



LIS MANJE

**Yon gid pou Oregon WIC sou
manje ki apwouve**



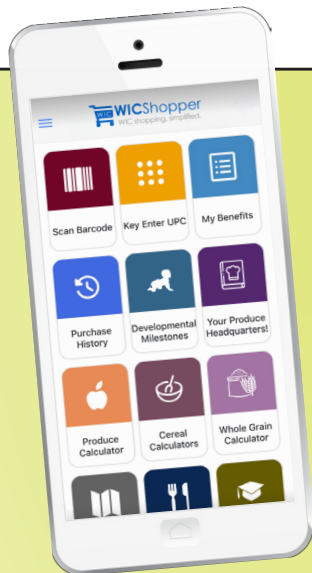
POUSE FITI SEN

AN VIGÈ DEPI 1YE JIYÈ 2025

Kòman app WICShopper a ede fèt makèt?

Sèvi ak app WICShopper a pou w:

- Wè benefis ou gen aktyèlman.
- Eskane kòd ba pou w jwenn manje WIC.
- Sèvi ak lis manje ki nan app la pou w jwenn mak e gwosè ki pèmèt yo.
- Jwenn magazen ki aksepte WIC.
- Jwenn resèt.



**Rale app
WICShopper a
epi anrejistre
katon eWIC ou
a jodiya menm!**

**disponib pou iPhone
epi Android.*



Konsèy sou sa pou achte

**Èske w gen pwoblèm konekte ak
magazen an?**

Eseye louvri app WICShopper a anvan w antre nan magazen an.

Wè lis manje ki apwouve

Sèvi ak lis manje sa a pou w chwazi mak, kalite e gwosè manje ki pèmèt nan pake manje ou a. Konsilte lis manje a pou jwenn repons pou kesyon sa yo:

- **Ki mak manje m ka achte?**
- **Ki gwosè anbalaj ki pèmèt?**
- **Ki pafen m ka chwazi?**

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Fwi epi legim fre

✓ ACHTE

- Antye, koupe alavans, an miyèt oubyen nan anbalaj
- Salad oubyen legim vèt nan sache
- Zèb epis fre (tankou silantwo oubyen pèsi)
- Òganik OK

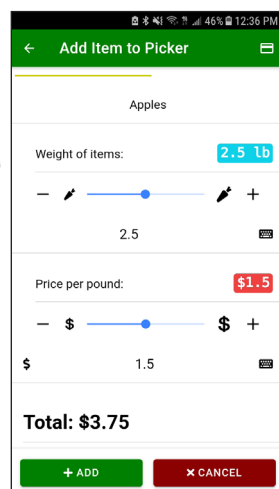
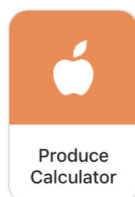
✗ PA ACHTE

- Okenn sa ki nan salad bar
- San ajoutman vinegrèt oubyen dip
- San ajoutman nwa, fwi sèk, kwouton
- San zepis oubyen zepis sèk
- San plant



Konsèy sou sa pou achte

Sèvi ak kalkilatris danre ki nan app WICShopper a pou anrejistre montan fwi epi legim w ap achte.



Fwi epi legim konjle

✓ ACHTE

- Antye, koupe, oubyen melanj
- Pwa konjle OK (tankou pwa tchous, edamame, epi pwa koni)
- Òganik OK



Legim konjle

✗ PA ACHTE

- San ajoutman sik, grès, oubyen luil
- San ajoutman sòs oubyen legim alakrèm
- San ajoutman diri, pasta, vyann, nwa, oubyen pat alimantè
- San pòm frit, hash browns, pòm detè O'Brien, oubyen tater tots
- San legim pane avèk pen oubyen farin

Fwi nan bwat

✓ ACHTE

- Fwi anbale avèk dlo oubyen ji san ajoutman sik
- Nenpòt ki kalite resipyen, sa gen ladan plizyè anbalaj an plastik
- Pire pòm natirèl oubyen san sik OK
- Òganik OK



✗ PA ACHTE

- Okenn ki gen ajoutman siwo, tèlke heavy, light oubyen extra light
- Okenn ki gen artificial sweeteners oubyen no-calorie sweeteners
- Okenn ki fruit cocktail oubyen mixed fruit (melanj fwi) avèk cherries (seriz)

Okenn legim nan bwat

✓ ACHTE

- Legim san ajoutman grès oubyen luil
- Tomat OK (tankou antye, pase nan paswa, kraze, koupe an ti kare, an pat oubyen pire)
- Òganik OK



✗ PA ACHTE

- Okenn melanj ki gen pwa, tèlke kidney beans (pwa wouj) epi black beans (pwa nwa)
- Okenn legim konfi, kremèz oubyen nan bwat avèk sòs
- Okenn salsa, tomat toufe oubyen sòs tomat

Lèt pou achte grenn antye

WIC ofri:

- Pwodui pen 100% konplè
- Pen pita epi naan konplè
- Pen san gliten ki fèt avèk grenn antye
- Tòtiya moun ki fèt avèk mayi
- Tòtiya ki konplè
- Pasta konplè
- Avwàn
- Grenn antye nan sache

Ou ka achte pase yon sèl kalite grenn nan menm lè a ansanm ak benefis grenn antye ou a.

