



Florida WIC Foods

July 2024



Florida Department of Health
WIC Program



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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

(2) fax: (833) 256-1665 or (202) 690-7442; or

(3) email: Program.Intake@usda.gov

This institution is an equal opportunity provider.

DH 150-712, 8/24

Whole Grains

100% Whole Wheat Bread and Buns

16 oz. (1 lb.) loaf or package only

Allowed brands:

- Arnold "Sliced Buns" and "Sliced Hot Dog Buns"
- Lewis Bake Shop "100% Whole Wheat" and "Healthy Life 100% Whole Wheat"
- Nature's Own "Sugar Free" and "with Honey"
- Pepperidge Farm "Swirl" and "Very Thin"
- Sara Lee
- Wonder "Small"
- Any store brand "100% Whole Wheat"



100% Whole Wheat Pasta

16 oz. (1 lb.) size only

Any brand, any shape

100% whole wheat pasta (macaroni product).

"Whole wheat flour" and/or "whole durum wheat flour" must be the only flours listed in the ingredient list.

No added vegetables, sugars, fats, oils, or salt (sodium).



100% Whole Wheat Tortillas

16 oz. (1 lb.) bag only

Any brand

100% whole wheat tortillas

"Whole wheat flour" must be the only flour listed in the ingredient list.

Corn Tortillas

16 oz. (1 lb.) bag only

Allowed brands: ■ Essential Everyday

- Best Choice
- Celia's
- Chi-Chi's
- Daisy
- Food Club
- IGA
- La Autentica
- La Banderita
- La Real
- Mi Panchito
- Mission
- Mi Tia

No taco shells or tortilla chips.



Brown Rice

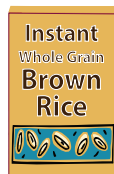
Any brand

14-16 oz. bag or box = 1 lb.

28-32 oz. bag or box = 2 lb.

Regular, Instant, Boil-in-Bag, Basmati, Jasmine, Short Grain, and Long Grain are allowed.

No white rice or wild rice. No added ingredients such as seasonings. No rice in jars. No frozen rice.



Whole Grains

Oatmeal or Oats



Instant, Quick, Old Fashioned, or Rolled

16 oz. (1 lb.) or 32 oz. (2 lb.) bag, box, or container

Allowed brands:

- Avelina
- Bob's Red Mill
- El Sabor
- Finest Brand
- Goya
- Granvita
- Hodgson Mill
- Iberia
- JCS
- Lakay
- Madame Gougousse
- McCann's
- Molinera
- Mom's Best
- N'ap boule
- Ti Machan'n
- Vitarroz
- Yummy

Note: 16 oz. and 32 oz. Oatmeal or Oats may be purchased as **Whole Grains** while 9.8 oz. and 23.7 oz. Quaker or 11.8 oz. Ralston and store brands of Instant Oatmeal Original/Regular may be purchased as **Breakfast Cereal**.

Bulgur or Cracked Wheat

Any brand 16 oz. (1 lb.) or 32 oz. (2 lb.) bag, box, or container



100% Fruit Juice

Children receive juice in 64 fl. oz. bottles (btl), cartons, or jugs.

A gallon size (128 fl. oz.) bottle of juice will count as 2 (two) 64 fl. oz. bottles.

A 16 fl. oz. can of juice concentrate can be bought instead of a 64 fl. oz. bottle.

Women receive juice in 48 fl. oz. bottles (btl) or 6-pack of 8 fl. oz. cartons.

A 96 fl. oz. bottle of juice will count as 2 (two) 48 fl. oz. bottles. An 11.5 or 12 fl. oz. can of juice concentrate can be bought instead of a 48 fl. oz. bottle.

Apple, Grape, Pineapple, White Grape, Pear, Cherry, and Juice Blends must be labeled as 72 mg (80%) or more vitamin C per 8 fl. oz. serving OR 120% or more vitamin C per 8 fl. oz. serving when mg of vitamin C are not listed on label. May buy juice that has added calcium or vitamin D.

No added sugar or syrup. No juice drinks, beverages, cocktails, or "light" juice. No Apple Cider or Natural Apple Juice. No Kedem.

