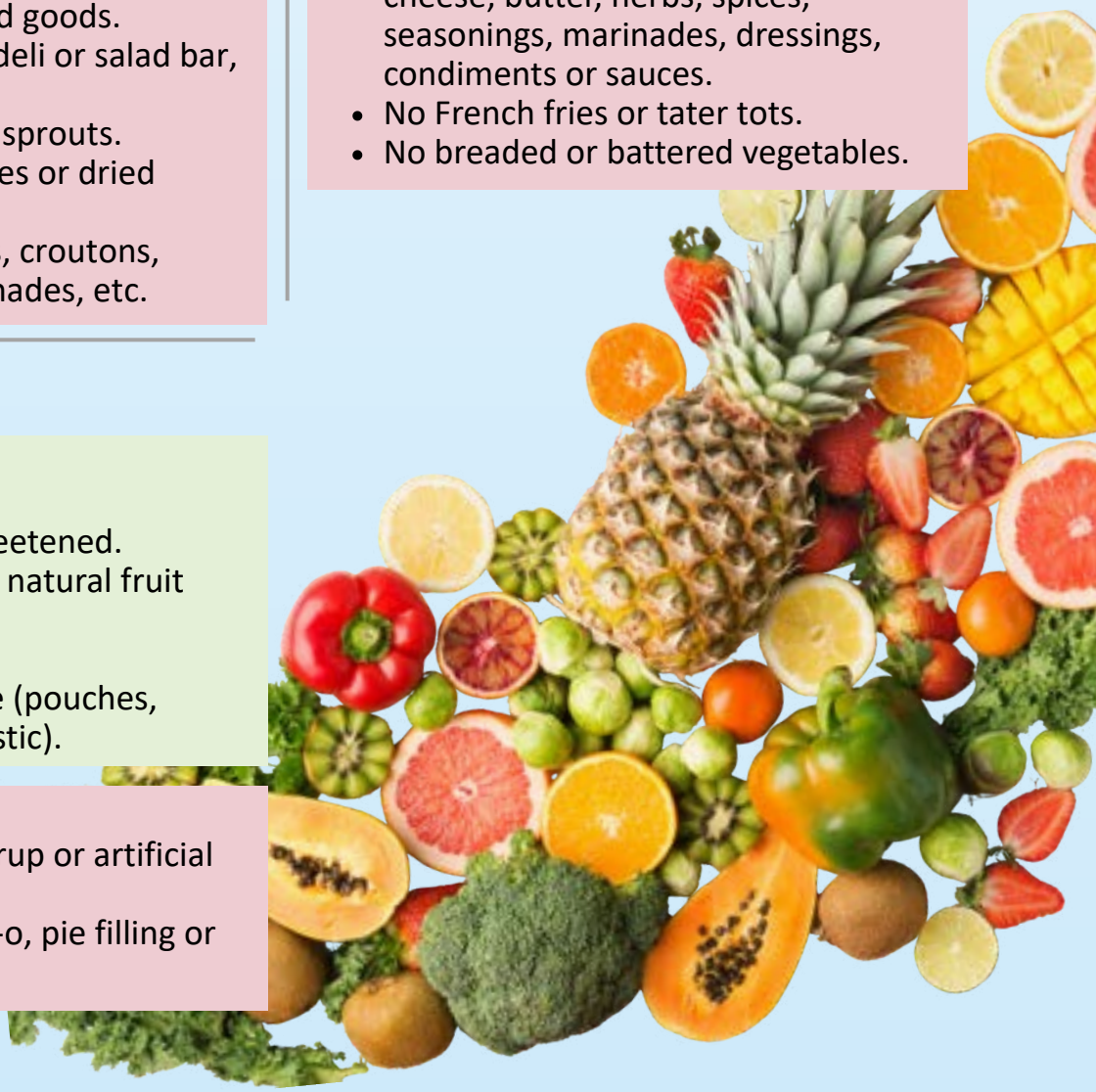
Allowed:
- Any brand, variety or size.
- Whole, cut or mixed.
- Organic.
- With or without salt.

Not allowed:
- No added sugar, syrup, artificial sweeteners, fats or oils.
- No added meat, pasta, rice, nuts, cheese, butter, herbs, spices, seasonings, marinades, dressings, condiments or sauces.
- No French fries or tater tots.
- No breaded or battered vegetables.

Canned Fruits

Allowed:
- Organic.
- Applesauce, unsweetened.
- Packed in water or natural fruit juice.
- Any brand or size.
- Any container type (pouches, metal, glass or plastic).

Not allowed:
- No added sugar, syrup or artificial sweeteners.
- No fruits in gel, Jell-o, pie filling or cranberry sauce.