Pa egzanp, si lis benefis ou a di ou gen **24 oz. grenn antye**, alò ou ka achte:



Diri jòn
16 oz.

EPI



Tòtiya ki fèt avèk mayi
8 oz.

Epi si lis benefis ou a di ou gen **48 oz. grenn antye**, alò ou ka achte:



Pen 100% konplè

EPI

20 oz.



Pasta 100% konplè

EPI

16 oz.



Kinoa

12 oz.

✓ **ACHTE**

- Dimansyon 12 oz. a 32 oz.
- Nenpòt mak
- Pen, ti pen, ti pen won, English muffin oubyen bagel
- Yo dwe make "100% whole wheat" (100% konplè) sou etikèt devan an



Pen 100% konplè

✗ **PA ACHTE**

- Okenn pen light oubyen "lite" oubyen ki "carb controlled"
- Ki pa òganik



Bagel 100% konplè



English Muffins
100% konplè

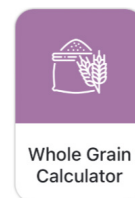


Ti pen 100% konplè



Konsèy sou sa pou achte

Sèvi ak kalkilatrè grenn antye ki nan app WICshopper a pou anrejistre benefis grenn antye w ap achte.



✓ **ACHTE**

- Dimansyon 11 oz. a 24 oz.
- Sèlman chwazi nan mak sa yo:



Pen plat pita ki fèt avèk ble
(Pita Flatbread Wheat)



Puffed Up & Proud Whole Wheat Pita



Fresh Signature Whole Wheat Pita



Greek Style Whole Wheat Pita



Whole Wheat Greek Style Pita



Greek Pita Whole Wheat



Naan atizanal konplè
(Artisan Whole Wheat Naan)



✓ **ACHTE**

- Dimansyon 12 oz. a 24 oz.
- Sèlman chwazi nan mak sa yo:



**Franz
Gluten Free**

- Great Seed Bread
- Mountain White Bread
- Seven Grain Bread
- Hawaiian Bread
- Hamburger Buns
- Hot Dog Buns



**Food for Life
Gluten Free**

- Brown Rice Bread
- Brown Rice English Muffins
- Brown Rice Tortillas
- Multi-Seed English Muffins



**Canyon Bakehouse
Gluten Free 100% Whole Grain**

- | | |
|------------------------------------|-------------------------------------|
| • Ancient Grain | • Plain Bagels |
| • Mountain White Bread | • Everything Bagels |
| • 7-Grain Bread | • Deli White Bagels |
| • Country White Bread | • Burger Buns |
| • Heritage Style Whole Grain Bread | • Sub Rolls |
| • Heritage Style Honey White | • Honey Whole Grain English Muffins |
| • Cinnamon Raisin Bread | |
| • Hawaiian Sweet Bread | |

Tòtiya ki fèt avèk mayi

Tòtiya konplè

Pasta konplè,

Avwàn

Tòtiya ki fèt avèk mayi

☑️ ACHTE

- Dimansyon 8 oz. a 80 oz.
- Sèlman tòtiya mou ki blan oubyen jòn
- Sèlman chwazi nan mak sa yo:
 - Calidad
 - Don Pancho
 - Essential Everyday
 - Guerrero **F**
 - IGA
 - Kroger
 - La Banderita
 - La Burrita
 - Mission
 - Signature Select



Tòtiya ki fèt avèk mayi

F 15% Daily Value (DV)
pou folat

❌ PA ACHTE

- Okenn ki tòtiya fri oubyen tòtiya tchips
- Okenn ki òganik oubyen angwo

Tòtiya konplè

☑️ ACHTE

- Dimansyon 8 oz. a 48 oz.
- Sèlman tòtiya 100% konplè
- Sèlman chwazi nan mak sa yo:



Tòtiya 100% konplè

DeCasa
Essential Everyday
Great Value

Guerrero
Kroger
La Banderita

Market Pantry
Mission
Ortega
Signature Select

❌ PA ACHTE

- Okenn ki tòtiya fri oubyen tòtiya tchips
- Okenn ki tòtiya ki fèt avèk farin blan
- Okenn ki òganik oubyen angwo
- Okenn ki carb controlled

Pasta konplè

☑️ ACHTE

- Dimansyon 16 oz. a 32 oz.
- Nenpòt ki fòm pasta angren oubyen konplè
- Sèlman chwazi nan mak sa yo:
 - Barilla
 - Essential Everyday
 - Food Club
 - Great Value
 - Kroger
 - Ronzoni
 - Signature Select
 - WinCo Foods



Pasta 100% konplè

❌ PA ACHTE

- Okenn òganik oubyen angwo

☑️ ACHTE

- Dimansyon 16 oz. a 42 oz.
- Nenpòt mak
- Quick, rolled e old-fashioned oats
- Gluten-free oats OK
- Òganik OK



Avwàn

❌ PA ACHTE

- Okenn ki enstantane (lè w ap achte angren)
- Okenn ki angwo
- Okenn ki steel-cut, Irish, oubyen Scottish oats

Konsèy sou sa pou achte



Èske avwàn yon sereyal oubyen yon gren konplè nan manje WIC yo? Avwàn nan bwat, sache oubyen tib se yon benefis gren konplè. Avwàn enstantane nan anbalaj yon pòsyon se yon benefis sereyal.