Refrigerated Plastic Jugs or Cartons



Any brand Gallon (128 fl. oz.)

- Orange

Any brand Half-gallon (64 fl. oz.)

- Orange
- Grapefruit: Pink, Ruby Red and White

Tropicana 6-pack of 8 fl. oz. cartons (48 fl. oz.)

- Orange

Plastic Bottles or Jugs

Any brand 48, 64, 96, and 128 fl. oz. sizes



- Apple
- Grape
- Orange
- Pineapple
- White Grape
- Grapefruit
- Juice Blend - Any flavor 100% Fruit Juice
- 100% Pear Juice
- 100% Cherry Juice

Concentrate (frozen or shelf-stable)

Any brand 11.5, 12, and 16 fl. oz. sizes

- Apple
- Grape
- Orange
- Pineapple
- White Grape
- Grapefruit
- Juice Blend - Any flavor 100% Fruit Juice



Breakfast Cereal

9-36 oz. box or bag Allowed items are only those listed.
No other sizes, flavors, or varieties are allowed.

Cereals with ★ contain 51% or more whole grain.

GF = Gluten Free

General Mills



- Cheerios ★ GF
- Cheerios Oat Crunch Berry ★
- Cheerios Veggie Blends:
 - Apple Strawberry GF
 - Blueberry Banana GF
- MultiGrain Cheerios ★ GF
- Berry Berry Kix ★
- Honey Kix ★
- Kix ★
- Total ★
- Wheaties ★
- Chex:
 - Blueberry GF
 - Rice GF
 - Cinnamon GF
 - Wheat ★
 - Corn GF

Avelina



Instant Rolled Oats ★ GF

Kellogg's



- Complete Bran ★
- Corn Flakes
- Corn Flakes Honey Flavored
- Crispix
- Special K Original
- Special K Protein Original Multi-Grain ★
- Rice Krispies
- Frosted Mini Wheats:
 - Original ★
 - Little Bites Original ★
 - Chocolate ★
 - Pumpkin Pie Spice ★
 - Blueberry Muffin ★
 - Cinnamon Roll ★
 - Golden Honey ★
 - Strawberry ★

Jim Dandy



Iron Fortified Quick Grits

Post



- Great Grains:
 - Banana Nut ★
 - Crunchy Pecan ★
- Grape-Nuts ★
- Grape-Nuts Flakes ★
- Honey Bunches of Oats:
 - Honey Roasted
 - with Almonds
 - Cinnamon Bunches
 - Vanilla
 - Maple & Pecans

Malt O Meal



Hot Wheat Original Farina Original



Frosted Mini Spooners ★



Strawberry Cream Mini Spooners ★



Crispy Rice GF

Quaker



- Instant Grits Original
- Instant Oatmeal Original ★
- Oatmeal Squares:
 - Brown Sugar ★
 - Cinnamon ★
 - Honey Nut ★
- Life:
 - Original ★
 - Vanilla ★

Any store brand or Ralston Foods brand of the following:

- Bran Flakes ★
- Corn Flakes
- Corn Squares, Biscuits, Crisps, or Bites
- Crisp Rice/Crispy Rice
- Crispy Hexagons (Corn & Rice)
- Essentially You/Toasted Rice
- Frosted Shredded Wheat/Frosted Wheat ★
- Instant Grits – Original/Regular
- Instant Oatmeal – Original/Regular ★
- Strawberry Frosted Shredded Wheat ★
- MultiGrain Flakes
- MultiGrain Medley, Tasteeos, Spins, or Toasted Cereal ★
- Nutty Nuggets/Crunchy Nuggets/Crunchy Wheat ★
- Oat Crunch/Oat Wise/Oat Squares/Lively Oats
- Oats & More with Almonds/Almonds & Oats
- Oats & More with Honey/Honey & Oats
- Rice Squares, Biscuits, Crisps, or Pockets
- Toasted Oats/Tasteeos/Toasted Oat Spins/Happy O's ★
- Wheat Flakes
- Wheat Squares, Biscuits, or Crisps ★

Cream of Rice Cream of Wheat



- Cream of Rice:
 - 2½ minute and Instant GF
- Cream of Wheat Original:
 - 2½ minute, 1 minute, and Instant
- Cream of Wheat Whole Grain:
 - 2½ minute ★

Keep track of the cereal balance left on your WIC EBT card. Plan your cereal purchase so you are able to use all of the ounces (oz.) for the month. If you buy 12, 18, 24, and 36 oz. sizes of cereals, you will be more likely to use all of your cereal ounces.