Fruits and Vegetables

Tips for purchasing fresh fruits and vegetables:

- Check your grocery store's weekly sales ads.
- Buy fruits and vegetables that are in season.
- Do not buy a product that is bruised or damaged.

If you are not able to purchase certain fruits and vegetables, it may not be in our system. Notify your local WIC clinic as soon as possible.

Estimating cost by using the table below:

Use the following steps to estimate the cost of your purchase:

- Place the item on the grocery scale.
- Round the weight up to the nearest pound or half pound. Find the number on the top of the chart below.
- Find the price per pound on the left side of the chart below and follow it to the right until the two meet.

Note: You will be asked to pay any amount that exceeds your cash value benefit amount.

$	1 lb	1 ½ lb	2 lb	2 ½ lb	3 lb
0.49	0.49	0.74	0.98	1.23	1.47
0.59	0.59	0.89	1.18	1.48	1.77
0.69	0.69	1.04	1.38	1.73	2.07
0.79	0.79	1.19	1.58	1.98	2.37
0.89	0.89	1.34	1.78	2.23	2.67
0.99	0.99	1.49	1.98	2.48	2.97
1.09	1.09	1.64	2.18	2.73	3.27
1.19	1.19	1.79	2.38	2.98	3.57
1.29	1.29	1.94	2.58	3.23	3.87
1.39	1.39	2.09	2.78	3.48	4.17
1.49	1.49	2.24	2.98	3.73	4.47
1.59	1.59	2.39	3.18	3.98	4.77
1.69	1.69	2.54	3.38	4.23	5.07
1.79	1.79	2.69	3.59	4.48	5.37
1.89	1.89	2.84	3.78	4.73	5.67
1.99	1.99	2.99	3.98	4.98	5.97

Breastfeeding

Breastfeeding is best for mother and baby

Mother's milk is the perfect food for your baby. The milk that your body makes to feed your baby is the best food to keep your baby healthy and happy. There are many benefits to breastfeeding your baby.

Benefits for baby:

- The most complete form of food for your baby.
- Provides immunities to your baby.
- Protects baby against Sudden Unexpected Infant Death (SUID), ear infections, obesity, allergies, etc.
- Babies who are breastfed have less gas, spitting up and colic.

Benefits for mother:

- Decreased risk of breast and ovarian cancer.
- Helps you return to pre-pregnancy weight faster.
- Increases bonding with your baby.
- Cheaper than bottle feeding.

Is my baby getting enough?

Your baby will need to eat 8-12 times per day. This means your newborn baby needs to eat every 1 ½ to three hours. Babies have very small stomachs when they are born.

1 day old
5-7 ml
Size of a marble

3 days old
22-27 ml/1 oz.
Size of a strawberry

10 days old
60-81 ml/2-2.7 oz.
Size of an egg

To make sure your baby is getting enough:

- Monitor your baby's weight gain. Babies should have a ½ to 1 ounce weight gain daily, in the first six months of life. Your baby should be back to birth weight by two weeks.
- Count wet and dry dirty diapers. Your baby should have six or more wet diapers and at least three dirty diapers after the first six days of life.

Infant Foods

Breastmilk is best

Formula

Purchase size and type shown on EBT shopping list

Not allowed:

- No whole, low-fat, skim, evaporated or goat's milk.
- No organic formula.
- No oral rehydration fluids or electrolyte solutions, such as Pedialyte.

Dry Infant Cereal

8 ounce size only

Allowed:

- Organic.

Not allowed:

- No additives such as fruit, formula, sugar, yogurt or DHA and ARA.
- No cereal in jars or pouches.

Infant Foods

Infant fruits and vegetables

Any Size
Fresh as specified on EBT shopping list.

Allowed:

- Plain fruit or vegetable combinations such as peas and carrots, apple and banana, or sweet potato and apple.
- Organic.

Not allowed:

- No additives such as sugars, starches, salt/sodium, yogurt or DHA and ARA.
- No dinners, desserts, delights or puddings.
- No pouches.

Infant Meat

2.5 ounce size only
To purchase infant meat, it must be shown on EBT shopping list.

Allowed:

- Plain meats with gravy.
- Organic.

Not allowed:

- No additives such as fruit, vegetable or DHA and ARA.
- No oil, sugar, onion or garlic.
- No chicken sticks, turkey sticks or meat sticks.
- No Gerber Graduates Lil' Meals, Lil' Sides or Lil' Entrees.
- No dinners.
- No pouches.

