

English / Español

North Carolina WIC Program Shopping Guide

Guía de Compras del Programa WIC en Carolina del Norte



Effective October 1, 2015

Vigente a partir del 1° de Octubre, 2015



WIC...

Healthy Habits,
Healthy Families

Welcome to the Shopping Guide

The North Carolina WIC Program would like to present you with your family's personal shopping guide. Use this guide when shopping for healthy WIC foods.

Take the guide with you to the North Carolina authorized WIC store of your choice. It will help you to choose the foods listed on your food instruments and choose the foods allowed with your cash-value vouchers.

The guide includes instructions on how to use your WIC food instruments and cash-value vouchers to help you when you shop. Next, you will find sections in your shopping guide for each food allowed on the WIC program. Each food group includes guidelines for the listed foods.



Bienvenido a la Guía de Compras

El programa WIC de Carolina del Norte desea presentarle la Guía de Compras personal para su familia. Utilice esta Guía cuando vaya a comprar alimentos saludables del programa WIC.

Lleve consigo esta Guía a la tienda de su preferencia autorizada por el programa WIC de Carolina del Norte. La Guía le ayudará a elegir los alimentos listados en los instrumentos para adquirir alimentos y a elegir aquellos alimentos permitidos en los vales con valor en efectivo.

La Guía incluye instrucciones sobre cómo usar los instrumentos para adquirir alimentos y los vales con valor en efectivo del programa WIC para ayudarle cuando va de compras. A continuación, en su Guía de Compras encontrará secciones para cada alimento permitido por el programa WIC. Cada grupo de alimentos incluye pautas a seguir para los alimentos listados.



Table of Contents

Page

How to use your WIC food instruments and cash-value vouchers.....3

Questions about WIC foods?.....5

Milk and Milk Substitutes

Cow's Milk7

Cheese.....8

Soy-based Beverage9

Tofu 10

Yogurt..... 11

Juice

Concentrate Juice..... 13

Single Strength Juice..... 18

Whole Grain Products

Cereal26

Bread.....31

Brown Rice32

Tortillas (Soft Corn, Whole Wheat)34

Whole Wheat Pasta.....35

Protein Products

Peanut Butter.....37

Mature Legumes (Beans, Peas, Lentils)40

Eggs.....41

Canned Fish (Salmon, Tuna)42

Formulas or WIC-eligible Nutritionals43

Infant Foods

Infant Cereal45

Infant Meats46

Infant Fruits.....47

Infant Vegetables.....50

Cash-value Vouchers

Fruits and Vegetables52

Tabla de Contenido

Página

Cómo usar los instrumentos para adquirir alimentos y los vales con valor en efectivo del programa WIC ..	4
¿Tiene preguntas acerca de los alimentos del programa WIC?.....	6

Leche y Sustitutos de Leche

Leche de Vaca.....	7
Queso	8
Bebida a Base de Soya.....	9
Tofu.....	10
Yogur	11

Jugo

Jugo Concentrado	13
Jugo Simple	18

Productos de Grano Entero

Cereal.....	26
Pan	31
Arroz Integral.....	32
Tortillas (Suaves de Maíz, de Trigo Integral).....	34
Pasta Integral.....	35

Productos de Proteína

Mantequilla de Cacahuete (maní)	37
Leguminosas Maduras (Frijoles, Chícharos/ Guisantes, Lentejas)	40
Huevos.....	41
Pescado Enlatado (Salmón, Atún)	42

Fórmulas o Productos Nutricionales que Cumplen con el Programa WIC	43
---	-----------

Alimentos para Bebés

Cereal de Bebé	45
Papillas de Carnes.....	46
Papillas de Frutas.....	47
Papillas de Verduras	50

Vales con Valor en Efectivo

Frutas y Verduras.....	52
------------------------	----

How to use your WIC food instruments and cash-value vouchers

Only the participant/parent/guardian/caretaker or proxy can use food instruments or cash-value vouchers at the store.

- Use only at a North Carolina authorized WIC store.
- Use on or between the “first date to spend” and “last date to spend” printed on the food instrument or cash-value voucher.
- Do not make changes on the food instrument or cash-value voucher.
- Use this [Shopping Guide](#) to help you select the foods listed on the food instrument or cash-value voucher.
- If the store does not have all the foods that you need, go to another authorized WIC store. Do not accept rain checks or IOUs.
- Separate WIC foods by food instrument from your other groceries. The cashier will need to ring up the food from each food instrument separately.
- If your family has more than one cash-value voucher for the month, you can use them together.
- Use valued-client cards, in-store specials and coupons for WIC foods when possible.
- Sign each food instrument or cash-value voucher **after** the cashier has filled in the **correct date** and **total price** of the WIC foods.
- Never get change from the WIC food instrument or cash-value voucher.
- If your fruits and vegetables cost more than the cash-value voucher amount, you will need to pay the difference.
- Do not return WIC foods to the store for cash, credit or exchange for other foods.
- Contact your local WIC office if you have questions or problems.

Cómo usar los instrumentos para adquirir alimentos y los vales con valor en efectivo del programa WIC.

Solo el participante/el padre o la madre/el tutor(a)/la persona a cargo del cuidado del niño o el apoderado del niño pueden utilizar los instrumentos para adquirir alimentos y sus vales con valor en efectivo en la tienda.

- Utilícelos únicamente en tiendas autorizadas por WIC en Carolina del Norte.
- Utilícelos entre "el primer día de la fecha para gastarlos" y "el último día de la fecha para gastarlos" impresa en el instrumento para adquirir alimentos y en el vale con valor en efectivo.
- No haga ningún cambio en el instrumento para adquirir alimentos ni en el vale con valor en efectivo.
- Utilice la **Guía de Compras** como ayuda para escoger los alimentos listados en el instrumento para adquirir alimentos o en el vale con valor en efectivo.
- Si la tienda no tiene todos los alimentos que necesita, vaya a otra tienda que esté autorizada por WIC. No acepte cupones de canjeo por productos que se los darán después o pagarés.
- Separe del resto de sus compras los alimentos de WIC de acuerdo al instrumento para adquirir alimentos. El cajero tiene que registrar el alimento de acuerdo a cada instrumento para adquirir alimentos de manera separada.
- Si su familia tiene más de un vale con valor en efectivo para el mes, puede usarlos juntos.
- Cuando sea posible, utilice tarjetas para clientes apreciados, las ofertas especiales y los cupones de descuento de las tiendas para comprar alimentos WIC.
- Firme cada instrumento para adquirir alimentos o vale con valor en efectivo **después** de que el cajero haya anotado la **fecha correcta** y el **precio total** de los alimentos WIC.
- Nunca reciba cambio de dinero en efectivo por el instrumento para adquirir alimentos o por el vale con valor en efectivo de WIC.
- Si el precio de las frutas y verduras es mayor que la cantidad del vale con valor en efectivo, usted tendrá que pagar la diferencia.
- No devuelva los alimentos WIC a la tienda a cambio de dinero en efectivo, de crédito, o por intercambio de otros alimentos.
- Comuníquese con la oficina local de WIC si tiene alguna pregunta o algún problema.

Questions about WIC Foods?

Can I get organic foods?

- You can get organic fruits and vegetables using your cash-value vouchers
- **No other organic foods are allowed**

What grains can I get from WIC?

- 100% whole grain / whole wheat bread in 16 oz. loaves
- Whole wheat or soft-corn tortillas in 16 oz. packages
- Brown rice in 14 oz. or 16 oz. bags or boxes
- Whole wheat pasta in 16 oz. packages
- **Use this Shopping Guide for a list of specific brands**

Why can't I get whole milk on my food instruments?

- Children under 2 years of age receive whole milk as the standard food package
- Women and children over 2 years of age get 1% or skim milk as the standard food package
- Medical documentation is required for women or children over 2 years of age to receive whole milk

What kind of yogurt can I buy?

- Yogurt is available as a milk substitution
- You can buy plain or flavored yogurt in 32 oz. containers
- Yogurt may not contain any added ingredients such as: granola, candy pieces, honey, nuts or similar ingredients

What should I do if I get more food or formula than I can use?

- Talk to your nutritionist about ideas and recipes that use WIC foods
- Talk to your nutritionist about tailoring your food package to better fit your needs
- Do not redeem your food instruments for foods that you cannot use or do not want

Please note that the buying, selling or otherwise misusing benefits from USDA's nutrition assistance programs is a crime. To report suspected abuse:

Call: (800) 424-9121

Online complaints: <http://www.usda.gov/oig/hotline.htm>

Write: U.S. Department of Agriculture

Office of the Inspector General

PO Box 23399

Washington, DC, 20026-3399

¿Tiene preguntas acerca de los alimentos del programa WIC?

¿Puedo adquirir alimentos orgánicos?

- Puede obtener frutas y verduras orgánicas usando los vales con valor en efectivo
- **No se permite ningún otro alimento orgánico**

¿Qué tipo de granos puedo obtener con el programa WIC?