✔️ **ACHTE**

- Dimansyon 12 oz. a 32 oz.
- Nenpòt mak
- Nan sache oubyen nan bwat OK
- Dwe "konplè"
- Diri enstantane an minit epi nan sache pou bouyi OK
- Òganik OK
- Chwazi nan gren konplè sa yo:

Amaranth

Black rice

Brown Rice (Diri solèy)

(diri jasmin jòn e diri basmati jòn OK)

Buckwheat (Sarasen)

Bulgur

Kamut

Millet (pitimi)

Quinoa (Kinoa)

Red rice

Sorghum (sògo)

Teff

Wheat berries

Wild Rice (Diri jòn)

❌ **PA ACHTE**

- Okenn ki angwo
- Okenn ki gen ajoutman asezònman, sik, grès, luil, oubyen sèl
- Okenn ki diri glase
- Okenn ki milled, pearled, oubyen sprouted



Diri solèy



Kinoa



Men fason ou ka kuit gren antye:



Anglè



✔️ **ACHTE**

- Dimansyon 22 oz. a 60 oz.
- Chwazi nan mak sa yo:



Corn Masa Flour, Instant



Antojitos Instant Corn Masa Flour
Amarillo Instant Yellow Corn
Masa Flour



Golden Corn Flour Masa
Harina, Regular epi Organic

Corn meal

✔️ **ACHTE**

- Dimansyon 22 oz. a 60 oz.
- Chwazi nan mak sa yo:



Cornmeal Coarse Grind
Cornmeal Medium Grind
Cornmeal Medium Grind, Organic



Pre-cooked White Corn Meal
Pre-cooked Whole Grain White Corn Meal



Yellow Corn Meal



Yellow Corn Meal



Yellow Corn Meal for Baking

Lè pou achte lèt

Tout lèt WIC yo pasteurize epi gen ajoutman vitamin D ladan.

✓ **ACHTE**

- Nenpòt mak
- Skim Delux, Ultra, Creamy, Royale, Supreme, etc. tout OK

⊘ **PA ACHTE**

- Okenn lèt diri, lèt zanmann, buttermilk, lèt pafime, lèt kri, oubyen lèt A2
- Okenn ki pa òganik
- Okenn ki pa gen ajoutman Omega-3 oubyen Vitamin E
- Okenn atik ki espesyalize tankou boutèy an vè

Achte kalite lèt ki sit nan lis benefis ou a:

- **1% Lowfat oubyen Fat Free Milk** pou adilt epi pou timoun ki gen 2 lane oubyen ki pi gran (fat free epi skim milk se menm lan)
- **Lèt antye** pou timoun ki gen 1 lane

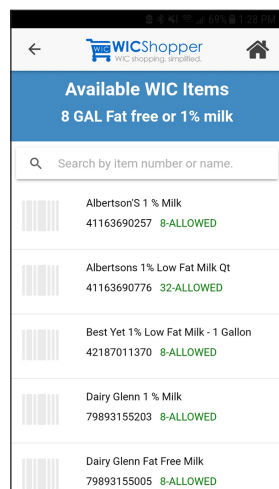
Kontakte klinik WIC a pou w jwenn kalite lèt ki annapre la:

- Acidophilus milk
- Lactose-free milk
- Dry non-fat milk (dimansyon 25.6 oz.)
- Lèt evapore (bwat 12 oz.)
- Lèt kabrit
- Bwason abaz soja oubyen plant



Konsèy sou sa pou achte

Sèvi ak app WICShopper a pou w wè ki kalite lèt ki nan lis benefis ou a. Eskane kòd ba a pou w wè si li pèmèt.



Men egzanp sou fason ou ka konbine resipyan lèt ki nan gwosè resipyan diferan



1.0 GAL = yon galon lèt



EPI

0.75 GAL = yon demi galon plis yon ka galon lèt



0.5 GAL = yon demi galon lèt



0.25 GAL = yon ka galon lèt

ACHTE

- Si w bezwen bwason abaz soja oubyen plant, se pou w kontakte klinik WIC a
- Sèlman chwazi nan mak epi nan pwodui sa yo:

Refrijere		
		
bettergoods Soy milk original 1/2 GAL (64 oz.)	Silk Kids oatmilk blend 59 oz.	Silk original 64 oz. oubyen 128 oz.
Sou etajè yo		
		
Pacific Ultra Soy original 32 oz.	Silk original 32 oz.	
	32 oz. = ka yon galon 64 oz. = yon demi galon 128 oz. = yon galon	
ripple Plant-Based Milk original 32 oz.		

ACHTE

- Si w bezwen lèt kabrit, se pou w kontakte klinik WIC a
- Achte kalite lèt kabrit ki prezante nan lis benefis ou a (whole, lowfat)
- Sèl Meyenberg Goat Milk pèmèt

		Whole Goat milk 32 oz. oubyen 64 oz.
		Lowfat Goat milk 32 oz.
		Whole Evaporated goat milk Bwat 12 oz.
		Whole Powdered goat milk Bwat 12 oz. Pòch 12 oz.