Milk

Any brand

Your shopping list will state the allowed fat level, quantity, size, and type of milk that you may purchase.

No goat's milk, nut milk, rice milk, or other grain milks.
No flavored milk, kefir, or buttermilk.

Whole Milk (for children 1 year of age)

1% Lowfat or Fat Free Milk (for women and children 2 years of age and older)

2% Reduced Fat Milk (under special circumstances for women and children)

Refrigerated Milk

- Gallon = gal ■ Half gallon = hgl ■ Quart = qt
- 2 pack of gallon size = 2 gal

The following types of milk may only be purchased when listed on the shopping list:

Evaporated Milk

- 12 fl. oz. can evaporated milk (whole)
- 12 fl. oz. can fat free evaporated milk (skim)
- No filled milk. No "2% lowfat" evaporated milk.

Nonfat Dry Milk

- 3.2 oz. pouch makes 1 quart = 0.25 gal
- 9.6 oz. container makes 3 quarts = 0.75 gal
 - 16 oz. box makes 5 quarts = 1.25 gal
- 25.6 oz. box/pouch makes 8 quarts = 2.00 gal
 - 32 oz. box makes 10 quarts = 2.50 gal
 - 64 oz. box makes 20 quarts = 5.00 gal



UHT Milk
■ Quart = qt



Lactose Free Milk

- Half gallon = 0.50 gal ■ 96 fl. oz. = 0.75 gal ■ Quart = 0.25 gal
- Lactose Free Nonfat Dry Milk: 16 oz. pouch makes 7 quarts = 1.75 gal

Soy Products

Soy Milk or Soy Beverage

Allowed refrigerated brands:

- 8th Continent Original - 1/2 gallon
- 8th Continent Vanilla - 1/2 gallon
- Bettergoods Original - 1/2 gallon
- Silk Original - 64 fl. oz. or 32 fl. oz.

32 fl. oz. allowed shelf-stable brands:

- Silk Original
- Pacific Foods Ultra Soy Original
- 64 fl. oz. or 2 quarts = 1 hgl
- 2 pack of half gallon size = 2 hgl
- 1 quart (32 fl. oz.) = 0.5 hgl



Tofu Any brand including organic brands 14-16 oz. package

No added fats, sugars, oils, or sodium.



Cheese

Any brand

8 oz. or 16 oz. (1 lb.) package slices, shredded, block, round, string, or cubes of cheeses listed below. Whole milk, part skim, reduced fat, lowfat, and any blends of the cheeses listed below are allowed. Non-smoked and smoked cheeses are allowed.

- American Deluxe
- Cheddar - mild, medium, sharp, and extra sharp
- Colby
- Colby Jack
- Cheddar Jack
- Monterey Jack
- Mozzarella
- Mozzarella Cheddar
- Mozzarella Provolone
- Muenster
- Provolone
- Swiss

No cheese product or cheese food. No individually-wrapped slices. No other sizes, flavors, or varieties. No cheese with added ingredients such as Pepper Jack. No imported cheese. No fat free cheese.



Fruits and Vegetables

Fresh

- Any brand, variety, size, or mixture of fresh fruits and vegetables with no added sugar, syrup, artificial sweeteners, stevia, fat, or oil.
- Whole or cut up.
- Loose or packed in bags or plastic containers.
- Fresh garlic, onions, scallions, cassava, and yuca are allowed.