- Grano entero al 100%/pan de trigo entero en paquetes de 16 oz.
- Tortillas de trigo entero o tortillas suaves de maíz en paquetes de 16 oz.
- Arroz integral en bolsas o cajas de 14 ó 16 oz.
- Pasta integral en paquetes de 16 oz.
- **Utilice esta Guía de Compras para consultar la lista de marcas específicas.**

¿Por qué no puedo comprar leche entera con mis instrumentos para adquirir alimentos?

- Los niños menores de 2 años de edad reciben leche entera en el paquete estándar de alimentos.
- Las mujeres y los niños mayores de 2 años de edad reciben leche al 1% o leche descremada en el paquete estándar de alimentos.
- Se requiere de documentación médica para que mujeres y niños mayores de 2 años de edad reciban leche entera.

¿Qué tipo de yogur puedo comprar?

- El yogur está disponible como sustituto de leche.
- Puede comprar yogur sencillo o con sabor envases de 32 oz.
- El yogur no puede contener ningún ingrediente agregado tal como granola, trocitos de dulce, miel, nueces u otros ingredientes similares.

¿Qué debo hacer si obtengo más alimentos o fórmula de lo que puedo usar?

- Hable con el nutricionista sobre ideas y recetas para usar los alimentos de WIC.
- Hable con el nutricionista sobre cómo acomodar su paquete de alimentos para satisfacer mejor sus necesidades.
- No canjee los instrumentos para adquirir alimentos por alimentos que no puede usar o que no desea.

Tenga en cuenta que comprar, vender o hacer mal uso de los beneficios de los programas de asistencia de nutrición del Departamento de Agricultura de los EE.UU. (USDA) es un delito. Para reportar casos de sospecha de abusos llame al :

(800) 424-9121

Para reportar quejas en línea:

<http://www.usda.gov/oig/hotline.htm>

Escriba a: U.S. Department of Agriculture
Office of the Inspector General
PO Box 23399
Washington, DC, 20026-3399

Approved

Least expensive brand available of pasteurized cow's milk of size and type as listed on food instrument

- Skim milk
- 1% milk
- 2% milk
- Whole milk
- Evaporated milk
- Lactose-reduced or lactose-free milk
- Ultra High Temperature (UHT) milk



Productos aprobados

La marca más barata de leche de vaca pasteurizada del tamaño y tipo que figura en el instrumento para adquirir alimentos

- Leche descremada
- Leche con 1% de grasa
- Leche con 2% de grasa
- Leche entera
- Leche evaporada
- Leche con lactosa reducida o libre de lactosa
- Leche ultrapasteurizada

Not Approved

- Buttermilk
- Chocolate or other flavored milk
- Goat's milk
- Milk drinks
- Powdered milk
- Organic milk

Productos no aprobados

- Leche de mantequilla
- Leche de chocolate o de algún otro sabor
- Leche de cabra
- Bebidas de leche
- Leche en polvo
- Leche orgánica

Approved

- 16 oz. prepackaged block or sliced (wrapped or unwrapped)
- Least expensive domestic brand available of any of the following types of cheese or blends of any of these cheeses:
 - Brick
 - Cheddar
 - Colby
 - Monterey Jack
 - Mozzarella
 - Muenster
 - Pasteurized processed American
 - Provolone
 - Swiss
- Lower-sodium varieties
- Reduced-fat and reduced-cholesterol varieties



Productos aprobados

- Queso pre empacado en barra o en rebanadas, de 16 oz. (en envoltura o sin envoltura individual)
- La marca nacional menos costosa disponible de cualquiera de los siguientes tipos de queso o combinaciones de estos quesos:
 - Brick
 - Cheddar
 - Colby
 - Monterey Jack
 - Mozzarella
 - Muenster
 - Pasteurized processed American
 - Provolone
 - Swiss
- Variedades con bajo sodio
- Variedades de grasa reducida o de colesterol reducido

Not Approved

- Cheese foods
- Cheese products
- Cheese spreads
- Cheese with additions such as wine, nuts, seeds, jalapeños, pimientos, herbs, spices, seasonings or flavorings (wine or smoked)
- Deli or hoop cheese
- Snack, cubed, shaped, crumbled, strips, sticks, diced, grated or shredded cheese
- String cheese
- Organic cheese

continued / continúa...

Productos no aprobados

- Alimentos de queso
- Productos de queso
- Productos de queso para untar
- Quesos con productos agregados, como por ejemplo, con vino, nueces, semillas, chiles jalapeños, pimientos, hierbas, especias, condimentos o saborizantes (envinados o ahumados)
- Queso del Deli o de bola
- Queso para bocadillos, en cubo, en figuras, en moronas, en tiras, en palitos, en cuadritos o rallado
- Queso de hebra
- Queso orgánico

Soy-based Beverage / Bebida a Base de Soya

Approved

- 64 oz. containers

Productos aprobados

- Envases de 64 oz.

Not Approved

- Flavored soy-based beverage
- Organic soy-based beverage

Productos no aprobados

- Bebida a base de soya con sabor
- Bebida orgánica a base de soya



APPROVED BRANDS / MARCAS APROBADAS

- **8th Continent**
 - Soymilk Original
- **Great Value**
 - Original Soymilk
- **Silk**
 - Original Soymilk

Approved

- 14 oz. – 16 oz. prepackaged

Productos aprobados

- Preempacado de 14 oz. – 16 oz.



Not Approved

- Tofu with added fats, sugars, oils or salt (sodium)
- Organic tofu

Productos no aprobados

- Tofu agregado con grasas, azúcar, aceites o sal (sodio)
- Tofu orgánico

APPROVED BRANDS / MARCAS APROBADAS

- **Azumaya**
 - Tofu Extra Firm
 - Tofu Firm
 - Tofu Silken
- **House Foods**
 - Tofu Extra Firm
 - Tofu Firm
 - Tofu Medium Firm
 - Tofu Soft
- **Vitasoy**
 - Firm Tofu
 - Soft Tofu
 - Sprouted Black Soybean Tofu

Approved

- 1 quart (32 oz.)
- Pasteurized

Productos aprobados

- Envases de 32 oz.
- Pasteurizado



Not Approved

- Drinkable yogurts
- Yogurts sold with mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients
- Organic yogurt

Productos no aprobados

- Yogur para beber
- Yogur con ingredientes para mezclar como granola, trocitos de dulce, miel, nueces u otros ingredientes similares
- Yogur orgánico

APPROVED BRANDS / MARCAS APROBADAS

- **Coburn Farms**
 - Plain Lowfat Yogurt
 - Vanilla Lowfat Yogurt
- **Dannon**
 - All Natural Plain Lowfat Yogurt
 - All Natural Plain Nonfat Yogurt
 - All Natural Plain Yogurt
 - Light & Fit Greek Plain Yogurt
 - OIKOS 0% Fat Greek Yogurt Plain
 - OIKOS 0% Fat Greek Yogurt Vanilla
 - Vanilla Lowfat Yogurt
- **Essential Everyday**
 - Blended Peach Lowfat Yogurt
 - Blended Plain Lowfat Yogurt
 - Blended Raspberry Lowfat Yogurt
 - Blended Strawberry Banana Lowfat Yogurt
 - Blended Strawberry Lowfat Yogurt
 - Blended Vanilla Lowfat Yogurt
 - Fat Free Plain Nonfat Yogurt
 - Greek Nonfat Yogurt Plain
 - Greek Nonfat Yogurt Vanilla

- **Food Club**
 - Blended Strawberry Lowfat Yogurt
 - Lowfat Vanilla Yogurt
- **Food Lion**
 - Lowfat Yogurt Vanilla
 - Nonfat Yogurt Plain
- **Harris Teeter**
 - Greek Nonfat Yogurt Plain
 - Greek Nonfat Yogurt Vanilla Blend
- **Kroger**
 - Blended Lowfat Yogurt Plain
 - Blended Lowfat Yogurt Vanilla
 - Nonfat Yogurt Plain
- **Laura Lynn**
 - Fat Free Nonfat Yogurt All Natural Plain
 - Greek Nonfat Yogurt Plain
 - Greek Nonfat Yogurt Vanilla
 - Lowfat Yogurt Vanilla All Natural
- **Lowes Foods**
 - Lowfat Yogurt Vanilla
 - Nonfat Yogurt Plain
 - Nonfat Yogurt Vanilla
- **Market Pantry**
 - Plain Nonfat Yogurt
- **Mountain High**
 - Fat Free Yoghurt Plain
 - Fat Free Yoghurt Vanilla
 - Lowfat Yoghurt Plain
 - Lowfat Yoghurt Vanilla
 - Original Style Yoghurt Plain
 - Original Style Yoghurt Vanilla
- **Nostimo**
 - Greek Nonfat Yogurt Plain
 - Greek Nonfat Yogurt Vanilla
- **Our Family**
 - Greek Nonfat Yogurt Plain
 - Greek Nonfat Yogurt Vanilla
- **Southern Home**

continued / continúa...