✔️ **ACHTE**

- Sèlman anbalaj 8, 16, oubyen 32 oz., ki fabrike nan U.S.A.
- Mozzarella string cheese sèlman nan 16 oz. (1 liv) anbalaj
- Fwomaj an tranche epi fwomaj rape OK
- Nenpòt mak:

Cheddar (mild, medium oubyen sharp)
Cheddar-Jack
Colby
Colby-Jack
Monterey Jack
Mozzarella
Muenster
Provolone
Swiss



❌ **PA ACHTE**

- Okenn ki extra sharp, oubyen white cheddar
- Okenn deli cheese
- Okenn organic, soy, plant, goat, oubyen raw cheese
- Okenn ki manje ki gen fwomaj oubyen pou bere pen (tankou Velveeta)
- Okenn ki fwomaj fime oubyen pafime avèk ajoutman tankou jalapeño peppers oubyen caraway seeds
- Okenn Mazzarella fre (nan anbalaj avèk dlo)

✔️ **ACHTE**

- 32 oz. (oubyen 1 ka) sèlman nan dimansyon sa yo
- Achte kalite yogout ki site nan lis benefis ou a (whole, lowfat, oubyen nonfat)
- Chwazi nan mak epi nan pafen ki site yo

❌ **PA ACHTE**

- Okenn yogout "light"
- Okenn yogout ki gen "artificial sweetener" tankou aspartame oubyen sucralose

Whole Milk Yogurt (pou timoun ki gen 1 lane)

 Greek, whole, plain	 Whole, plain (natirèl) Whole, vanilla (vaniy) Whole, maple (erab)	 Whole, plain (natirèl)	 Whole, plain (natirèl)
 Greek, whole, plain	 Whole, plain (natirèl) Greek, whole, plain	 Whole, plain (natirèl) Whole, vanilla (vaniy) Whole, strawberry (frèz)	 Whole, honey (myèl) Organic, whole, plain Organic, whole, vanilla
 Whole, plain (natirèl) Whole, vanilla (vaniy) Whole, strawberry (frèz) Whole, vanilla (vaniy)	 Whole, plain (natirèl)	 Whole, plain (natirèl) Whole, vanilla (vaniy)	Si w vle yogout "lowfat", se pou w kontakte klinik WIC a.

Lowfat (ti grès) oubyen Nonfat (san grès) Yogurt

 Nonfat, plain (natirèl) Greek Nonfat, plain (natirèl) Greek Nonfat, vanilla (vaniy)	 Nonfat, plain (natirèl) Nonfat, vanilla (vaniy) Nonfat, strawberry (frèz) Lowfat, plain (natirèl) Less Sugar (ti sik) , Lowfat, Vanilla & Cinnamon (kanèl)	 Nonfat, plain (natirèl) Light & Fit Greek, nonfat, plain (natirèl) Lowfat, plain (natirèl)
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Lowfat (ti grès) oubyen Nonfat (san grès) Yogurt, suit

 Nonfat, plain (natirèl)	 Greek, nonfat, plain (natirèl) Lowfat, plain (natirèl)	 Greek, nonfat, plain (natirèl) Greek, nonfat, vanilla (vaniy)
 Nonfat, plain (natirèl)	 Greek, nonfat, plain (natirèl)	 Lowfat, plain (natirèl)
 Nonfat, plain (natirèl) Greek, nonfat, plain (natirèl)	 Fat free, plain (natirèl) Fat free, vanilla (vaniy) Lowfat, plain (natirèl) Lowfat, vanilla (vaniy)	 Nonfat, plain (natirèl) Nonfat, vanilla (vaniy) Lowfat, plain (natirèl) Organic, nonfat, plain (natirèl) Organic, nonfat, vanilla (natirèl) Organic, lowfat, plain (natirèl)
 Nonfat, vanilla (vaniy)	 Greek, 0%, plain (natirèl)	 Nonfat, plain (natirèl) Nonfat, vanilla (vaniy) Greek, nonfat, plain (natirèl) Lowfat, plain (natirèl) Lowfat, vanilla (vaniy)
 Lowfat, vanilla (vaniy) Lowfat, strawberry (fréz) Lowfat, peach (pèch)	 Nonfat, plain (natirèl) Greek, nonfat, plain (natirèl) Greek, nonfat, vanilla (vaniy)	 Greek, nonfat, plain (natirèl)

Tofu

✓ **ACHTE**

- Sèlman nan resipyan (CTR) 14 oz. a 16 oz.
- Si w vle tofou nan plas lèt, se pou w kontakte klinik WIC a
- Nan anbalaj avèk dlo
- Sèlman chwazi nan mak epi nan pwodui sa yo ki refrijere:

⊗ **PA ACHTE**

 16 oz. Firm oubyen Extra Firm	 14 oz. Firm oubyen Extra Firm
 14 oz. Premium oubyen Organic: Medium Firm oubyen Firm 16 oz. Premium: Medium Firm, Firm, oubyen Extra Firm	 14 oz. Organic Medium Firm, Firm, Extra Firm oubyen Pressed Firm 16 oz. Soft, Medium Firm, Firm oubyen Extra Firm
 14 oz. Organic Firm oubyen Extra Firm 16 oz. Organic Silken	 14 oz. Firm oubyen Extra Firm 15.5 oz. Extra Firm