Reading the eWIC receipt

eWIC Receipt	WIC Package Size
Milk	
1.00 gal	1 gallon
.75 gal	½ gallon + 1 quart
.50 gal	½ gallon
0.25	1 quart
Cheese	
1.00 pound	1 pound or 16 oz.
0.5	½ pound or 8 oz.
Tofu	
1.00 pound	1 pound or 14 to 16 oz.
0.5	½ pound or 8 oz.
Juice	
1.00 cont	1 container
Cereal	
36.00 ounce	36 ounces (purchase in boxes 10 oz. or larger)
Beans/Peas	
1	One 16 oz. bag OR Four 15 to 16 oz. cans
0.75	3 cans
0.5	2 cans
0.25	1 can

Reading the eWIC receipt

eWIC Receipt	WIC Package Size
Eggs	
1 dozen	1 dozen
Yogurt	
32	One 32 oz. container or multipack
Peanut Butter	
1	1 container 16 or 18 oz.
Whole Grains	
16	One 16 oz. bread OR One 14 or 16 oz. rice OR One 16 oz. tortilla OR One 16 oz. pasta
Soy Milk	
1	Two ½ gallon cartons
0.5	½ gallon
Fruit and Vegetables	
1.00 $$$	$1.00 to purchase fresh/frozen fruits and vegetable/canned fruit

*Fruit and Vegetable Cash Value Benefit amount may vary depending on eligibility.

If you have questions regarding how to read your eWIC Shopping List, please contact your local health department.

WICShopper App

WICShopper can:

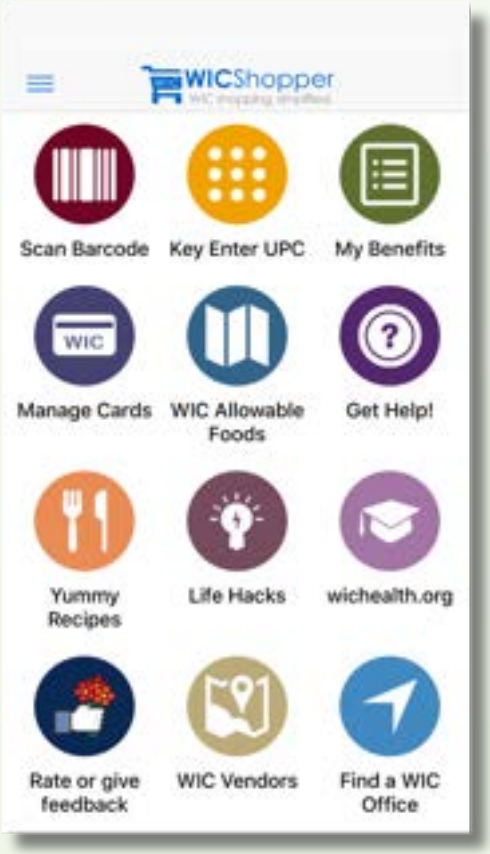
- Tell you if a scanned item is WIC-eligible.

Next steps:

1. Download the WICShopper from your app store.
2. Launch the app and select your state or WIC authority, Kentucky, as your WIC Agency.
3. Register using the 16-digit number from your KY eWIC card.
4. Shop - scan items to know if they are WIC-eligible and on your KY WIC shopping list.
5. View your remaining balance, food list, recipes, notifications and more.

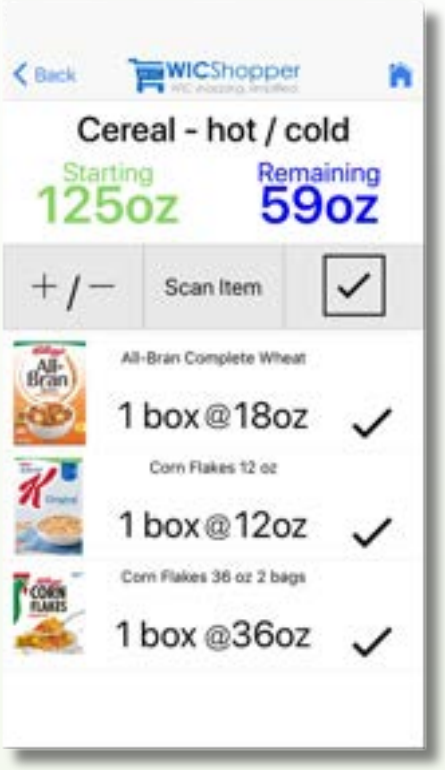
WICShopper App fruit and vegetable calculator

1. Log in to the WICShopper App.
2. Select the “My Benefits” icon.
3. Select the “Calculator” option located in the Fruit and Vegetable category.
4. Select the “Add Item” icon to enter the item name, price per pound (lb), and weight. The total price will be calculated.
5. Select “Add Item” to view your remaining balance.



WICShopper App

WICShopper App Cereal Calculator



1. Log in to the WICShopper App.
2. Select the “My Benefits” icon.
3. Select the “Calculator” option located in the breakfast cereal category.
4. Select “Scan Item” and scan eligible products.
5. If a cereal is WIC-approved, select the green “add” icon. The calculator will update your remaining cereal balance.