Yogurt / Yogur

- Fat Free Nonfat Yogurt Plain
- Fat Free Nonfat Yogurt Vanilla
- Greek 0% Fat Nonfat Yogurt Plain
- Lowfat Yogurt Vanilla
- **Yoplait**
 - Greek 100 Calories Nonfat Yogurt Plain
 - Low Fat Yogurt Original Harvest Peach
 - Low Fat Yogurt Original Strawberry
 - Low Fat Yogurt Original Strawberry Banana
 - Low Fat Yogurt Original Vanilla

Concentrate Juice / Jugo Concentrado

Approved

- 11.5 oz. – 12 oz. containers
- 100% juice, unsweetened, pasteurized
- Frozen or shelf stable concentrate
- Juices fortified with calcium, vitamin D or vitamin C



Productos aprobados

- Envases de 11.5 oz. – 12 oz.
- Jugo al 100% sin endulzar, pasteurizado
- Congelado o concentrado de larga conservación
- Jugos fortificados con calcio, vitamina D o vitamina C

Not Approved

- Concentrate products with guidance for diluting to less than single strength
- Juice drinks or cocktails
- Juices promoted for use by infants
- Juices with added nutrients / additives other than calcium, vitamin D or vitamin C
- Sports drinks
- Organic juice

Productos no aprobados

- Productos concentrados con instrucciones para diluir a consistencia más ligera que jugo
- Bebidas de jugo o cócteles
- Jugos promocionados para bebés

Concentrate Juice / Jugo Concentrado

- Jugos con nutrientes o aditivos añadidos distintos al calcio, vitamina D o vitamina C
 - Bebidas deportivas
 - Jugo orgánico
-

APPROVED BRANDS / MARCAS APROBADAS

- **Always Save**
 - Apple Juice
 - Orange Juice
- **Best Choice**
 - Apple Juice 100% Juice
 - Orange Juice Country Style with Extra Pulp
 - Orange Juice Original
 - Orange Juice Pulp Free
 - Orange Juice with Calcium
- **Best Yet**
 - Apple Juice
 - Calcium Fortified 100% Orange Juice
 - Classic 100% Orange Juice
 - Country Style 100% Orange Juice
 - Pulp Free 100% Orange Juice
- **Essential Everyday**
 - Apple Juice
 - Country Style Orange Juice
 - Grape Juice
 - No Pulp Orange Juice
 - Orange Juice with Added Calcium
 - Original Orange Juice
- **Food Lion**
 - Apple Juice
 - Orange Juice
 - Orange Juice with Calcium
 - Orange Juice with Pulp
- **Great Value**
 - 100% Juice Apple Juice
 - 100% Juice Calcium Orange Juice
 - 100% Juice Country Style Orange Juice

continued / continúa...

Concentrate Juice / Jugo Concentrado

- 100% Juice Grape Juice
- 100% Juice Orange Juice
- 100% Juice Pulp Free Orange Juice

- **Harris Teeter**
 - Apple Juice
 - Calcium Enriched Orange Juice
 - Country Style More Pulp Orange Juice
 - Original Orange Juice
 - Pulp Free Orange Juice

- **HY • TOP**
 - 100% Juice Apple
 - 100% Juice Orange

- **Kroger**
 - Apple Juice with Vitamin C
 - Grape with Vitamin C
 - Grapefruit
 - Orange Juice
 - Orange Juice Added Pulp
 - Orange Juice Pulp Free
 - Orange Juice with Calcium
 - Pineapple Juice
 - Pineapple Orange Juice

- **Langers**
 - Apple Juice
 - Autumn Blend
 - Grape Juice
 - Orange Juice
 - Pineapple Juice
 - Spring Blend
 - Summer Blend

- **Market Pantry**
 - Apple 100% Juice
 - Grape 100% Juice
 - Original Orange 100% Juice
 - Pulp Free Orange 100% Juice

Concentrate Juice / Jugo Concentrado

- **My Essentials**
 - Apple Juice
 - Orange Juice
 - Orange Juice with Calcium
 - Orange Juice with Pulp

- **Old Orchard**
 - 100% Juice Apple
 - 100% Juice Apple Cherry
 - 100% Juice Apple Cranberry
 - 100% Juice Apple Kiwi Strawberry
 - 100% Juice Apple Passion Mango
 - 100% Juice Apple Raspberry
 - 100% Juice Apple Strawberry Banana
 - 100% Juice Blueberry Pomegranate
 - 100% Juice Cherry Pomegranate
 - 100% Juice Cranberry
 - 100% Juice Cranberry Pomegranate
 - 100% Juice Cranberry Raspberry
 - 100% Juice Grape
 - 100% Juice Orange
 - 100% Juice Orange with Calcium
 - 100% Juice Pineapple
 - 100% Juice Pineapple Orange
 - 100% Juice Pineapple Orange Banana
 - 100% Juice White Grape

- **Our Family**
 - Apple Juice
 - Orange Juice Country Style with Medium Pulp
 - Orange Juice Original
 - Orange Juice Pulp Free
 - Orange Juice with Calcium

- **Publix**
 - Orange Juice

- **Seneca**
 - 100% Apple Juice

continued / continúa...

Concentrate Juice / Jugo Concentrado

- **Southern Home**
 - Apple Juice 100% Juice
 - Country Style Orange Juice 100% Juice
 - Original Orange Juice 100% Juice
 - Pulp Free Orange Juice 100% Juice
 - With Calcium Orange Juice 100% Juice
- **Tipton Grove**
 - 100% Apple Juice
 - 100% Orange Juice
- **Tree Top**
 - 100% Apple Juice
- **Welch's**
 - 100% Grape Juice
 - 100% Juice Apple
 - 100% Juice Fruit Fantastic
 - 100% Juice Grape
 - 100% Juice Tropical Passion
 - 100% Juice White Grape Juice
 - 100% Juice White Grape Peach
 - 100% Juice White Grape Raspberry



Single Strength Juice / Jugo Simple

Approved

- 48 oz. and 64 oz. containers
- 100% juice, unsweetened, pasteurized
- Juices fortified with calcium, vitamin D or vitamin C
- Vegetable juice may be regular or low sodium
- Packaged in plastic, glass, cans or refrigerated paper cartons

Productos aprobados

- Envases de 48 oz. y 64 oz.
- Jugo al 100% sin endulzar, pasteurizado
- Jugos fortificados con calcio, vitamina D o vitamina C
- Jugo de verdura que puede ser normal o bajo en sodio
- Empacados en plástico, vidrio, lata o cartón refrigerado

Not Approved

- Freshly squeezed juices
- Juice drinks or cocktails
- Juices promoted for use by infants
- Juices with added nutrients / additives other than calcium, vitamin D or vitamin C
- Sports drinks
- Organic juice

Productos no aprobados

- Jugos de frutas recién exprimidas
- Bebidas de jugo o cócteles
- Jugos promocionados para bebés
- Jugos con nutrientes agregados o aditivos distintos al calcio, vitamina D o vitamina C
- Bebidas deportivas
- Jugos orgánicos

APPROVED BRANDS / MARCAS APROBADAS

48 oz. containers / Envases de 48 oz.

- **Apple & Eve**
 - 100% Apple Juice
 - 100% Juice Cranberry Apple
 - 100% Juice Cranberry Raspberry
 - 100% Juice Naturally Cranberry

continued / continúa...

Single Strength Juice / Jugo Simple

- **Essential Everyday**
 - 100% Juice Apple Juice
 - 100% Juice Orange Juice
 - 100% Juice Pineapple Juice
 - 100% Juice White Grapefruit
- **Juicy Juice**
 - 100% Juice Apple
 - 100% Juice Cherry
 - 100% Juice Fruit Punch
 - 100% Juice Grape
 - 100% Juice Kiwi Strawberry
 - 100% Juice Orange Tangerine
- **Seneca**
 - 100% Apple Juice
- **Southern Home**
 - 100% Juice Apple

64 oz. containers / Envases de 64 oz.

- **Always Save**
 - Apple Juice
 - Grape Juice
- **Apple & Eve**
 - 100% Apple Juice
 - 100% Juice Cranberry Apple
 - 100% Juice Cranberry Grape
 - 100% Juice Cranberry Pomegranate
 - 100% Juice Cranberry Raspberry
 - 100% Juice Naturally Cranberry
- **Best Choice**
 - 100% Juice Apple
 - 100% Juice Berry
 - 100% Juice Cherry
 - 100% Juice Grape
 - 100% Juice Punch
 - Apple Juice
 - Grape Juice
 - Grapefruit Juice
 - Pineapple Juice
 - Tomato Juice
 - Vegetable Juice
 - White Grape Juice
- **Campbell's**
 - Tomato Juice
 - Tomato Juice Low Sodium

Single Strength Juice / Jugo Simple

- **Diane's Garden**
 - 100% Vegetable Juice
- **Essential Everyday**
 - 100% Juice Apple Cider
 - 100% Juice Apple Juice
 - 100% Juice Apple Juice 10% Daily Value of Calcium Per Serving
 - 100% Juice Apple Juice Not from Concentrate
 - 100% Juice Berry
 - 100% Juice Cherry
 - 100% Juice Cranberry
 - 100% Juice Cranberry Raspberry
 - 100% Juice Grape Juice
 - 100% Juice Orange Juice
 - 100% Juice Pineapple Juice
 - 100% Juice Punch
 - 100% Juice White Grape Juice
 - 100% Juice White Grapefruit
 - 100% Tomato Juice
 - 100% Vegetable Juice
 - Low Sodium 100% Tomato Juice
 - No Pulp Orange Juice from Concentrate
 - No Pulp Orange Juice from Concentrate with Calcium & Vitamin D
 - Some Pulp Orange Juice from Concentrate
- **Everfresh Juice**
 - 100% Apple Juice
 - Kiwi Strawberry 100% Juice
 - Pure 100% Orange Juice
- **Food Club**
 - 100% Apple Juice
 - 100% Tomato Juice
 - 100% Unsweetened Orange Juice
 - 100% Unsweetened Pineapple Juice
 - 100% White Grapefruit Juice
- **Food Lion**
 - 100% Juice Apple Juice
 - 100% Juice Berry Blend
 - 100% Juice Cherry
 - 100% Juice Fruit Punch
 - 100% Juice Grape
 - 100% Juice Grapefruit
 - 100% Juice Orange Juice
 - 100% Juice Pineapple
 - 100% Juice Tomato

continued / continúa...