Ze

✓ **ACHTE**

- Sèlman anbalaj ki gen yon douzèn
- Nenpòt mak
- Nenpòt ki gwozè ze
- Ze poul koki blan oubyen mawon

⊗ **PA ACHTE**

- Okenn ze espesyal (tankou higher Omega-3 oubyen Vitamin E)
- Okenn free-range (kaj) oubyen pasture-raised (patiraj)
- Okenn organic (òganik)



Bè ki fèt avèk pistach, nwa, epi grenn

Peanut butter (manba)

Almond butter (manba zanmann)

Bè ki fèt avèk pistach, nwa, epi grenn

Sunflower (flè solèy) butter

Tahini oubyen Sesame Seed (grenn wowoli)

ACHTE

- Sèlman resipyan 16 a 18 oz.
- Òganik OK
- Kremèz oubyen krip OK
- Chwazi nan manba nwa epi grenn ki site annapre a

PA ACHTE

- Okenn ki “spreads” oubyen honey roasted
- Okenn ki bè nwa ki low-fat oubyen reduced-fat nut butter
- Okenn ki gen ajoutman jele, marshmallows, chokola, oubyen siwo myèl
- Okenn ki gen Omega-3
- Okenn ki angwo, oubyen pou moulen oumenm

Peanut butter (manba)



Nenpòt mak manba

Sunflower (flè solèy) butter



Natural
No Sugar Added

Tahini oubyen sesame seed

(grenn wowoli)



Tahini wowoli griye
(Roasted Sesame Tahini)



100% grenn wowoli ki moulen
(100% Ground Sesame Seeds)

Almond butter (manba zanmann)



Almond Butter
(manba zanmann)
kremèz, brase
“Creamy, Stir”

Almond Butter
(manba zanmann)
Krip, brase
“Crunchy, Stir”



Almond Butter
(manba zanmann)
kremèz, brase
“Creamy, Stir”

Almond Butter
(manba zanmann)
Krip, brase
“Crunchy, Stir”



Almond Butter
(manba zanmann)
Kremèz, brase
“Smooth, Stir”

Almond Butter
(manba zanmann)
Krip, brase
“Crunchy, Stir”



Organic Tahini Ground
Sesame Seed



Tahini

Peti pwa, pwa e lantiy sèk Pwa nan bwat

Lè pou achte peti pwa, pwa, e lantiy sèk epi pwa nan bwat

Yon CTR = Yon sache 16 oz. oubyen Kat bwat 15-16 oz.



oubyen

Peti pwa, pwa, e lantiy sèk

✓ ACHTE

- Sèlman sache 16 oz. oubyen 32 oz.
- Nenpòt mak oubyen kalite
- Òganik OK

✗ PA ACHTE

- Avèk ajoutman asezònman
- Okenn angwo

Pwa nan bwat

✓ ACHTE

- Sèlman bwat 15 a 16 oz.
- Nenpòt mak oubyen kalite pwa
- Pwa "low sodium" (ti kantite sodyòm) OK
- Òganik OK

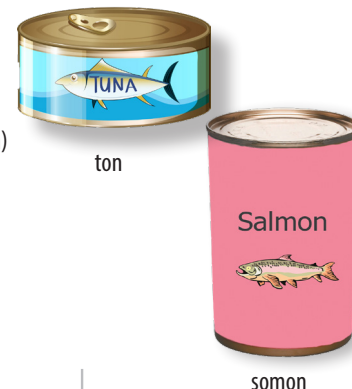
✗ PA ACHTE

- Okenn refried beans (pwa fri), baked beans (pwa nan fou), oubyen green beans (ariko)
- Okenn ajoutman lui, asezònman, oubyen pafen

Pwason nan bwat

✓ ACHTE

- Dimansyon 2.5 oz. a 20 oz.
- Nenpòt mak tuna (ton) oubyen salmon (somon) nan moso ki anbale ak dlo oubyen luil
- Pochèt OK
- Sèl bwat 3.75 oz.
- Chwazi nan mak sardine (sadin) sa yo nan dlo:



Beach Cliff

Sardines in water
(sadin nan dlo)

Dimansyon 3.75 oz.



Sardines in water
(sadin nan dlo)

Dimansyon 3.75 oz.



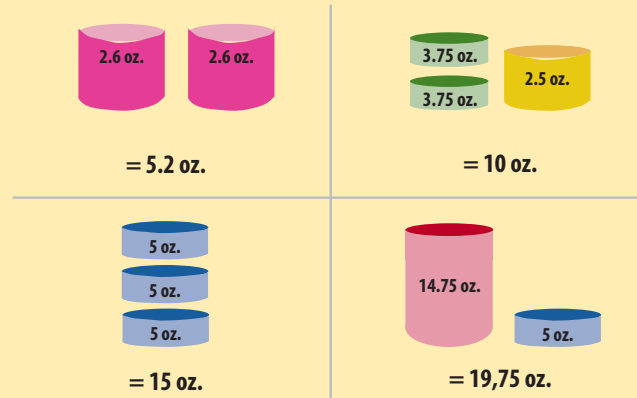
Sardines in water
(sadin nan dlo)

Dimansyon 3.75 oz.

