



Effective: January 1, 2016

Montana WIC Participant Booklet



Breastfeeding is a very special gift for your baby



Questions about breastfeeding? WIC can help you! Call your local WIC Office today.

Montana Law Protects:

- ♥ A baby's right to be breastfed
- ♥ A woman's right to breastfeed in public
- ♥ Breastfeeding employees in our public schools; colleges and university; and in state, county and city government
- ♥ Breastfeeding mothers' exemption from jury duty
- ♥ Breastfeeding employees in the private sector

MT Code Ann. § 50-19-501, § 39-2-215, § 39-2-216, § 39-2-217, and § 3-15-313 FSLA Section 4207, P. L. 111-148

For more information contact the Montana Department of Labor and Industry Human Rights Bureau at 1-800-542-0807.

For more information on the FSLA law or to file a complaint, contact the Federal Department of Labor, Wage and Hour Division at 1-866-487-9243.

**Use your WIC benefit as a shopping list. Only items listed on the benefit may be purchased.
Select the size and quantity listed to receive the maximum nutritional value.**

MILK – Pasteurized and Fortified

Store Brand if available

Only the milk type and size specified on benefit is allowed

- Skim, 1%, 2%
- Lactose-free
- Evaporated
- Whole
- Nonfat Dry
- Meyenberg Goat Milk

Two ½ gallons may be substituted for one gallon

No flavor added, enhanced or organic milk

No pints

Quarts only if specified on the benefit or when larger size of Lactose-free milk is unavailable.



CHEESE – Domestic

Store Brand, Cache Valley, Crystal Farms, Kraft, Wega Star Dairy only

Regular, low-fat or reduced fat, in 16 or 8 ounce package

- Colby-Monterey Jack
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Swiss

Two 8 ounce packages may be substituted for one 16 ounce package

No string cheese, cheese foods, products, spread, cubed, shredded, sliced, flavor added (i.e. Pepper Jack), imported, service deli, imitation cheese products or individually wrapped slices/strings sold as singles

No organic



SOY BEVERAGES

8th Continent Soymilk Beverage

1/2 gallon cartons, ultra
Original flavor only



Pacific Natural Foods Ultra Soy Beverage

Aseptic quarts (32 ounce) pasteurized
Plain and Vanilla only



Silk Soymilk

1/2 gallon cartons
Original flavor only



EGGS

Any Brand

Large - One dozen, white
"AA" or "A"

No enhanced, hormone-free, specialty or brown eggs
No free range or cage free eggs
No organic



YOGURT

Dannon, Great Value, Kroger, Lucerne, Our Family, Mountain High, Western Family, Yoplait

Plain or Vanilla
32 ounce containers (quart)
Buy only fat type specified on benefit

No other flavors, fruit added, organic or Greek yogurt



PEANUT BUTTER

Store Brand, Adams, Peter Pan, Jif or Skippy only

16 to 18 ounce jar

Unflavored, Regular or Natural - smooth, chunky or honey roasted

No jelly, honey, chocolate or marshmallow crème added

No peanut butter spread (examples: reduced-fat)

No organic or enhanced peanut butter

The logo for Adams peanut butter, featuring the word "ADAMS" in a stylized, colorful, 3D font.The Jif logo, consisting of the word "Jif" in a white, bold, sans-serif font on a background of three vertical stripes: red, white, and green.

BEANS, PEAS, LENTILS

Any Brand: dry beans, split peas or lentils

Any Brand: canned beans (legumes)

15 to 16 ounce packages/cans

Note: canned beans only if specified

No soup mixes, flavorings or meat added (pork & beans, refried)

No cans of green or yellow beans

No organic



BREAKFAST CEREALS for Women and Children

Whole grain cereals are marked with a 

Gluten-free items are marked with an *



SPECIFIED BRANDS ONLY **REGULAR FLAVOR UNLESS SPECIFIED**

No fruit filled

No organic

No individual serving containers allowed

Corn Flakes

Flavorite, Great Value, IGA, Kellogg's,
Kroger, Our Family, Signature Kitchens,
or Western Family

Fiber Flake Cereals (Bran)

Enriched Bran Flakes: 

Flavorite, General Mills (Wheaties Original
or Total Original), Great Value, IGA,
Kellogg's (All Bran Complete Wheat),
Kroger, Post (Bran Flakes), Signature
Kitchens, Western Family