Single Strength Juice / Jugo Simple

- 100% Juice White Grape
- No Pulp 100% Orange Juice
- No Pulp with Calcium & Vitamin D
100% Orange Juice
- **Great Value**
 - No Sugar Added 100% Juice Apple
 - No Sugar Added 100% Juice Cranberry Blend
 - No Sugar Added 100% Juice Cranberry Grape
 - No Sugar Added 100% Juice Grape
 - No Sugar Added 100% Juice White Grape
 - No Sugar Added 100% Juice White Grape
& Peach
- **Harris Teeter**
 - 100% Juice Apple Juice
 - 100% Juice Cranberry
 - 100% Juice Cranberry & Concord Grape
 - 100% Juice Cranberry Raspberry
 - 100% Juice Cranberry & Red Delicious Apple
 - 100% Juice Pineapple Juice
 - 100% Juice Tomato Juice
 - 100% Pure Orange Juice
 - Grape Juice
 - Grapefruit Juice
 - Premium Apple Juice
 - White Grape Juice
 - White Grape Peach Juice Blend
- **HY•TOP**
 - 100% Juice Apple
 - 100% Juice Grape
 - 100% Juice Grapefruit
 - 100% Juice Tomato
 - 100% Juice Vegetable
 - 100% Juice White Grape
- **IGA**
 - 100% Apple Juice
 - 100% Grape Juice
 - 100% White Grape Juice
- **Juicy Juice**
 - 100% Juice Apple
 - 100% Juice Apple Raspberry
 - 100% Juice Berry
 - 100% Juice Cherry
 - 100% Juice Fruit Punch
 - 100% Juice Grape
 - 100% Juice Kiwi Strawberry
 - 100% Juice Mango

Single Strength Juice / Jugo Simple

- 100% Juice Orange Tangerine
- 100% Juice Strawberry Banana
- 100% Juice Tropical
- 100% Juice White Grape

- **Kroger**
 - 100% Juice Apple
 - 100% Juice Cranberry
 - 100% Juice Grape
 - 100% Juice Low Sodium Vegetable
 - 100% Juice Spicy Vegetable
 - 100% Juice Vegetable
 - 100% Juice White Grape
 - Calcium Orange Juice
 - Homestyle Orange Juice
 - Original Orange Juice
 - Unsweetened Grapefruit Juice 100% Juice
 - Unsweetened Pineapple Juice
 - White Grape Peach 100% Juice

- **Langers**
 - Apple Berry Cherry 100% Juice
 - Apple Cranberry 100% Juice
 - Apple Grape 100% Juice
 - Apple Juice 100% Juice
 - Apple Kiwi Strawberry 100% Juice
 - Apple Orange Pineapple 100% Juice
 - Apple Peach Mango 100% Juice
 - Disney Apple Cranberry Grape 100% Juice
 - Disney Apple Grape 100% Juice
 - Disney Berry Blend 100% Juice
 - Disney Fruit Punch 100% Juice
 - Grape Juice 100% Juice
 - Harvest Apple Plus 100% Juice
 - Orange Juice 100% Juice
 - Pineapple Juice 100% Juice
 - Red Grape Juice 100% Juice
 - Ruby Red Grapefruit 100% Juice
 - Spicy Vegetable with Serrano Chili Peppers 100% Juice
 - Tomato Juice 100% Juice
 - Vegetable Juice 100% Juice
 - Vegetable Juice Low Sodium 100% Juice
 - White Grape Juice 100% Juice

- **Laura Lynn**
 - 100% Juice Blend Berry Flavor
 - 100% Juice Blend Cherry Punch
 - 100% Juice Blend Cranberry

continued / continúa...

Single Strength Juice / Jugo Simple

- 100% Juice Blend Fruit Punch Flavor
- 100% Juice Blend Grape
- Apple Juice with Calcium & Vitamin C
- Apple Juice with Vitamin C
- Grape Juice
- Tomato Juice
- White Grape Juice
- White Grape-Peach Juice

- **Libby's**
 - Pineapple Juice

- **Lowes Foods**
 - 100% Juice Cranberry Blend
 - Grape Juice
 - Orange Juice
 - Orange Juice Grove Select with Pulp
 - Orange Juice Original No Pulp
 - Orange Juice with Calcium & Vitamin D
 - Unsweetened Apple Juice
 - White Grape Juice

- **Market Pantry**
 - 100% Juice Apple
 - 100% Juice Grape
 - Apple Cider
 - Calcium & Vitamin D Orange Juice Pulp Free
 - Pulp Free Orange Juice
 - Some Pulp Orange Juice
 - Spiced Apple Cider
 - Tomato Juice
 - White Grape Juice

- **Mott's**
 - 100% Apple Juice

- **My Essentials**
 - 100% Apple Juice
 - Orange Juice
 - Orange Juice with Calcium

- **Natural Country**
 - Orange Juice

- **Old Orchard**
 - 100% Apple
 - 100% Grape Juice
 - 100% Juice Acai Pomegranate
 - 100% Juice Apple Cranberry
 - 100% Juice Berry Blend

Single Strength Juice / Jugo Simple

- 100% Juice Black Cherry Cranberry
- 100% Juice Blueberry Pomegranate
- 100% Juice Cherry Pomegranate
- 100% Juice Cranberry Pomegranate
- 100% Juice Kiwi Strawberry
- 100% Juice Orange Juice
- 100% Juice Peach Mango
- 100% Juice Red Raspberry
- 100% Juice Wild Cherry
- 100% Pineapple
- 100% White Grape

- **Our Family**
 - 100% Juice Blend Berry Flavor
 - 100% Juice Blend Cherry Punch Flavor
 - 100% Juice Blend Fruit Punch Flavor
 - 100% Juice Blend Grape Flavor
 - 100% Tomato Juice
 - 100% Vegetable Juice
 - Apple Juice
 - Grape Juice
 - Grapefruit Juice
 - Orange Juice
 - Pineapple Juice
 - Premium Pasteurized Orange Juice
 - White Grape Juice

- **Publix**
 - Apple Juice with Vitamin C
 - Calcium & Vitamin D 100% Orange Juice
 - Grape Juice
 - Original 100% Orange Juice
 - Premium Apple Juice
 - Ruby Red 100% Grapefruit Juice
 - White Grape Juice
 - White Grapefruit Juice

- **Seneca**
 - 100% Apple Juice

- **Sesame Street**
 - Big Bird's Apple 100% Juice
 - Cookie Monster's Berry 100% Juice
 - Elmo's Punch 100% Juice
 - Grover's White Grape 100% Juice

- **Shoppers Value**
 - Orange Juice

continued / continúa...

Single Strength Juice / Jugo Simple

- **Southern Home**
 - 100% Juice Apple
 - 100% Juice Apple with Calcium
 - 100% Juice Blend Cranberry
 - 100% Juice Grape
 - 100% Juice Unsweetened Orange
 - 100% Juice White Grape
 - 100% Juice White Grapefruit
 - Orange Juice Original
 - Orange Juice with Calcium
- **Tipton Grove**
 - 100% Apple Juice
 - 100% Grape Juice
 - Premium Orange Juice
- **Tree Top**
 - 100% Apple Juice
 - 100% Juice Apple Berry
 - 100% Juice Apple Grape
- **V8**
 - Low Sodium Original
 - Original
- **VALU TIME**
 - 100% Juice Grape Juice
- **Welch's**
 - Crisp 100% White Grape Juice
 - Original 100% Grape Juice
 - Smooth 100% Juice Red Grape



Approved

- 12 oz. or larger size box or bag

Productos aprobados

- Caja o bolsa de 12 oz. o más



Not Approved

- Single-serving packets
- Organic cereal

Productos no aprobados

- Paquetes individuales de una porción
- Cereal orgánico

APPROVED BRANDS / MARCAS APROBADAS

- **Always Save**
 - Frosted Shredded Wheat
 - Toasted Oats
- **Best Choice**
 - Bran Flakes
 - Frosted Shredded Wheat Bite Size
 - Frosted Shredded Wheat Bite Size Strawberry
 - Happy O's
 - Live Life @ 100%
 - Nutty Nuggets
 - Wheat Crisps
 - Wheat Flakes
- **Cream of Wheat**
 - Whole Grain 2½ Minute
- **Essential Everyday**
 - Crunchy Oat Squares
 - Crunchy Wheat Squares
 - MultiGrain
 - Nutty Nuggets
 - Toasted Oats
 - Wheat Bran Flakes

continued / continúa...