✗ PA ACHTE

- Okenn flavored (pafime) oubyen seasoned (asezone) tuna, salmon, oubyen sardines
- Okenn albacore, yellowfin, bluefin, bigeye (juif/lalin) oubyen tongol tuna
- Okenn filè
- Okenn pwason espesyal, tankou pole-caught tuna

Men egzanp sou fason ou ka konbine gwo bwat pwason



Lè pou achte sereyal

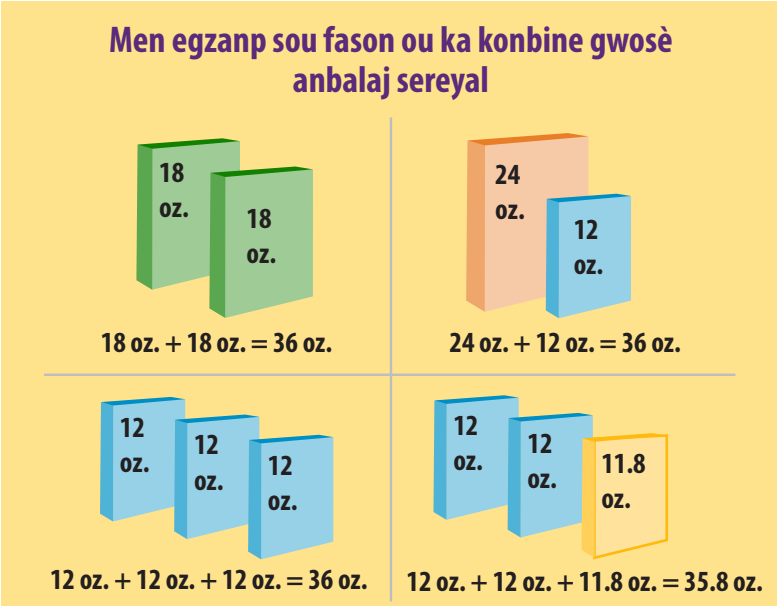
Chèche jwenn senbòl sa yo nan lis manje sa a pou w pran yon sereyal ki gen ajoutman siplemantè folic acid (asid folik), fèt avèk whole grains (grenn antye), oubyen ki gluten-free (san gliten).

- F** 100% Daily Value (DV) pou folat
- G** Konpayi di sereyal la san gliten
- W** Sa ki fèt avèk grenn antye e ki yon bon sous fiber (fib)

Pi piti anbalaj ou ka achte se:

- 12 oz. sereyal frèt
- 9.8 oz. sereyal cho

Se pou w gen omwen 9.8 oz. nan benefis sereyal ou a pou w sèvi ak li.



ACHTE

- Dimansyon 12 oz. a 36 oz.
- Chwazi nan mak epi nan pafen ki site annapre la

Kellogg's		
 Kashi Blueberry Clusters	 	 Corn Flakes (original)
 Frosted Mini Wheats Blueberry Muffins	 	
 Frosted Mini Wheats Cinnamon Roll	 	 Frosted Mini Wheats Golden Honey
 Frosted Mini Wheats Little Bites	 	
 Frosted Mini Wheats Original	 	 Frosted Mini Wheats Pumpkin Pie Spice
 Frosted Mini Wheats Strawberry	 	
 Rice Krispies		 Special K

General Mills



W
G

Cheerios (plain)



W
G
F

Cheerios Multi Grain



W
G

Cheerios Veggie Blends Apple Strawberry



W
G

Cheerios Veggie Blends Blueberry Banana



W
G

Blueberry Chex



W
G

Cinnamon Chex



W
G

Corn Chex



W
G

Rice Chex



W

Wheat Chex



W

Kix (original)



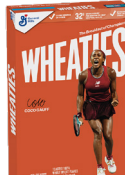
W

Fiber One Honey Clusters



W
F

Total Whole Grain



W

Wheaties (original)

Malt-O-Meal (katon oubyen sache)



W

Frosted Mini Spooners (original)

Post



W

Grape Nuts



W

Grape Nuts Flakes



W

Great Grains Banana Nut Crunch



W

Great Grains Crunchy Pecan



F

Honey Bunches of Oats Almond



F

Honey Bunches of Oats Cinnamon Bunches



F

Honey Bunches of Oats Honey Roasted



F

Honey Bunches of Oats Maple & Pecans



F

Honey Bunches of Oats Vanilla

Quaker



W

Life
(original)



W

Oatmeal Squares
Brown Sugar



W

Oatmeal Squares
Honey Nut

The Silver Palate



W

Grain Berry
Apple Cinnamon



W

F

Grain Berry
Multi-Bran Flakes



W

Grain Berry
Cinnamon Frosted
Shredded Wheat



W

Grain Berry
Original Toasted Oats

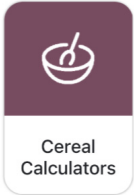
Bran Flakes - private label



W

F

Best Yet
Food Club
Great Value
IGA
Signature Select
WinCo Foods



Konsèy sou sa pou achte

Sèvi ak Cereal calculator (kalkilatis pou sereyal) la ki nan app WICShopper a pou w anrejistre benefis sereyal ou yo pandan w ap achte.