No fruit added (Raisin Bran) or low-carb



Corn Squares/Bitz/Pockets

Flavorite, General Mills (Corn Chex*),
Great Value, IGA*, Kroger, Our Family,
Signature Kitchens, or Western Family

Corn Balls/Puffs

General Mills (Kix) 

Crispy Rice

Flavorite, Great Value, IGA, Kellogg's
(Rice Krispies), Kroger, Malt-O-Meal,
Our Family, Signature Kitchens, or
Western Family

Frosted Mini Wheat Biscuits


Flavorite, Great Value, IGA, Kellogg's,
Kroger, Malt-O-Meal, Our Family,
Signature Kitchens, or Western Family

No "Post"

No fruit filled or flavored frostings

No plain shredded wheat biscuits


Nugget

Post (Grape Nuts) 

Rice Squares/Bitz/Pockets

Flavorite, General Mills (Rice Chex*),
Great Value, IGA*, Kroger, Our Family,
Signature Kitchens, or Western Family

Toasted Oat Rings

(Plain or Multi-Grain) 

Flavorite, General Mills (Cheerios*),
Great Value, IGA, Kroger, Our Family,
Signature Kitchens, or Western Family

No sugar-frosted, honey-nut or fruit
added


Wheat Squares/Pockets

General Mills (Wheat Chex), Great
Value, Our Family, Signature Kitchens,
or Western Family

HOT CEREAL

Cream of Rice*

Cream of Wheat Regular

Cream of Wheat Whole Grain 

Great Value Quick Farina

Malt-O-Meal Original

Western Family

INSTANT OATMEAL — Regular 

Individual Packets Only

12 to 11 ounce packages

Great Value, IGA, Our Family, Kroger,

Signature Kitchens, or Western Family

No flavored

No large/bulk packages allowed

No organic



WHOLE GRAIN CHOICES Gluten-free items are marked with an *

Whole Grain Bread



Franz 40 Calorie per Slice Whole Wheat

Franz 100% Whole Wheat



Signature Kitchens 100% Whole Wheat



Sara Lee Classic 100% Whole Wheat



Smith's 100% Whole Wheat



Village Hearth 100% Whole Wheat

Wheat Montana 100% Whole Wheat



One pound (16 ounce) loaf only

Tortillas - Soft



Yellow Corn –
Mission*

White Corn –
Dancho* or
Guerrero



Whole Wheat –
Mission,
Don Pancho, or
Guerrero



One pound
(16 ounce) package
only

Whole Wheat Pasta

**Barilla, Gia Russa, Great Value,
Hodgson Mill, Kroger,
Our Family, Racconto,
Ronzoni, Western Family**

100% whole wheat
16 ounce only

No organic, enhanced (for
example, omega-3 added) or
vegetable pasta

Brown Rice

Any brand – box or bag

Plain Brown Rice-regular cooking
16 oz.

Plain Brown Rice-quick or instant
cooking 14 – 16 oz.

No organic

100% JUICE

64 ounce Plastic Bottles Children

100% Juice Only - No sugar added
Specific Flavors - Authorized Brands
No juice blends, drinks or cocktails
No refrigerated
No organic or DHA added

**Apple • Grape (Purple and White)
Orange • Tomato**

Vegetable - V-8 (Original or Healthy
Request (no Fusion))



16 ounce Frozen Concentrate Children

100% Juice Only - No sugar added
Specific Flavors – Authorized Brands
No juice blends, drinks or cocktails
No organic or DHA added

Orange



No 48-46 ounce juices are allowed

11.5 to 12 to ounce Frozen Concentrate - Women

100% Juice Only - No sugar added
Specific Flavors - Authorized Brands
No juice blends, drinks or cocktails
No organic or DHA added

**Apple • Grape (Purple and White)
Orange • Pineapple**



Some stores may not carry every WIC approved food because of cost or availability.

