



# Shopping with eWIC

**No more paper vouchers!** You get all of your WIC benefits using a card that will work like a debit card.

**More convenient!** You can buy just a few of your WIC foods at a time. The rest will still be in your WIC account for your next shopping trip.

**A faster, easier shopping trip!** At most stores you won't have to separate your WIC foods from your other purchases.

This short lesson will help you get to know the eWIC brochures that you will use the first few times you shop with your eWIC card. They tell you about shopping with your eWIC card, how to find out your monthly WIC food balance, and selecting a PIN for your eWIC card.

After you complete the lesson, WIC staff will answer any questions and issue you an eWIC card and print your family's WIC benefit list.

## Materials you need for this lesson:


*Shopping with your eWIC card* brochure

*Using your Oregon eWIC card* brochure

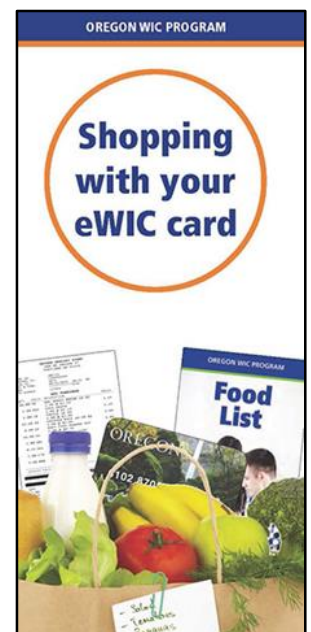
## Shopping with your eWIC card – brochure

Review the “Shopping with your eWIC card” brochure and then answer the following questions.

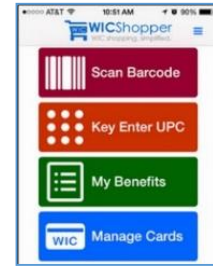
### Know your WIC food balance

 There are 5 different ways you can check your WIC food balance. Which ways are you most likely to use to find out your remaining food balance?

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**Note:** With the “WICShopper” smart phone app you can check your food balance **and** check foods to see if you can buy them with your eWIC card.



**Choosing WIC foods**

You still need your WIC Food List to shop for WIC foods. With eWIC, you’ll also need to know what foods are in your eWIC account. Today you will receive an eWIC Benefits List similar to the example shown here. The Benefits List shows you all of foods in your family’s eWIC account combined together.

**WIC Benefits List**  
Benefits Available as of 03/06/2014 12:54

WIC Family ID: 2100181

FirstCardholder: SAMPLE, SARA      SecondCardholder: SAMPLE, STEVE

Benefits for: 3/4/2014 through 3/31/2014

Family Member/s: Sample, Sara - WB      Sample, Sam - C1

Sample, Susy - 189-12

Quantity	Unit	Food Item Description
2	LB	Cheese
2	DOZ	Eggs - large
72	OZ	Cereal - hot / cold
2	CTR	Peanut butter / dry beans / peas / lentils
1	CTR	Dry beans, peas or lentils
24	OZ	Baby cereal
128	OZ	Baby food - fruit / vegetables
48	OZ	100% Whole wheat bread/corn tortillas/brown rice
16	\$\$\$	Fruit and vegetables - fresh / frozen
2	CAN	Similac Advance powder
3.25	GAL	Whole milk
4.75	GAL	Lowfat or fat free milk
3	CTR	11.5 to 12 ounce frozen juice
2	CTR	64oz bottle / 16oz frozen juice


Once you start shopping with your eWIC card, you’ll need to track your balance using your eWIC receipt, or one of the other four ways to get your eWIC balance.

**Note:** The Benefits List tells you the start and end dates for each benefit month.

**At the checkstand**

 **When you use your eWIC card to shop, which card would you use first? (Circle your answer)**

- eWIC Card      Oregon Trail Card-SNAP      Debit Card      Credit Cards

 **What three things should you do at the checkstand the first time you shop with your eWIC card?**

Tell: \_\_\_\_\_

Ask: \_\_\_\_\_

Ask: \_\_\_\_\_

## Reading your eWIC card receipt

eWIC receipts are different from other grocery receipts. The eWIC receipt tells you when your benefits expire and what WIC foods you bought and what WIC foods you still have in your account for the month.


## Buying milk or soy milk

Milk can now be bought, as you need it, any time during the month. Once in a while, you might buy less than a gallon of milk. To see how much milk you have in your WIC account, look for the “GAL” (gallons) on your Benefits List and eWIC receipt.




 **Which size milk would you buy for .25 GAL?**

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**Examples:**

**1.00 GAL is**  gallon


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**0.75 GAL is**    quart

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**0.50 GAL is**  half-gallon


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**0.25 GAL is**  quart

## Buying peanut butter & dry beans and juice

On your Benefits List and your WIC shopping receipt you will see “CTR” (container) of beans/peanut butter, and “CTR” of juice. Use your food balance and the WIC Food List to know what amount, type and size “CTR” you can buy.

## Remember

 **What might it mean if an item you are trying to purchase using your eWIC card does not scan at the store checkstand?**

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# Using your Oregon eWIC card - brochure

## Select a pin for your card

Setting your PIN for your eWIC card is just like any other debit card. You have to set it and you have to keep it safe.



 After reading the brochure, how will you set your eWIC card PIN?

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 If you forgot your PIN, where would you go to change it?

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## Important things to remember when using your eWIC card at the grocery store:

- **Let the cashier** know you are using your eWIC card
- **Enter your 4-digit PIN** when the cashier asks
- **Keep your eWIC receipt.** It shows your benefit balance, or what you have left to buy for the month. As you saw earlier, there are 4 ways to check your balance, but keeping your receipt with your new balance doesn't require any extra effort.

## Meal planning with eWIC:

Will meal planning for your family be different now that you can buy your WIC foods as you need them throughout the month?

## Next Steps:

Now it is time check back with your WIC staff to receive your own eWIC card and Benefits List! Be sure to ask any other questions that you have about shopping with eWIC.