Ways to obtain up to 36 oz. of cereal*

Maneras de obtener hasta 36 oz. de cereal**



*NOTE: Women and children may also use 8 oz. boxes of infant cereal to make up to 36 oz.

**NOTA: Las mujeres y niños también pueden usar cajas de cereal de bebé de 8 oz. para obtener 36 oz.

- **Food Club**
 - Bite Size Frosted Shredded Wheat
 - Essential Choice Bran Flakes
 - Essential Choice Oat Cereal
 - Essential Choice Wheat and Crunchy
 - Oatmeal Squares with Brown Sugar
 - Toasted Oats Original
 - Wheat Squares
- **Food Lion**
 - Bite-Sized Frosted Shredded Wheat
 - Bite-Sized Strawberry Frosted Shredded Wheat
 - Bran Flakes
 - Multigrain Tasteos
 - Simple Living
 - Tasteos
- **Fred Meyer**
 - Living Well
 - Toasted Oats
- **Frys**
 - Toasted Oats
- **General Mills**
 - Berry Berry Kix
 - Cheerios
 - Corn Chex
 - Dora the Explorer Cereal
 - Honey Kix
 - Kix
 - Multi Grain Cheerios
 - Rice Chex
 - Total Whole Grain
 - Wheat Chex
 - Wheaties
- **Grain Berry**
 - Apple Cinnamon
 - Bran Flakes
 - Honey Nut
 - Shredded Wheat
 - Toasted Oats
- **Great Value**
 - Bran Flakes
 - Crunchy Nuggets
 - Crunchy Oat Squares
 - Frosted Shredded Wheat
 - Toasted Multi-Grain
 - Toasted Wheat
 - Toasted Whole-Grain Oats

- **Hannaford**
 - Bite-Sized Frosted Shredded Wheat
 - Bran Flakes
 - Nutty Nuggets
 - Tasteeos
 - Toasted Wheat
 - Wheat Flakes
- **Harris Teeter**
 - Enriched Bran Flakes
 - Live Wise
 - Toasted Oats
- **HY•TOP**
 - Bite Size Frosted Shredded Wheat
 - Bran Flakes
 - Toasted Oats
- **IGA**
 - Bite Size Frosted Blueberry Shredded Wheat
 - Bite Size Frosted Shredded Wheat
 - Bite Size Frosted Strawberry Shredded Wheat
 - Bran Flakes
 - Nutty Nuggets
 - Tasteeos
 - Toasted Oats
- **Kellogg's**
 - All-Bran Complete Wheat Flakes
 - Frosted Mini-Wheats
 - Frosted Mini-Wheats Little Bites
 - Frosted Mini-Wheats Touch of Fruit in the Middle Raisin
 - Frosted Mini-Wheats Touch of Fruit in the Middle Raspberry
- **Kiggins**
 - Bite Size Frosted Shredded Wheat
 - Bran Flakes
 - Rollin' Oats
- **Kroger**
 - Bite Size Blueberry Frosted Shredded Wheat
 - Bite Size Frosted Shredded Wheat
 - Bite Size Strawberry Cream Frosted Shredded Wheat
 - Bran Flakes
 - Living Well Multi-Grain Cereal
 - Multi-Grain Toasted Cereal
 - Nutty Nuggets
 - Oat Squares
 - Toasted Oats

continued / continúa...

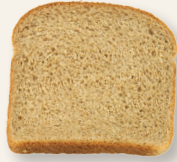
- **Laura Lynn**
 - Little Bit Nutty
 - Toasted Oats
 - Toasted Oats Multi Grain
 - Wheat Bran Flakes
- **Lowes Foods**
 - Bran Flakes
 - Frosted Shredded Wheat Bite-Size
 - Nutty Nuggets
 - Tasteos
- **Malt-O-Meal**
 - Blueberry Mini Spooners
 - Frosted Mini Spooners
 - Strawberry Cream Mini Spooners
- **Market Pantry**
 - Frosted Shredded Wheat
 - Frosted Strawberry Shredded Wheat
 - Toasted Oats
- **My Essentials**
 - Bite-Sized Frosted Shredded Wheat
 - Bite-Sized Strawberry Frosted Shredded Wheat
 - Multigrain Tasteos
 - Tasteos
- **Our Family**
 - 4 Corner Crunch Original
 - 4 Corner Crunch Original Multi-Grain Cereal
 - 4 Corner Crunch Original Oat Cereal
 - Frosted Bite Size Shredded Wheat
 - High Fiber Bran Flakes
 - Multi-Grain Toasted Oats
 - Nutty Nuggets
 - Strawberry Cream Frosted Bite Size Shredded Wheat
 - Toasted Oats
 - Wheat Biscuits
- **Piggly Wiggly**
 - Enriched Bran Flakes
 - Frosted Shredded Wheat
 - Toasted Oats
- **Post**
 - Alpha-Bits
 - Bran Flakes
 - Grape-Nuts
 - Grape-Nuts Flakes

- Great Grains Banana Nut Crunch
- Honey Bunches of Oats Whole Grain Honey Crunch
- Honey Bunches of Oats Whole Grain with Vanilla Bunches
- Shredded Wheat Honey Nut
- **Publix**
 - Bran Flakes
 - Frosted Wheat
 - Nutty Nuggets
 - Oat Crunch Original
 - Toasted Oats
- **Ralston**
 - Frosted Shredded Wheat Bite Size
 - Oat Wise
 - Tasteos
 - Wheat Bran Flakes
- **Shurfine**
 - Bran Flakes
 - Frosted Bite Size Shredded Wheat
 - Lively Oats
 - Nutty Crunchers
 - Toasted Oats
 - Wheat Squares
- **Southern Home**
 - Bran Flakes
 - Frosted Shredded Wheat
 - Toasted Oats
- **Sunbelt Bakery**
 - Simple Granola



Approved

- 16 oz. loaf
- 100% whole grain and/or whole wheat bread



Productos aprobados

- Paquete de 16 oz.
- 100% de grano entero y/o pan integral

Not Approved

- Bagels, buns or rolls
- Organic bread

Productos no aprobados

- Bagels, bollos o panecitos
- Pan orgánico

APPROVED BRANDS / MARCAS APROBADAS

- **Bimbo**
 - 100% Whole Wheat Bread
- **Food Lion**
 - 100% Whole Wheat Sliced Bread
- **Pepperidge Farm**
 - Jewish Rye Bread Whole Grain Rye Seeded
 - Very Thin 100% Whole Wheat Bread
- **Roman Meal**
 - Sungrain 100% Whole Wheat Bread
- **Sara Lee**
 - 100% Whole Wheat Bread



Approved

- 14 oz. – 16 oz. bag or box
- Plain, whole-grain brown rice
- Instant, quick or regular cooking



Productos aprobados

- Bolsa o caja de 14 oz. – 16 oz.
- Arroz integral, sencillo
- Instantáneo, de cocción rápida o normal

Not Approved

- Brown rice with added sugar, fats, oils or salt (sodium)
- Mixtures of rice
- Seasoned or flavored rice
- Organic brown rice

Productos no aprobados

- Arroz integral agregado con azúcar, grasas, aceites o sal (sodio)
- Mezclas de arroz
- Arroz sazonado o con sabor
- Arroz integral orgánico

APPROVED BRANDS / MARCAS APROBADAS

- **Best Choice**
 - Boil-in-Bag Instant Rice Brown Rice
 - Brown Rice
 - Instant Brown Rice
- **Best Yet**
 - Instant Brown Rice
- **Blue Ribbon**
 - Whole Grain Brown Rice
- **C&F Foods**
 - Boil-in-Bag Whole Grain Brown Rice
 - Brown Rice
- **Essential Everyday**
 - Instant Brown Rice
 - Natural Brown Rice
- **Food Club**
 - Boil-in-Bag Instant Brown Rice
 - Instant Brown Rice
- **Food Lion**
 - Boil-in-Bag Brown Rice
 - Long Grain Instant Brown Rice
 - Long Grain Natural Brown Rice

continued / continúa...

