



THERE'S A NEW WAY TO WIC

GOOD FOOD IS ESSENTIAL TO YOUR HEALTH AND THE HEALTH OF YOUR CHILDREN.

Your eWIC card now makes buying what you need easier than ever. Soon, you will use an eWIC card to pick up your WIC foods at approved grocery stores.

Simply swipe your eWIC card and enter your PIN, just like you would with a debit card.

Because WIC's emphasis is on healthy eating for mothers and children, you can use your eWIC card to buy milk, cereal, yogurt, juice, eggs, cheese, peanut butter, beans, whole wheat bread, brown rice, whole wheat pasta, whole wheat and corn tortillas, fresh, frozen, or canned fruits and vegetables, baby formula, and baby food. Exclusively breastfeeding women will have increased quantities of WIC foods, and canned fish like tuna or salmon will be added to their food package.

At each visit, you will receive a WIC Shopping List that will tell you which and how many of these WIC foods you are allowed. Not all varieties and brands of foods are approved. Check your WIC Food Guide to see what is approved.

HERE IS SOME INFORMATION ABOUT YOUR eWIC CARD.

Your eWIC card will have a unique account number. WIC will use that number to send your benefits to your account each month.

The back of your eWIC card contains a magnetic strip that you will swipe through a card reader at the grocery store.

It is very important that you keep up with your eWIC card so you will be able to pick up your WIC foods when you need them.

If you lose your card or if it's stolen or damaged, contact Customer Service immediately at **1.855.897.5897**

Some items you buy may not be on your family's WIC Shopping List. These items can be paid for with your SNAP card, gift card, cash, debit card, or check.

To check the amount of WIC benefits remaining on your card, check the receipt from your most recent shopping trip, call Customer Service at **1.855.897.5897** or visit the cardholder web portal at **www.wicconnect.com**.

Any WIC benefits you do not use during a benefit cycle do not roll over. They expire. When you have used all your WIC benefits for the month, do not throw away the card. WIC will reload the card when your next monthly benefit period begins.