Canned (also includes plastic or glass containers)

- Any brand, variety, size, or mixture of canned fruits and vegetables with no added sugar, syrup, artificial sweeteners, stevia, fat, oil, or meat.
- Canned fruit must be packed in water or fruit juice and may not have added salt.
- Canned vegetables may be with or without salt and may have added seasonings or spices.
- Applesauce with no sugar added and applesauce/fruit blends with no sugar added.
- Tomato sauce, tomato paste, whole tomatoes, crushed tomatoes, diced tomatoes, and salsa with no added sugar, syrup, artificial sweeteners, fat, oil, or meat.
- Canned beans and peas such as green peas, green beans, wax beans, snap beans, and snap peas are allowed. *Note: Canned green peas and whole kernel corn may have added sugar. Mixed vegetables may include any type of bean.*

Frozen

- Any brand, variety, size, or mixture of frozen fruits and vegetables with no added sugar, syrup, artificial sweeteners, stevia, fat, oil, meat, pasta, rice, or sauce. Frozen vegetables may be with or without salt.
- Any frozen beans or peas such as lima beans and blackeye peas are allowed.

All types of fresh, frozen, and canned potatoes are allowed as long as they have no added sugar, syrup, artificial sweeteners, fat, oil or meat.

- No items from the salad bar, party trays, or fruit baskets.
- No decorative fruits or vegetables, painted pumpkins, or gourds.
- No herbs and spices. No minced garlic in jars. No ginger root.
- No edible blossoms, flowers, or plants.
- No dried or dehydrated fruits or vegetables.
- No baby and toddler fruits and vegetables.
- No pouches of fruit purees or fruit pulps. No frozen fruit bars.
- No beverages such as fruit juice, tomato juice, and vegetable juice.
- No nuts, coconuts, or fruit-nut mixtures.
- No ketchup, relishes, pickles, olives, sauerkraut, or mustard.
- No jelly, jams, fruit preserves, or apple butter.
- No dry or canned beans/peas that are allowed in Beans category.

If the total price of the allowed fruits and vegetables selected by the WIC customer is more than the dollar limit of **Fruits and Vegetables**, the customer can choose to pay the difference in cash or another form of acceptable payment at check-out time. Or, the WIC customer can remove some of the fruits and vegetables from the purchase so that the cost is less than or equal to the dollar limit. If the dollar amount of the purchase is less than the dollar limit, no change is to be given to the WIC customer.

Organic products are not allowed with any WIC purchases except when buying Fruits and Vegetables, Baby Foods, and Tofu.

When added sugar or syrup is **not allowed**, this includes: sugar, sucrose, corn syrup, high-fructose corn syrup, maltose, dextrose, honey, and maple syrup. When added artificial sweeteners are **not allowed**, they include: Splenda®, NutraSweet®, Equal®, aspartame, saccharin, sucralose, and acesulfame-K.



Baby Foods

Regular and **Organic** brands of baby cereals and baby meats:
Beech-Nut, Earth's Best, and Gerber.

Regular and **Organic** brands of baby fruits and vegetables:
Beech-Nut, Earth's Best, Gerber, Good & Gather, Happy Baby,
Mom's Organic Choice, Once Upon A Farm, Parent's Choice,
Tippy Toes, Wild Harvest, and Yummy Organics.

Baby Cereal

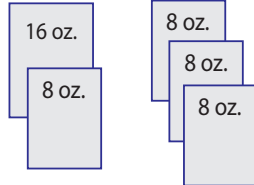
8 oz. or 16 oz. container.

- Oatmeal ■ Corn
- Rice ■ MultiGrain

No added ingredients such as
fruit, formula, yogurt, or DHA.

Examples of how to buy

24 oz. baby cereal:



Baby Fruits and Vegetables

Baby fruits, vegetables, or fruit & vegetable combinations in only these sizes:

Jar or tub: 4 oz.

Package: 8 oz. with two 4 oz. containers

Package: 4 oz. with two 2 oz. containers

May buy 12, 32, 64, and 128 oz. packages.

No pouches. No added ingredients such as DHA, sugars, starches, salt, sodium, meat, poultry, cereal, noodles, rice, yogurt, raisins, granola, oatmeal, chia, quinoa, or amaranth. No desserts, dinners, or casseroles. No toddler foods.

You can buy your baby fruits and vegetables with any combination of packages or jars that add up to the total ounces (oz) you receive per month. Here are some examples of how to buy:

64 oz. = 16 - 4 oz. jars/packages OR 8 - 8 oz. packages

128 oz. = 32 - 4 oz. jars/packages OR 16 - 8 oz. packages

256 oz. = 64 - 4 oz. jars/packages OR 32 - 8 oz. packages



Baby Meats

For breastfed babies who receive no formula from WIC.