- **Great Value**
 - Boil-in-Bag Instant Brown Rice
 - Brown Rice
 - Instant Brown Rice
- **Harris Teeter**
 - Instant Brown Rice
- **HY•TOP**
 - Instant Precooked Brown Rice
 - Long Grain Brown Rice
- **Kroger**
 - Boil-in-Bag Brown Rice Microwaveable
 - Brown Rice Microwaveable
 - Long Grain Brown Rice
- **Laura Lynn**
 - Brown Rice
 - Instant Rice Brown Rice
- **Lowes Foods**
 - Instant Brown Rice
- **Mahatma**
 - Brown Rice
- **Minute**
 - Instant Whole Grain Brown Rice
- **My Essentials**
 - Boil-in-Bag Brown Rice
 - Long Grain Instant Brown Rice
 - Long Grain Natural Brown Rice
- **Our Family**
 - Brown Rice
 - Instant Brown Rice
- **Publix**
 - Whole Grain Brown Rice
 - Whole Grain Instant Brown Rice
- **Rice on the Side**
 - Long Grain Brown Rice
- **Shurfine**
 - Instant Brown Rice
- **Southern Home**
 - Brown Rice Long Grain
 - Instant Boil-in-Bag Brown Rice
 - Instant Brown Rice
- **Success**
 - Boil-in-Bag Whole Grain Brown Rice
- **Uncle Ben's**
 - Natural Whole Grain Brown Rice
 - Whole Grain Boil-in-Bag Brown Rice
 - Whole Grain Fast & Natural Instant Brown Rice

Tortillas / Tortillas

(Soft Corn, Whole Wheat / Suaves de Maíz, de Trigo Integral)

Approved

- 16 oz. package
- Soft corn (yellow or white) tortillas
- Whole wheat tortillas

Productos aprobados

- Paquete de 16 oz.
- Tortillas de maíz suaves (amarillas o blancas)
- Tortillas de trigo integral

Not Approved

- Hard-shelled corn tortillas
- Organic tortillas

Productos no aprobados

- Tortillas duras de maíz
- Tortillas orgánicas

APPROVED BRANDS / MARCAS APROBADAS

- Soft corn tortillas (yellow or white)
- Tortillas de maíz suaves (amarillas o blancas)
 - **Best Choice**
 - Corn Tortillas
 - **Essential Everyday**
 - 18 Corn Tortillas
 - **Celia's**
 - White Corn Tortillas
 - Yellow Corn Tortillas
 - **Chi-Chi's**
 - White Corn Tortillas
 - **Don Pancho**
 - White Corn Tortillas
 - **Food Club**
 - White Corn Tortillas
 - **La Banderita**
 - Corn Tortillas
 - Grande Corn Tortillas Gluten Free
 - **La Burrita**
 - Corn Tortillas
 - **Mission**
 - Yellow Corn Tortillas Extra Thin



continued / continúa...

Tortillas / Tortillas

(Soft Corn, Whole Wheat / Suaves de Maíz, de Trigo Integral)

APPROVED BRANDS / MARCAS APROBADAS

- Whole wheat tortillas
- Trigo integral tortillas
- **Best Choice**
 - 100% Whole Wheat Tortillas
- **Essential Everyday**
 - 100% Whole Wheat Tortillas
- **Celia's**
 - Whole Wheat Tortillas
- **Don Pancho**
 - Whole Wheat Tortillas
- **Great Value**
 - Flour Tortillas Whole Wheat
- **Mission**
 - 100% Whole Wheat Flour Tortillas Fajita
 - 100% Whole Wheat Flour Tortillas Medium Soft Taco
- **Ortega**
 - Whole Wheat Tortillas



Whole Wheat Pasta / Pasta Integral

Approved

- 16 oz. package
- 100% whole-grain and/or whole wheat pasta
- All shapes

Productos aprobados

- Bolsa o caja de 16 oz.
- Pasta de trigo 100% integral y/o pasta de grano entero
- De cualquier forma

Not Approved

- Added sugars, fats, oils or salt (sodium)
- Organic pasta

Productos no aprobados

- Pasta integral agregadas con azúcar, grasas, aceites o sal (sodio)
- Pasta orgánica



Whole Wheat Pasta / Pasta Integral

APPROVED BRANDS / MARCAS APROBADAS

- **Essential Everyday**
 - Whole Wheat Elbow Macaroni
 - Whole Wheat Penne Rigate
 - Whole Wheat Rotini
 - Whole Wheat Spaghetti
 - Whole Wheat Thin Spaghetti
- **Hodgson Mill**
 - Whole Wheat Spirals
 - Whole Wheat Veggie Bows
 - Whole Wheat Whole Grain Angel Hair
 - Whole Wheat Whole Grain Elbows
 - Whole Wheat Whole Grain Spaghetti
 - Whole Wheat Whole Grain Thin Spaghetti
- **HT Traders**
 - Whole Wheat Capellini
 - Whole Wheat Fusilli
 - Whole Wheat Penne Rigate
 - Whole Wheat Rigatoni
 - Whole Wheat Spaghetti
- **Racconto**
 - 100% Whole Wheat Pasta Capellini
 - 100% Whole Wheat Pasta Elbows
 - 100% Whole Wheat Pasta Farfalle
 - 100% Whole Wheat Pasta Linguine
 - 100% Whole Wheat Pasta Penne Rigate
 - 100% Whole Wheat Pasta Rigatoni
 - 100% Whole Wheat Pasta Rotini
 - 100% Whole Wheat Pasta Spaghetti



Peanut Butter / Mantequilla de Cacahuete (maní)

Approved

- 16 oz. – 18 oz. containers
- Less-sugar varieties
- Lower-sodium varieties
- Reduced-fat varieties
- Plain, creamy, crunchy, chunky
- Natural varieties



Productos aprobados

- Envases de 16 oz. – 18 oz.
- Variedades con menos azúcar
- Variedades bajas en sodio
- Variedades con grasa reducida
- Variedades sencillas, cremosas, crujientes o con trocitos
- Variedades naturales

Not Approved

- Freshly ground peanut butter
- Peanut butter combinations (such as jelly, chocolate, honey, marshmallow)
- Peanut butter spread
- Organic peanut butter

Productos no aprobados

- Mantequilla de cacahuete recién molido
- Combinaciones de mantequilla de cacahuete (con mermelada, chocolate, bombones)
- Mantequilla de cacahuete para untar
- Mantequilla de cacahuete orgánica

APPROVED BRANDS / MARCAS APROBADAS

- **Always Save**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
- **Best Choice**
 - Natural Creamy Peanut Butter
 - Peanut Butter Creamy
 - Peanut Butter Crunchy
- **Better Valu**
 - Peanut Butter Creamy
 - Peanut Butter Crunchy
- **Clear Value**
 - Peanut Butter Creamy
 - Peanut Butter Crunchy

Peanut Butter / Mantequilla de Cacahuete (maní)

- **Essential Everyday**
 - Creamy Peanut Butter
 - Extra Crunchy Peanut Butter
- **Food Club**
 - Creamy Peanut Butter
 - Creamy Peanut Butter Reduced Sugar
 - Crunchy Peanut Butter
 - Natural Peanut Butter No Salt Added Creamy
- **Food Lion**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
 - Reduced Sugar Creamy Peanut Butter
- **Great Value**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
- **Harris Teeter**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
- **HY•TOP**
 - Peanut Butter Creamy
 - Peanut Butter Crunchy
- **IGA**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
- **Jif**
 - Creamy Peanut Butter
 - Extra Crunchy Peanut Butter
- **Kroger**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
 - Just Right Low Sugar and Sodium Creamy Peanut Butter
- **Laura Lynn**
 - All Natural Creamy Peanut Butter
 - Creamy Peanut Butter
 - Creamy Peanut Butter Reduced Sugar & Sodium
 - Crunchy Peanut Butter
 - No Stir All Natural Creamy Peanut Butter
- **Lowes Foods**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter

continued / continúa...

Peanut Butter / Mantequilla de Cacahuete (maní)

- **Market Pantry**
 - All Natural Creamy Peanut Butter
 - All Natural Crunchy Peanut Butter
 - Creamy Peanut Butter
 - Extra Crunchy Peanut Butter
- **My Essentials**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
- **Our Family**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
- **Panner**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
- **Peter Pan**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
- **Publix**
 - All Natural Creamy Peanut Butter
 - All Natural Crunchy Peanut Butter
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
- **Reese's**
 - Creamy Peanut Butter
- **Shoppers Value**
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
- **Shurfine**
 - Creamy Natural Peanut Butter
 - Creamy Peanut Butter
 - Crunchy Peanut Butter
- **Skippy**
 - Creamy Peanut Butter
 - Super Chunk Peanut Butter
- **Southern Home**
 - Natural Peanut Butter Creamy
 - Natural Peanut Butter Crunchy
 - Peanut Butter Creamy
 - Peanut Butter Crunchy
- **Wild Oats**
 - Natural Creamy Peanut Butter
 - Natural Crunchy Peanut Butter



Mature Legumes / Leguminosas Maduras

(Beans, Peas, Lentils /
Frijoles, Chícharos/Guisantes, Lentejas)

Approved

- 16 oz. bag or box
- 15 oz. – 16 oz. cans

Productos aprobados

- Bolsa o caja de 16 oz.
- Latas de 15 oz. – 16 oz.



DRY BEANS, PEAS, LENTILS

- Any type of plain, unseasoned mature dry beans, peas or lentils

CANNED BEANS, PEAS, LENTILS

- Any type of plain, unseasoned mature canned beans, peas or lentils
- Low-sodium mature canned beans, peas or lentils

FRIJOLE, CHÍCHAROS/GUISANTES, LENTEJAS SECOS

- Cualquier tipo de frijoles secos, chícharos/guisantes o lentejas maduras, sencillas y sin condimentar

FRIJOLE, CHÍCHAROS/GUISANTES, LENTEJAS ENLATADAS

- Cualquier tipo de frijoles, chícharos/guisantes o lentejas enlatadas, maduras, sencillas, sin condimentar
- Frijoles, chícharos/guisantes o lentejas enlatadas, bajas en sodio y maduras

Not Approved

- Canned beans with meat or added sugars, fats or oils
- Frozen mature legumes (beans, peas or lentils)
 - ▶ *May obtain with cash-value vouchers – not allowed with food instruments*
- Green beans or green peas (canned, fresh or frozen)
 - ▶ *May obtain with cash-value vouchers – not allowed with food instruments*
- Soup mixes
- Organic dry beans, peas or lentils

Productos no aprobados

- Frijoles enlatados con carne o agregados con azúcar, grasas o aceites

continued / continúa...