SCAN HERE

Scan the QR code or visit **www.EBTShopper.com** to learn more.

WIC WICShopper
WIC shopping, simplified.

Kentucky WIC & WIC Farmers Market Program Rights and Responsibilities

Need help? If you have difficulty understanding or reading English or have a disability, free language assistance or other aids and services are available upon request.

My Rights:

WIC Foods: If I/my child qualify for WIC, I'll get an eWIC Card to buy healthy foods at the grocery store. The healthy WIC Foods will help me/my child eat healthy, but will not provide all the foods that I/my child needs each month. I will be provided information on my WIC food package and where to shop.

Nutrition Education & Breastfeeding Support: I will get information about nutrition topics that interest me. WIC will help and support me with breastfeeding.

Health Care Information and Referrals: WIC will share information about immunizations, finding a doctor, and other services I might need or be interested in.

Common Courtesy: WIC and store staff will treat me fairly and equally, with courtesy and respect, in return I will treat WIC Program and store staff with courtesy. If I have concerns with my WIC shopping experience, I will contact my WIC office or the State WIC Vendor Management office at 1-877-597-0367.

WIC Transfer Information: I can transfer to another WIC office in or out of Kentucky. I can ask WIC staff to give me transfer information to provide to my new WIC office. (Verification of Certification, also called a VOC).

Fair Treatment/Right to File a Complaint: Standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, national origin, sex, disability, or age. I have the right to file a complaint if I feel I have been treated unfairly by WIC staff or store staff.

Fair Hearing: I can ask for a Fair Hearing if I disagree with a decision about my WIC eligibility. The Fair Hearings Procedures are posted in my WIC office.

Free Communication Assistance: I understand that if I have difficulty understanding or reading English or have a disability, free language assistance or other aids and services are available upon request.

Privacy: My information is private. I understand that my child's WIC data may be shared with other Kentucky Department of Public Health programs, such as immunizations. If I am investigated for WIC Program abuse, my information may be shared.

Proxy: I understand that I may appoint proxies to act on my behalf for WIC services. All proxies must abide by these Rights and Responsibilities.

My Responsibilities:

ProvideCorrect Information:

- By signing the CH-5 Registration, Authorizations, Certifications and Consent form, I am certifying that the information I provide for my WIC eligibility determination is correct, to the best of my knowledge. This includes identity, pregnancy status, address, household size, household income and eligibility for Medicaid, SNAP (Supplemental Nutrition Assistance Program), TANF (Temporary Assistance to Needy Families).
- I will inform WIC Staff if my household income, address or phone number changes.

WIC Program Participation:

- If I do not participate (pick up/keep my appointment or request) my/my child's food benefits for two months in a row, I/my child will be removed from the WIC Program. I may contact my WIC office to request to be reinstated if I have eligibility left in my certification period or to be re-certified.
- If I receive my/my child's food benefits late, I may not receive all the food benefits for that month, and the food benefits may be reduced based on the number of days remaining in my/my child's benefit cycle.

eWIC Card:

- It is my responsibility to keep my eWIC card secure and my PIN confidential. (Only share your card or PIN with people you have identified as a proxy)
- If my eWIC card is lost, stolen or damaged, I must call the WIC office for assistance.

WIC Abuse:

- If I misrepresent, conceal, or withhold facts in order to get WIC, I may be asked to repay the value of the food received and be removed from the WIC Program. Disruptive
- behavior, threatening to abuse, or physically abusing any staff and vendor or farmer's market personnel is a violation of WIC Program regulations and may result in disqualification from the program.
- I understand that the following violations may result in disqualification from the program and repayment of food benefits issued to me, and subject me to civil or criminal prosecution under state and federal law:
    - Exchanging supplemental foods for cash, credit, or non-WIC food items
    - Purchasing non-WIC foods or unauthorized food items;
    - Purchasing supplemental food items in excess of what was issued to me; and
    - Selling or offering to sell my WIC foods or WIC
    - benefits, or WIC-issued breast pump, either verbally, in print, or online or allowing someone else to do so.
    - Participating in more than one WIC Program and/or Commodities Special Food Program (CSFP) at the same time.
- If I give someone my eWIC card and PIN and they misuse my food benefits, the food will not be replaced.

Don't fall for the trap

Selling or trading WIC formula, foods or eWIC cards is a violation that could result in criminal charges and/or disqualification from receiving future benefits.

KENTUCKY WIC
Women, Infants, & Children

USDA Non-Discrimination Statement

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:

1. 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;

2. Fax: (202) 690-7442; or

3. Email: program.intake@usda.gov.

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