2.5 oz. jar May buy 10 and 30 oz. packages.

- Beef & Beef Broth/Gravy
- Chicken & Chicken Broth/Gravy
- Ham & Ham Gravy
- Turkey & Turkey Broth/Gravy

No meat sticks.



Yogurt

Any brand, any flavor including Greek Yogurt

Whole Milk Yogurt (for children 1 year of age)

Nonfat or Lowfat Yogurt (0 to 2% fat) (for women and children 2 years of age and older)

For each "tub" on shopping list, these sizes may be purchased:

- one 32 oz. (2 lb.) tub
- one 32 oz. (2 lb.) package with 8 - 4 oz. servings or 16 - 2 oz. tubes
- two 16 oz. (1 lb.) packages with 4 - 4 oz. servings or 8 - 2 oz. tubes

No yogurt with more than 40 grams total sugars per 1 cup (8 oz.) serving, 30 grams total sugars per 3/4 cup (6 oz.) serving, 20 grams total sugars per 4 oz. serving, or 10 grams total sugars per 2 oz. serving. No yogurt with artificial sweeteners or stevia—many of these yogurts are called "LIGHT" yogurt. No smoothies.



Eggs

Any brand

1 dozen (doz) white chicken eggs in

- large ■ extra large ■ jumbo

Half dozen size may be purchased.

No brown eggs. No organic eggs.



Peanut Butter

16-18 oz. jar only

Any brand

Peanut Butter

Creamy, Crunchy, Chunky, Extra Crunchy, Smooth, Super Chunk, or Natural.

No spreads, whipped, powdered, or reduced fat.

No Simply Jif in 15.5 oz. jar.

No Natural Jif, Natural Peter Pan, or Natural Skippy (these are spreads).

No added artificial sweeteners, honey, marshmallow, chocolate, or jelly.



Light Tuna, Pink Salmon, Mackerel & Sardines

For women who are fully breastfeeding or pregnant with more than one baby.

Any brand

Any size up to 30 oz. in cans or pouches

May be packed in oil, water, sauces, and flavorings.

- Light Tuna ■ Mackerel - Atlantic, Pacific Chub, or Jack
- Pink Salmon ■ Sardines

No white, albacore, or yellow fin tuna.

No sockeye, red, or coho salmon.



Beans

For each bag of beans on your EBT card, you can buy either a 16 oz. bag of dry beans or 4 (four) 15 to 16 oz. cans of beans.

Each can of beans counts as 0.25 bag.

1.00 bag = 4 cans 0.50 bag = 2 cans

0.75 bag = 3 cans 0.25 bag = 1 can

Examples of beans include, but are not limited to: black beans, blackeye peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, lima beans, navy beans, pink beans, pinto beans, pigeon peas, red beans, soybeans, split peas, and white beans.

Dry Beans 16 oz. (1 lb.) bag only

Any brand is allowed.

No smaller sizes. No flavored, seasoned, gourmet, or soup mixes.



Canned Beans

15 to 16 oz. can only

Any brand is allowed. May be with salt or reduced sodium. May have added sugar, syrup, or dextrose.

No canned green peas, green beans, wax beans, or snap beans. No soups. No chili beans, seasoned beans, refried beans, or baked beans. No added meat, fat, oil, or artificial sweeteners.



At the store, always have:

1. Your WIC EBT card
2. The Florida WIC Foods pamphlet
3. The WIC EBT shopping list
4. Most recent store receipt from a WIC EBT purchase

At the bottom of the store receipt you will see how much food is left on your card for the current month.

EXAMPLE
Bottom of Store Receipt from WIC Purchase

QTY	UNITS	DESCRIPTION
1.00	lb	Cheese - 8 or 16 oz
2.00	doz	Eggs
72.00	oz	Breakfast Cereal
2.00	jar	Peanut Butter
2.00	lb	Whole Grains
4.00	gal	1% or Fat Free Milk
4.00	btl	Juice64oz (128 oz=2)
12.00	\$\$\$	Fruits + Vegetables
**** CARDHOLDER COPY ****		

WIC EBT Customer Service
1-866-629-1095
FloridaWIC.org

Call the toll-free number or visit the website:

- If you lose your WIC EBT card
- If you forget your 4-digit secret PIN
- If you do not know what foods are available on your WIC EBT card
- If your card won't work
- If you have other questions

Florida Department of Health
WIC Program
1-800-342-3556

- Cashiers must honor all store or manufacturer promotions such as buy one, get one free; buy one, get one at a reduced price; manufacturer cents-off coupons; and store savings card or customer reward card presented by the WIC customer.