Mature Legumes / Leguminosas Maduras

(Beans, Peas, Lentils /
Frijoles, Chícharos/Guisantes y Lentejas)

- Leguminosas maduras congeladas (frijoles, chícharos/guisantes o lentejas)
 - ▶ *Se pueden obtener con vales con valor en efectivo – no se permite obtenerlos con instrumentos para adquirir alimentos*
- Ejotes o chícharos/guisantes (enlatados, frescos o congelados)
 - ▶ *Se pueden obtener con vales con valor en efectivo – no se permite obtenerlos con instrumentos para adquirir alimentos*
- Mezclas de sopas
- Frijoles, chícharos/guisantes o lentejas orgánicos

Eggs / Huevos

Approved

- One dozen container
- Least expensive brand available
- Large, white, grade A chicken eggs



Productos aprobados

- Empaque de una docena
- La marca menos costosa que esté disponible
- Huevos de gallina blancos y grandes, grado A

Not Approved

- Brown eggs
- Powdered, liquid or hard boiled eggs
- Specialty eggs such as low-cholesterol, cage-free, stress-free, free-range, vitamin-enriched, antibiotic-free, vegetarian-fed-hen, no-growth-hormones, fertile or organic eggs

Productos no aprobados

- Huevos rojos
- Huevos en polvo, en líquido o huevos hervidos
- Envases de huevos especiales: bajos en colesterol, de criaderos sin jaula, de cría sin estrés y con libertad de movimiento; huevos enriquecidos con vitaminas, sin antibióticos, de gallinas alimentadas con verduras, huevos sin hormonas de crecimiento, huevos fértiles u orgánicos

Canned Fish / Pescado Enlatado (Salmon, Tuna / Salmón, Atún)

For fully breastfeeding women

Para mujeres de lactancia exclusiva

Approved

- 5 oz. – 6 oz. cans or foil packs
- **Pink Salmon:** Any brand, plain, unseasoned, packed in water, with or without bones
- **Chunk-Light Tuna:** Any brand, plain, unseasoned, packed in water



Productos aprobados

- Latas o empaques de aluminio de 5 oz. – 6 oz.
- **Salmón rosado:** Cualquier marca, sencillo y sin condimentar, empacado en agua, con espinas o sin espinas
- **Atún en trocitos, ligero:** Cualquier marca, sencillo y sin condimentar, empacado en agua

Not Approved

- Fish with added ingredients
- Lunch packs or kits

Productos no aprobados

- Pescado con ingredientes agregados
- Paquetes de almuerzo o en kits



- **Approved**

Only the brand, size, type and quantity specified on the food instrument

- **Productos aprobados**

Solamente de la marca, tamaño, tipo y cantidad especificada en el instrumento para adquirir alimentos



How to prepare powdered formula

- Decide on the amount of formula needed per feeding (2, 4, 6, or 8 oz.). Pour that amount of water into an infant bottle.
- Use the scoop that comes in the can when you measure the powder.
- Fill the scoop, but don't pack it or heap it. Too much powder can make your baby sick.
- Add one flat scoop of powder for every 2 oz. of water. Shake well to mix.

Cómo preparar la fórmula en polvo

- Decida qué cantidad de fórmula necesita en cada comida (2, 4, 6 u 8 oz.). Vierta dicha cantidad de agua en el biberón.
- Utilice el cucharón de medida que viene dentro de la lata para sacar la cantidad de fórmula en polvo adecuada.
- Llene el cucharón, pero no lo comprima ni lo sobrellene. Demasiado polvo puede enfermar al bebé.
- Agregue un cucharón de polvo por cada 2 oz. de agua. Agite bien para mezclar.

Warning!

Do not add extra water when preparing infant's formula.

¡Advertencia!

No agregue más agua de la indicada al preparar la fórmula infantil.

Infant Foods / Alimentos para Bebés

The amount of infant food you get each month depends on how you feed your baby. If you pick up your food instruments late, you may get less food. Look on your food instruments to see how many ounces you may choose. You can mix and match sizes to get the amount listed. Ask a WIC staff member for **Shopping for Infant Foods with WIC Food Instruments**.

La cantidad de alimento para bebé que usted obtiene cada mes depende de la manera en que esté alimentando a su bebé. Si usted se tarda en recoger sus instrumentos para adquirir alimentos, tal vez obtenga menos alimentos. Lea en sus instrumentos para adquirir alimentos cuántas onzas se le permite elegir. Usted puede intercambiar tamaños para obtener la cantidad exacta. Pregunte al personal de WIC sobre **cómo comprar alimentos para bebés con los instrumentos para adquirir alimentos de WIC**.



Breastfeed your baby Amamante a su bebé

More WIC foods...

another bonus for breastfeeding moms
and babies

Se obtienen más alimentos WIC...

otro incentivo para las mamás que
amamantan a sus bebés

Infant Cereal / Cereal de Bebé

Approved

- 8 oz. containers
- Plain, dry infant cereal



Productos aprobados

- Envases de 8 oz.
- Cereal de bebé sencillo, seco

Not Approved

- Infant cereal with added fruit or formula
- Infant cereal with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Organic infant cereal

Productos no aprobados

- Cereal de bebé seco con fruta o fórmula adicionada
- Cereal de bebé añadidos con ácidos grasos DHA/ARA, omega 3 y/o prebióticos y/o probióticos
- Cereal orgánico de bebé

APPROVED BRANDS / MARCAS APROBADAS

- **Baby Basics**
 - Oatmeal Cereal
 - Rice Cereal
- **Beech-Nut**
 - Multigrain Cereal
 - Oatmeal Cereal
 - Rice Cereal
- **Comforts for Baby**
 - Oatmeal Cereal
 - Rice Cereal
- **Gerber**
 - Mixed Grain Cereal
 - Multi Grain Cereal
 - Oatmeal Cereal
 - Rice Cereal
 - Whole Wheat Cereal
- **HOME 360**
 - Oatmeal Cereal
 - Rice Cereal

Infant Cereal / Cereal de Bebé

- **Kuddles**
 - Rice Cereal
- **Tippy Toes**
 - Oatmeal Cereal
 - Rice Cereal
- **Up & Up**
 - Oatmeal Cereal
 - Rice Cereal

Infant Meats / Papillas de Carnes

For fully breastfed babies

Para bebés de lactancia exclusiva

Approved

- 2.5 oz. containers
- Plain meat with gravy or with broth

Productos aprobados

- Frascos de 2.5 oz.
- Carne sencilla con salsa gravy o caldo



Not Approved

- Meat and pasta mixtures
- Meat and vegetable mixtures
- Infant meats with added sugars or salt (sodium)
- Infant meats with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Organic infant meats

Productos no aprobados

- Mezclas de carne y pasta
- Mezclas de carne y verduras
- Papillas de carnes con azúcar o sal (sodio) agregada
- Papillas de carnes con ácidos grasos DHA/ARA, omega 3 y/o prebióticos y/o probióticos
- Papillas de carnes orgánicas

continued / continúa...

Infant Meats / Papillas de Carnes

APPROVED BRANDS / MARCAS APROBADAS

- **Baby Basics**
 - Chicken with Gravy
 - Turkey with Gravy
- **Beech-Nut**
 - Classics Beef & Beef Broth
 - Classics Chicken & Chicken Broth
 - Classics Turkey & Turkey Broth
- **Gerber**
 - 2nd Foods Beef & Beef Gravy
 - 2nd Foods Chicken & Chicken Gravy
 - 2nd Foods Ham & Ham Gravy
 - 2nd Foods Turkey & Turkey Gravy
- **Tippy Toes**
 - Stage 2 Beef with Gravy
 - Stage 2 Chicken with Gravy
 - Stage 2 Turkey with Gravy



Infant Fruits / Papillas de Frutas

Approved

- 4 oz. containers (single)
- 3.5 oz. – 4 oz. containers (2-pack)
- Single fruit or blend of fruits



Productos aprobados

- Envases de 4 oz. (individuales)
- Envase de 3.5 oz. o 4 oz. (en empaque de 2)
- De una sola fruta o combinación de frutas

Not Approved

- Infant fruit and vegetable mixtures
- Infant fruits with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Infant fruits with added sugar, starches or salt (sodium)
- Infant fruits with artificial sweeteners
- Organic infant fruits

Infant Fruits / Papillas de Frutas

Productos no aprobados

- Mezclas de papillas de frutas y verduras
- Papillas de frutas con ácidos grasos DHA/ARA, omega 3 y/o prebióticos y/o probióticos
- Papillas de frutas con azúcar, harina o sal (sodio) agregada
- Papillas de frutas con endulzantes artificiales
- Papillas de frutas orgánicas

