

# BEFORE YOU SHOP

- Know your WIC food benefit balance before you go to the store.
- Take your Nebraska WIC Program Approved Food List.

## AT THE STORE

In the beginning it is best to separate your WIC foods from your non WIC foods. This will make it easier to see which foods will be bought with WIC and the foods that will be bought with another form of payment.

### Checking Out

- The cashier will scan your items. You may use coupons, store loyalty cards, and discounts.
- When the cashier tells you, swipe the eWIC card and enter the PIN. **eWIC must be the FIRST payment.**
- Ask the cashier what foods were bought with WIC. If there is a food you want removed, ask the cashier to remove it.
- Complete the transaction by approving your WIC purchase and pay for any remaining balance with another form of payment.
- Keep your receipt! It has the remaining WIC food benefit balance and it can help your local WIC office if there was a problem in the checkout lane!
- Ask your cashier the first time you shop if you **MUST** separate WIC foods from non-WIC foods. Stores that require shoppers to separate food items will have a sign like this:



# SHOPPING TIPS



- Take your eWIC card every time you shop.
- When completing your WIC transaction, **always use the eWIC card as your first form of payment.**
- Coupons, discounts, store loyalty cards, and reward programs may be used with WIC purchases.
- No substitutions are allowed. You may only buy WIC-approved foods in the Nebraska WIC Program Approved Food List.
- Cashiers will not be able to override WIC items. If you have trouble at the store or you need a change made in your food benefits, please contact your WIC clinic.
- Once a WIC transaction is completed, WIC foods cannot be returned to the store.
- The Nebraska eWIC card may only be used at authorized Nebraska WIC stores.
- Do not sell, trade, or give away your WIC foods or eWIC card.

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

This institution is an equal opportunity provider.

10.27.20

# SHOPPING WITH eWIC



# UNDERSTANDING YOUR BENEFITS

Each time you visit the WIC clinic you will get your WIC food benefits. You will be given a Family Food Benefits List. This is your list of WIC foods that you can buy at the store.



## Family Food Benefits

Month	WIC Approved Foods	Amount
5/1/2018 - 5/31/18	Cheese	1 Pound
	Eggs	2 Dozen
	Breakfast Cereal	72 Ounce
	Peanut Butter or Beans	.75 Jar/Bag/Can
	WW Bread or Whole Grains	2 Pound
	Fresh Fruit & Vegetables	19 \$\$\$\$
	Enfamil Infnt PWD 12.5oz	9 Can
	Yogurt Nonfat/Lowfat	1 Container
	Milk 1% or Skim/Fat Free	4.5 Gallon
	Juice 11.5-12oz Conc	2 Can
	Juice 64 oz	2 Bottle

Your Family Food Benefit List will have the **dates the benefits can be used**, a description of WIC approved foods, amounts to buy, and size of WIC foods.

**Dates the benefits can be used**- Food benefits become available on the first day of the month at 12:01am and expire on the last day of the month at midnight. Unused food benefits do not carry over to the next month.

Think of the **WIC approved Foods** as a shopping list of food benefits you can buy. Use your WIC Food List & Shopping Guide and the Family Foods Benefit List to pick out which foods to buy at the store.

## WIC Food List & Shopping Guide

Some categories of foods can be listed in decimal numbers. On your Family Food Benefits List and store receipts 4 cans of beans are listed as 1 Jar/Bag/Can. When you buy 1 can of beans the amount taken off is 0.25 per can of beans. For example, if you purchase 1 can of beans you have 0.75 Jar/Bag/Can left to buy. This equals 3 cans of beans.



Milk is similar. On your Family Foods Benefits List and store receipts, half gallons of milk are listed as 0.5 gallon. The total amount of milk shown below is 4.5 gallons.



# READING YOUR RECEIPT

Keep your receipts from your shopping trips! The receipt prints the remaining WIC food benefit balance available at your next shopping trip.

### Save 4 Less

104 N MAIN ST  
Savannah, NE 68556

TERMINAL ID: NEM003  
 MERCHANT TERM ID: NEM003001  
 CLERK ID: 999  
 DATE & TIME: 04/10/2018 09:47AM  
 SEQUENCE NUMBER: 147  
 CARD: \*\*\*\*\*0621  
 AUTH CODE: 066700

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### WIC PURCHASE

QTY	UNITS	DESCRIPTION	PRICE
12.00	OZ	Gen Mills Cinnamon Chex	3.49
1.00	JAR	Save Creamy PB 1lb	2.19
0.25	CAN	La Preferida Pinto Beans	1.09
7.00	CAN	Enfamil Infant PWD 12.5	104.93
5.99	\$\$\$	Fresh Fruit & Vegetables	5.99
6.99	\$\$\$	Fresh Fruit & Vegetables	6.99

PURCHASE SUBTOTAL 124.68  
 DISCOUNTS APPLIED 0.99  
 APPROVED PURCHASE TOTAL 121.71  
 BALANCE DUE - \$1.98

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**BENEFITS EXPIRE ON 04-30-2018**

QTY	UNITS	DESCRIPTION
1.00	LB	Cheese
1.00	DOZ	Eggs
24.00	OZ	Breakfast Cereal
0.75	JAR	Peanut Butter or Beans
3.00	CTR	Baby Cereal 8oz
32.00	JAR	Baby Food Fruits & Veg
1.00	LB	WW Bread or Whole Grains
0.00	CAN	Enfamil Infnt PWD 12.5oz
4.50	GAL	Milk 1% or Skim/Fat Free
1.00	CAN	Evaporated Milk NF/LF
3.00	CAN	Juice 11.5-12oz Conc
0.00	\$\$\$	Fresh Fruit & Vegetables

\*\*\*\* CARDHOLDER COPY \*\*\*\*  
 \*\*\*\*PLEASE SAVE THIS RECEIPT\*\*\*\*

WIC foods and amounts you just bought

WIC foods bought minus coupons or discounts, and remaining balance

This is your remaining WIC food benefit balance you can buy at your next shopping trip. Pay close attention to the expiration date of your benefits.

Don't worry if you lost the last receipt, you can check your balance by:

- Calling customer service at 1-844-386-3151.
- Go online to [www.ebtedge.com](http://www.ebtedge.com)
- Asking a cashier to print a WIC food benefit balance at the store before you shop.