- WIC customers may never receive cash refunds, gift cards, change, rain checks, or IOUs in exchange for a WIC EBT card or food/formula obtained with a WIC EBT card. WIC customers are not to exchange foods obtained with a WIC EBT card, except for exchanges of an identical item when the original item is defective, spoiled, or outdated. Baby formula purchased with a WIC EBT card may not be exchanged for another brand or type of formula. Formula can only be exchanged for a different brand or type at the WIC office. WIC customers can be taken off of the WIC program for selling WIC foods or trying to get a cash refund for WIC foods. This includes selling on eBay, Craigslist, other websites or in person.

Smart Shopping with your WIC EBT Card

EBT stands for **Electronic Benefits Transfer**. EBT is a simple, secure, and convenient way to buy your WIC foods. All of the foods for your family will be together on one card. There will be a begin date and end date to buy your family's food each month. You can choose how little or how much you want to buy each time you go grocery shopping with your WIC EBT card. Make sure you buy all of the foods on your shopping list within the allowed dates. Benefits will be in your food account at 12 midnight on the beginning date and will expire at 12 midnight on the ending date.

In the WIC Office

You will receive your WIC EBT card. To use your new EBT card, you will need to have a 4-digit secret code called a PIN which stands for Personal Identification Number. WIC staff will give you information about how to set up your PIN. When choosing a PIN, choose 4 numbers that are easy for you to remember, but hard for someone else to figure out. Don't use the same number, like 1111, or a sequence of numbers, like 1234, for your PIN. Keep your PIN a secret.

You will receive a Florida WIC EBT Shopping List. The shopping list shows all of your family's WIC foods for each month.

You will receive a list of stores where you can use your WIC EBT card.

In the Check-Out Line

- Give the cashier any coupons.
- Some stores may tell you to separate your WIC foods from other foods.
- Then the cashier will tell you when to swipe your EBT card and when to enter your PIN. Note: Once you swipe your card and select "yes," the transaction cannot be canceled or voided.
- The cashier will then give you a receipt.
- The receipt will tell you what foods you bought with your WIC EBT card and what foods you have left on your card.

Returning to the WIC Office

- Keep your WIC EBT card and bring it with you each time you come to the WIC office.
- You will get your WIC foods for each month put on the same card.

Take Care of your WIC EBT Card

- **Do not** write your PIN on your card.
- **Do not** keep your PIN in your purse or wallet.
- **Do not** give your PIN to anyone that you do not want to use your card.
- **Do not** bend your card.
- **Do not** place your card in direct sunlight, such as on a car's dashboard.
- Keep your card safe and clean.
- Keep your card away from items such as magnets, cell phones, TVs, and microwaves.

What should I do if my card is lost or stolen?

Call **Customer Service at 1-866-629-1095**. Then you will need to contact your local WIC office about getting a replacement card. If you lose your card, the card will no longer be able to be used even if you find it later.

What if I enter the wrong PIN?

If the correct PIN is not entered by the third try, your PIN will be locked to prevent someone from guessing your PIN and getting your food benefits. Your account will unlock after midnight. After that you will get one more try to enter your PIN correctly. If locked out again, call **1-866-629-1095**.

What should I do if someone finds out my PIN?

If someone has your PIN who should not have it, immediately call **Customer Service at 1-866-629-1095** and change your PIN.

How will I know my food account balance?

The receipt from every purchase shows the balance, so the easiest way to know your account balance is to **keep your receipt**. If you don't have your last receipt, get your balance from **Customer Service at 1-866-629-1095** or go to the WIC EBT website at **FloridaWIC.org** or from a WIC EBT **Point-of-Sale (POS)** machine. You should always check the amount of approved foods remaining before you shop.