APPROVED BRANDS / MARCAS APROBADAS

- **Baby Basics: 4 oz.**
 - Stage 2 Apple Banana
 - Stage 2 Apple Blueberry
 - Stage 2 Apple Mango
 - Stage 2 Apple Strawberry
 - Stage 2 Applesauce
 - Stage 2 Pears
- **Beech-Nut: 4 oz.**
 - Stage 2 Classics Apple & Banana
 - Stage 2 Classics Apple & Blueberry
 - Stage 2 Classics Apple & Cherry
 - Stage 2 Classics Apple, Mango & Kiwi
 - Stage 2 Classics Apple, Pear & Banana
 - Stage 2 Classics Apples
 - Stage 2 Classics Apricot, Pear & Apple
 - Stage 2 Classics Banana & Mixed Berry
 - Stage 2 Classics Banana & Strawberry
 - Stage 2 Classics Bananas
 - Stage 2 Classics Mango
 - Stage 2 Classics Peaches
 - Stage 2 Classics Pear & Pineapple
 - Stage 2 Classics Pear & Raspberry
 - Stage 2 Classics Pears
- **Comforts for Baby: 4 oz.**
 - Stage 2 Banana
- **Gerber: 4 oz., 3.5 oz. 2-pk., 4 oz. 2-pk.**
 - 2nd Foods Apple Blueberry
 - 2nd Foods Apple Strawberry Banana
 - 2nd Foods Apples
 - 2nd Foods Apples & Cherries
 - 2nd Foods Applesauce
 - 2nd Foods Banana Mixed Berries

continued / continúa...

Infant Fruits / Papillas de Frutas

- 2nd Foods Banana Orange Medley
- 2nd Foods Banana Plum Grape
- 2nd Foods Bananas
- 2nd Foods Bananas with Apples & Pears
- 2nd Foods Peaches
- 2nd Foods Pear Pineapple
- 2nd Foods Pears
- 2nd Foods Prunes with Apples

- **Tippy Toes: 3.5 oz., 4 oz.**
 - Stage 2 Apple Apricot
 - Stage 2 Apple Banana
 - Stage 2 Apple Blueberry
 - Stage 2 Apple Mango
 - Stage 2 Apple Pear Banana
 - Stage 2 Apple Prune
 - Stage 2 Apple Wild Blueberry
 - Stage 2 Applesauce
 - Stage 2 Banana Strawberry Blueberry
 - Stage 2 Pears
 - Stage 2 Tropical Fruit

- **Up & Up: 3.5 oz. 2-pk.**
 - 1st Stage Apple
 - 1st Stage Banana
 - 1st Stage Banana & Plum



Infant Vegetables / Papillas de Verduras

Approved

- 4 oz. containers (single)
- 3.5 oz. – 4 oz. containers (2-pack)
- Single vegetables or blends of vegetables



Productos aprobados

- Envases de 4 oz. (individuales)
- Envase de 3.5 oz. o 4 oz. (en empaque de 2)
- De una sola verdura o combinación de verduras

Not Approved

- Infant vegetable and fruit mixtures
- Infant vegetables with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics
- Infant vegetables with added sugar, starches or salt (sodium)
- Organic infant vegetables

Productos no aprobados

- Mezclas de papillas de verduras y frutas
- Papillas de verduras con ácidos grasos DHA/ARA, omega 3 y/o prebióticos y/o probióticos
- Papillas de verduras con azúcar, harina o sal (sodio) agregada
- Papillas de verduras orgánicas

APPROVED BRANDS / MARCAS APROBADAS

- **Baby Basics: 4 oz.**
 - Stage 2 Carrots
 - Stage 2 Mixed Vegetables
 - Stage 2 Squash
 - Stage 2 Sweet Potato
- **Beech-Nut: 4 oz.**
 - Stage 2 Classics Corn & Sweet Potatoes
 - Stage 2 Classics Garden Vegetables
 - Stage 2 Classics Green Beans
 - Stage 2 Classics Mixed Vegetables
 - Stage 2 Classics Squash
 - Stage 2 Classics Sweet Carrots
 - Stage 2 Classics Sweet Peas
 - Stage 2 Classics Sweet Potatoes

continued / continúa...

Infant Vegetables / Papillas de Verduras

- **Gerber: 4 oz., 3.5 oz. 2-pk., 4 oz. 2-pk.**
 - 2nd Foods Butternut Squash
 - 2nd Foods Carrots
 - 2nd Foods Garden Vegetables
 - 2nd Foods Green Beans
 - 2nd Foods Mixed Vegetables
 - 2nd Foods Peas
 - 2nd Foods Squash
 - 2nd Foods Sweet Potatoes
 - 2nd Foods Sweet Potatoes & Corn
- **Tippy Toes: 4 oz.**
 - Stage 2 Carrots
 - Stage 2 Mixed Vegetables
 - Stage 2 Peas
 - Stage 2 Squash
 - Stage 2 Sweet Potatoes





Approved

FRUITS with no added sugar, fats, oils or salt

- Fresh fruit
- Frozen fruit
- Fruit, juice-packed or water-packed in cans, glass or plastic containers
- Pre-cut, diced or sliced fruit
- Single serving packets
- Organic fruit

Productos aprobados

FRUTAS sin azúcar, grasas, aceites o sal agregadas

- Fruta fresca
- Fruta congelada
- Fruta empacada en jugo o en agua, ya sea en latas o envases de vidrio o plástico
- Fruta ya cortada, en cubos o en rebanadas
- Empaques con raciones individuales
- Fruta orgánica



Approved

VEGETABLES with no added sugar, fats or oils

- Fresh vegetables
- Frozen mature legumes (beans, peas or lentils)
- Frozen vegetables
- Low-sodium vegetables
- Pre-cut, diced, sliced or shredded vegetables
- Canned tomato sauce or canned tomato paste
- Single serving packets
- Vegetables in cans, glass or plastic containers
- Organic vegetables

continued / continúa...

Productos aprobados

VERDURAS sin azúcar, grasas o aceites agregados

- Verduras frescas
- Leguminosas maduras congeladas (frijoles, chícharos/guisantes o lentejas)
- Verduras congeladas
- Verduras bajas en sodio
- Verduras precortadas, en cubos, en rebanadas o ralladas
- Salsa de tomate enlatada o pasta de tomate enlatada
- Empaques con raciones individuales
- Verduras empacadas en latas, en envases de vidrio o plástico
- Verduras orgánicas

Not Approved

- Breaded vegetables
- Catsup or other condiments
- Dried fruits
- Dried vegetables
- Dry or canned mature legumes (beans, peas or lentils)
 - ▶ *May obtain when listed on food instruments— not allowed with cash-value vouchers.*
- Fruit and/or vegetable juices
 - ▶ *May obtain when listed on food instruments— not allowed with cash-value vouchers.*
- Fruit baskets
- Fruit leathers and fruit roll-ups
- Fruit or vegetable items on party trays
- Fruit or vegetable items on salad bars
- Fruits or vegetables mixed with sauces or foods other than other fruits and vegetables
- Fruits or vegetables with added corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, or maple syrup
- Fruit packed in cans, glass or plastic containers with artificial sweeteners
- Herbs used for flavoring
- Infant fruits and vegetables
- Ornamental and decorative fruits and vegetables
- Pickled vegetables, olives
- Soups

Productos no aprobados

- Verduras empanizadas
- Condimentos (incluyendo salsa cátsup)
- Frutas secas
- Verduras secas
- Leguminosas maduras secas o enlatadas (frijoles, chícharos/guisantes o lentejas)
 - ▶ *Se pueden obtener cuando aparezcan en los instrumentos para adquirir alimentos—no se permite obtenerlas con los vales con valor en efectivo*
- Fruta y/o jugos de verdura
 - ▶ *Se pueden obtener cuando aparezcan en los instrumentos para adquirir alimentos—no se permite obtenerlas con los vales con valor en efectivo*
- Canastas con fruta
- Cueritos de fruta o rollitos de fruta
- Frutas o verduras en charolas para fiesta
- Frutas o verduras de las barras de ensalada
- Frutas o verduras mezcladas con salsas o con alimentos distintos a otras frutas y verduras
- Frutas o verduras agregadas con jarabe de maíz, jarabe de maíz con alto contenido de fructosa, maltosa, dextrosa, sacarosa, miel o jarabe de maple
- Frutas con endulzantes artificiales
- Hierbas usadas para sabor
- Papillas de frutas y verduras
- Frutas y verduras ornamentales y decorativas
- Verduras en escabeche, aceitunas
- Sopas



USDA Nondiscrimination Statement 2015 (English)

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

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

This institution is an equal opportunity provider.

USDA Nondiscrimination Statement 2015 (Spanish)

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Re-transmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el [Formulario de Denuncia de Discriminación del Programa del USDA](#), (AD-3027) que está disponible en línea en: http://www.ascr.usda.gov/complaint_filing_cust.html y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

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

Esta institución es un proveedor que ofrece igualdad de oportunidades.



100,000 copies of this public document were printed
at a cost of \$53,645.16 or \$0.536452 per copy. 10/17 (revised 03/17) ⊕

NSB #3307