 **ACHTE** Chwazi nan mak sa yo nan gwosè 9.8 oz. a 36 oz.



W

Cream of Wheat Whole Grain
2½ Minute
No Instant (pa enstantane)



Cream of Wheat Plain (natirèl)
1 Minute oubyen 2½ Minute
No Instant (pa enstantane)



G

Cream of Rice Plain (natirèl)
No Instant (pa enstantane)



Malt-O-Meal
Original



W

Quaker Instant Oatmeal
(pake yon pòsyon)



Quaker Instant Grits
Original (pake yon pòsyon)



W

Plain Instant Oatmeal
(pake yon pòsyon)

- Best Yet
Essential Everyday
Food Club
Great Value
IGA
Kroger
Signature Select
WinCo Foods

✔ **ACHTE**
100% JUICE

- Sèlman boutèy plastik 64 oz.
- 1 CTR = boutèy 64 oz.
- Ajoutman fib, vitamin, e mineral OK
- Sèlman chwazi nan mak e pafen ki annapre la

⊘ **PA ACHTE**

- Okenn juice cocktails, juice drinks oubyen 'light' juices
- Okenn organic (òganik)
- Okenn apple cider
- Okenn ki refrijere

✔ **ACHTE**
100% JUICE

- Sèlman boutèy plastik 64 oz.
- Ajoutman fib, vitamin, e mineral OK
- Sèlman chwazi nan mak e pafen ki annapre la

⊘ **PA ACHTE**

- Okenn juice cocktails, juice drinks oubyen 'light' juices
- Okenn organic (òganik)
- Okenn apple cider
- Okenn ki refrijere

		Se pou w kontakte klinik WIC pou w fè echanj ant benefis fwi ak legim ou a pou ji.	
Tree Top Nenpòt pafen (eksepte "3 Apple Blend" oubyen "Honey Crisp")	Langers Nenpòt pafen 100% juice Okenn cocktails		
			
Chadèk (Grapefruit) Nenpòt mak	Juicy Juice Nenpòt pafen	Zoranj (Orange) Nenpòt mak	Langers Prin (Prune) 100% Prune Plus
			
Ocean Spray Nenpòt pafen 100% juice No sugar added (san ajoutman sik) Okenn cocktails	V8 Original, Low Sodium, Spicy Hot 100% Vegetable juice (ji legim)	Zannana (Pineapple) Best Yet Essential Everyday Food Club Signature Select	Campbell's Tomat (Tomato) (regular epi low sodium)

	
Pòm (Apple) Best Yet Essential Everyday Food Club Great Value IGA Kroger Market Pantry Signature Select WinCo Foods	Cranberry, cran-grape epi cran-raspberry Okenn cocktails Great Value Kroger Signature Select
	
Rezen (Grape) (mòv oubyen blan) Best Yet Essential Everyday Food Club Great Value IGA Kroger Market Pantry Signature Select WinCo Foods	Vegetable (legim) Best Yet Essential Everyday Food Club Great Value Kroger Signature Select WinCo Foods

✔️ **ACHTE**
100% JUICE

- Sèlman resipyan 11.5 oz. a 12 oz.
- 1 CTR = 11.5 - 12 oz. bwat
- Ajoutman fib, vitamin, e mineral OK
- Sèlman chwazi nan mak e pafen ki annapre la



Old Orchard
Nenpòt pafen oubyen
melanj ki gen bouchon vèt

❌ **PA ACHTE**

- Okenn juice cocktails, juice drinks oubyen 'light' juices
- Okenn organic (òganik)
- Okenn apple cider
- Okenn ki refrijere



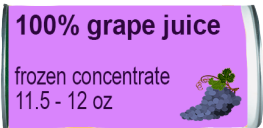
Orange (zoranj)
Nenpòt mak



Apple (pòm)
Best Yet
Essential Everyday
Food Club
Great Value
Kroger
Signature Select
WinCo Foods



Grapefruit (chadèk)
Nenpòt mak



Grape (rezen)
Kroger
Signature Select

✔️ **ACHTE**

- Manje pou tibebe gwosè 4 oz. fwi ak legim
- Resipyan vè oubyen plastik OK
- Manje pou tibebe natirèl oubyen melanj fwi epi legim
- Ka achte resipyan yon pòsyon, 2-packe oubyen toude
- Sèlman chwazi nan mak ki annapre la

❌ **PA ACHTE**

- Okenn "dinner," desè, smouti oubyen "casseroles"
- San okenn ajoutman sereyal, yogurt, vyann, diri, oubyen gren
- San okenn ajoutman sik oubyen glisid
- Okenn manje pou tikatkat oubyen "Graduates"
- San okenn ajoutman DHA
- Okenn pochèt
- Okenn manje pou tibebe ki anpoud



Beech-Nut



Gerber

Manje pou tibebe

Fwi epi legim, suit

Manje pou tibebe avèk vyann

Sereyal pou tibebe



Happy Baby Organics



0 Organics



Tippy Toes



Wild Harvest Organic

Èske w konnen?

WIC ka ranplase kèk oubyen tout nan manje nan bokal pou tibebe ou yo ki avèk benefis yon fwi oubyen legim apati nan laj 7 mwa. Se pou kontakte klinik WIC a pou w jwenn plis enfòmasyon sou sa.

