

Getting Started With Your WIC Vouchers



Before you shop:

- Review your WIC packet and foods listed
- Look at the “First Day to Use” and the “Last Day to Use”
- Plan to shop at a WIC approved grocery store
- Bring you WIC ID packet to the grocery store

While you shop:

- Buy only the foods listed on your vouchers
- Review WIC Shopping Guide to pick the right kind of food and package size
- Separate WIC foods from other foods you are buying
- Weigh your fruits and vegetables to make sure you do not go over your voucher limit



At the check-out stand:

- Tell the cashier you are using WIC vouchers
- Group your WIC foods by each check
- Show the cashier your WIC ID packet
- After the cashier writes in the dollar amount, sign your WIC checks while the cashier is watching.



Quick Tips:

- Look for the WIC logo to know where to shop
- Buy store or generic brands
- Ask the store manager if you are having any problems with your WIC vouchers