INFANT FORMULA

Only brand, type and size specified on benefit

No substitutions at store

No organic

INFANT CEREAL

Beech-nut, Goya or Gerber only

Plain varieties only: Barley, Corn, Mixed Grain, Oatmeal, Rice or Whole Wheat
8 and 16 ounce containers

One 16 ounce container may be substituted for two 8 ounce containers

No formula, flavoring, fruit or DHA added

No jars or packs



BABY FOODS VEGETABLES AND FRUITS

Beech-nut, Goya or Gerber only

4 ounce containers, jars or twin packs only

Vegetable and Fruit – single or mixed varieties

No dinners or desserts

No organic or DHA added

BABY FOOD MEATS For Fully Breastfeeding Infants

Beech-nut, Goya or Gerber only

2.5 ounce jars

Single variety meats only

May have added broth or gravy

No dinners

No meat sticks

No organic or DHA added

CANNED FISH

For Fully Breastfeeding Women

Any brand

Light Tuna – water packed only,
light - solid or chunk
6 to 5 ounce cans

Pink Salmon – water packed only,
may contain bones and skin
5 to 6 and 14.75 ounce cans

No "diet" pack, white, albacore,
yellow fin, premium, "vacuum-sealed" packs, flavorings added
and red salmon



Approved Foods List for Fruits and Vegetables Benefit

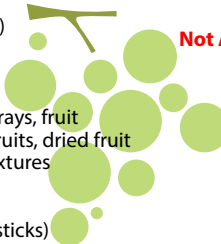
Fresh Vegetables & Fruits

Allowed:

- Any variety of fresh vegetables and fruits
- Bagged salad mixtures (no dressing, croutons, nuts or meat added)
- Bagged vegetables (no dressing or dip)
- Tubs of cut fruit or vegetables (no dressing or dip)
- Garlic, sprouts
- Fresh salsa (no added sugar, fat or oil)
- Organic

Not Allowed:

- Added sugars, fats or oils
- Items from the deli, salad bar, party trays, fruit baskets, decorative vegetables and fruits, dried fruit
- Nuts, including peanuts, fruit/nut mixtures
- Salad dressing
- Herbs (like basil, cilantro, parsley)
- Spices (like vanilla beans, cinnamon sticks)
- Frozen Fruit



Frozen Vegetables

Frozen vegetables may not be purchased with an infant fruit and vegetable benefit

Allowed:

- Any brand • Any size
- Any plain single or plain mixed vegetable
- Any package type (bag, box)
- Organic

Not Allowed:

- Vegetables with added sugars, fats, oils or coatings (many French fried potato products have added fats or coatings)
- Vegetables with sauces
- Vegetables mixed with pasta, rice, or any other non-vegetable ingredient
- Cheese sauce or any other type of sauce
- Seasoned, flavored, breaded
- Packets of sauces and/or seasonings included



No canned fruits or vegetables or frozen fruit may be purchased

How to use a WIC benefit

MONTANA WIC PROGRAM PO BOX 202951 HELENA, MT 59620-2951		SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS & CHILDREN (WIC) WIC ENCOURAGES BREASTFEEDING		ACCT # 001127 011125 08		
CLINIC ID	WIC ID	PARTICIPANT NAME		FIRST DAY TO USE		
25101	00599123	WIC A. PARTICIPANT		7/1/2015		
36 1	OUNCES WIC BREAKFAST CEREAL 16-14 OZ WIC WHOLE GRAIN CHOICE 64 OZ PLASTIC BOTTLES(S) OR 16 OZ FROZEN WIC JUICE GALLON(S) SKIM/NON-FAT OR 1% MILK		MONTANA RETAILER STAMP		DATE USED	
					LAST DAY TO USE	
					7/31/2015	
					INITIALS	CORRECTION
					AMOUNT OF SALE	
		REJECTED BY BANK IF NOT CLEARLY STAMPED				
RETAILER/FARMER - DO NOT ACCEPT UNLESS YOU HAVE A MONTANA WIC CONTRACT AVAILABLE THROUGH <i>Solutran</i> AN AFFILIATE OF SECURITY STATE BANK, HOWARD LAKE, MONTGOMERY, MONTANA BUYING, SELLING OR OTHERWISE MISUSING WIC BENEFITS IS A CRIME. TO REPORT SUSPECTED ABUSE, CALL 800-424-9121 OR VISIT WWW.USDA.GOV/OIG/NOTLINE.HTM			SIGNATURE OF PARTICIPANT OR AUTHORIZED PROXY			

Follow the steps below:

- 1) Select a Montana WIC authorized retailer.
- 2) Check the benefit dates.
 - Do not use the benefit before the “First Day to Use” or after the “Last Day to Use”.
- 3) Use the benefit as a shopping list.
 - Purchase only items that are listed on the benefit in the sizes & brands listed on the Food List.
 - If the store is out of an item you need, try another WIC authorized store.
 - Rain checks or credit slips for an out of stock item are not allowed.
 - You may get “free ounces”, “buy 1 get 1 free offer”, or use a store discount card.
- 4) The Fruit & Vegetable Benefit may be redeemed at any Montana WIC authorized store or Farm Direct booth/stand/stall.
 - You may go over the dollar value of the Fruit & Vegetable Benefit and pay the difference.
 - Multiple Fruit & Vegetable Benefits may be combined during a transaction.
- 5) Group WIC foods together according to what is listed on each benefit. Keep WIC foods separate from other foods you may buy.
- 6) Tell the cashier you will be using a WIC benefit and give the benefit and participant booklet to retail staff before the order is processed. **No Booklet = No Sale**
- 7) After totaling your items, the retail staff will write the dollar amount of your WIC foods on the benefit.
- 8) The retail staff will hand the benefit back to you to sign. Please verify that the amount is correct and sign.
 - Never sign a WIC benefit before the “Amount of Sale” has been filled in.



Your Rights & Responsibilities

For the Montana WIC Program



I AGREE TO:

- Attend and be on time for all appointments.
 - Let WIC staff know in advance if I cannot keep an appointment.
 - Provide accurate and correct information to WIC staff.
 - Let the WIC staff know if my address, phone number or income changes, if I am going to move away or if I no longer have custody of the child.
 - Bring my Program Booklet to all appointments and to the store.
 - Handle my WIC benefits carefully – like they are cash. If I lose my benefits, they cannot be replaced.
 - Report benefits that are lost, stolen or destroyed and not use the benefits later if I find them.
 - Follow the shopping guidelines for using WIC benefits as specified in the Program Booklet.
 - Treat WIC staff and retail staff with respect and courtesy.
- make changes on my WIC benefit; return WIC foods for cash or non-WIC foods; sell, trade, or give away WIC foods; buy non-WIC foods; use an unauthorized retailer; or verbally or physically abuse WIC or retail staff. I also may be required to repay benefits.
- Standards for eligibility and participation in the WIC Program are the same for everyone, regardless of race, color, national origin, sex, age, or disability.
 - I have 60 days to appeal any decision made by the local agency regarding my eligibility for the Program. A fair hearing will be conducted by a fair and impartial official according to 246.18 and applicable portions of Title 2, Chapter 4 Montana Code Annotated, whose decision will rest solely on the evidence presented at the hearing and statutory and regulatory provisions governing the WIC Program in Montana.
 - I have been advised of my rights and responsibilities under the Program. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the

- Train my authorized representatives and proxies on WIC procedures and policies. I am accountable for their actions.

I UNDERSTAND THAT:

- WIC will give me benefits to buy certain foods from WIC authorized retailers each month and it is important that the benefits are picked up on time. If benefits are not picked up for two months in a row, I may be removed from the Program.
- The local WIC program will make nutrition education and referral to health services available to me or my child. I am encouraged to use these services.
- My WIC information may be released to other Department of Public Health and Human Services (DPHHS) programs to determine eligibility, conduct outreach, enhance health education, streamline administrative procedures or access and evaluate participant health care needs and outcomes. For a list of DPHHS Programs that may receive your information, please ask WIC clinic staff.
- I may be dropped from WIC if I receive benefits from more than one WIC clinic at a time.
- I may lose my WIC benefits if I or an authorized individual

State agency, in cash, the value of food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

USDA Nondiscrimination Statement

FNS nutrition assistance programs, State or local agencies, and their sub-recipients, must post the following Nondiscrimination Statement:

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

2) Fax: (202) 690-7442; or

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

This institution is an equal opportunity provider

(3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

I have read and understand my rights and responsibilities for participation in the Montana WIC Program.

What to bring to your WIC Appointment

Make sure to bring all paperwork and documentation you were asked to provide. Most often, you are asked to bring:

- ✓ Proof of Identity
- ✓ Proof of Residency
- ✓ Proof of Income

For examples of good documents to bring, please visit wic.mt.gov

WIC is an equal opportunity provider.



My Next Appointment is:



My Clinic Information:



**It is prohibited to sell
your WIC foods.**

Household ID # _____

Authorized Participant Signature _____

Authorized Representative/Proxy Signature _____

Authorized Representative/Proxy Signature _____

Participant Name _____

Participant Name _____

Participant Name _____

Participant Name _____





Montana WIC Program - Participant Booklet January 2016
1-800-433-4298

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