Lè pou achte manje pou tibebe



Si gen nan lis benefis ou a **128 oz.** sa vle di ou ka achte **32** bokal 4 oz. oubyen **16** 2-pake 4 oz.



Si gen nan lis benefis ou a **64 oz.** sa vle di ou ka achte **16** bokal 4 oz. oubyen **8** 2-pake 4 oz.

Manje pou tibebe avèk vyann

(pou tibebe ki pa resevwa fòmila nan WIC)

ACHTE

- Sèlman gwosè 2.5 oz. manje pou tibebe avèk vyann
- Resipyan vè oubyen plastik
- Gendwa gen ji bouyon oubyen sòs
- Sèlman chwazi nan mak sa yo:

PA ACHTE

- Okenn ki gen ajoutman fwi, legim, pat alimentè, oubyen gren
- Okenn manje pou tikatkat oubyen “Graduates”
- Okenn ki gen ajoutman DHA



Beech-Nut



Gerber

Sereyal pou tibebe

ACHTE

- Dimansyon 8 oz. epi 16 oz.
- Sèlman chwazi nan mak epi nan gren sa yo:

PA ACHTE

- Okenn rice cereal (sereyal diri)
- Okenn ki gen ajoutman fòmila, lèt, yogout, oubyen fwi
- Okenn ki ajoutman DHA
- Okenn nan bokal, bwat, oubyen pake yon pòsyon



Gerber (òganik OK)

- Multi Grain
- Oatmeal (avwàn)



Earth's Best Organic

- Multi Grain (gren miltip)
- Oatmeal (avwàn)

Ti apèsi sou echanj manje

Se pou w kontakte klinik WIC a pou w fè nenpòt ki chanjman nan manje ou a pa mwa:

Èske w ta renmen plis nan manje sa yo?

Yogout: Fè echanj 1 ka galon lèt pou 1 resipyan yogurt. Kantite maksimòm yogurt se 2 resipyan.

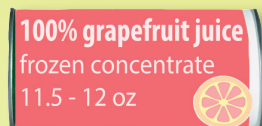


Tofu: Fè echanj 1 ka galon lèt pou 1 resipyan tofu. Ou ka fè echanj tout lèt nan pake manje ou a pou tofu.

Ji: Fè echanj \$3 benefis fwi epi legim pou 1 resipyan ji nan boutèy oubyen konjle.



Oubyen



Ti apèsi sou echanj manje

Èske w vle mwens nan manje sa yo?



Lèt vach: Fè echanj lèt vach pou

- Lèt Lactose-free
- Acidophilus milk
- Bwason abaz soja oubyen plant
- Lèt kabrit



Yogout: Fè echanj 1 ka galon yogurt pou 1 ka galon lèt.



Fwomaj: Fè echanj 1 lb. fwomaj pou 3 ka galon lèt.



Ze: Fè echanj 1 douzèn ze pou 1 resipyan bè nwa oubyen grenn, oubyen pwa nan bwat oubyen sèk.

**Pou plis enfòmasyon sou WIC oubyen pou jwenn yon
klinik WIC ki pre lakay ou a, konpoze 211 oubyen monte
sou sit entènèt nou a:**

www.healthoregon.org/wic



**Ou ka jwenn gratis dokiman sila nan yon fòm diferan. Telefonnen
nan 971-673-0040 (vokal) oubyen nan 1-800-735-2900 (TTY) pou w
resevwa fòm ki pi byen pou ou a.**

Konfòm ak lejislasyon federal la sou dwa sivil ak règleman epi politik dwa sivil Depatman ameriken agrikilti a (USDA), li entèdi - nan tout pwogram oubyen aktivite USDA fè oubyen finanse - pou USDA, ajans li yo, biwo li yo ak anplwaye li yo, ak etablisman ki swa patisipe oswa ofri pwogram USDA yo diskrimine poutèt ras, koulè po, peyi natif natal, sèks, andikap, laj, epi pran reprezay ou tire revanj pou yon aktivite anteryè sou sa ki konsène dwa sivil.

Moun ki gen andikap e ki bezwen metòd komunikasyon altènatif pou jwenn enfòmasyon sou pwogram lan (pa egzanp: bray, gwo karaktè, bann odyo, lang siy ameriken, etc.), dwe kominike avèk ajans lan (eta oubyen lokal) kote l te fè aplikasyon pou benefis yo. Moun ki soud, ki tande di, oubyen ki gen difikilte pou pale gendwa kominike avèk USDA a atravè sèvis relè federal la (Federal Relay Service) nan nimewo (800) 877-8339. Anplis, enfòmasyon sou pwogram lan gendwa disponib nan lòt lang pase lang anglè.

Pou depoze yon plent diskriminasyon sou pwogram lan, ranpli USDA Program Discrimination Complaint Form, (AD-3027) ki anliy nan: http://www.ascr.usda.gov/complaint_filing_cust.html, epi nan tout biwo USDA, osinon ekri yon lèt w ap voye bay USDA epi mete nan lèt tout enfòmasyon yo mande nan fòm lan. Pou mande pou yon kopi fòm pou pote plent lan,

- (1) lapòs: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) faks: (202) 690-7442; oubyen
- (3) imèl: program.intake@usda.gov

Etablisman sa a se yon founisè ki gen respè egale pou tout moun.