



WIC

Program

Kat Manje ki Akseptab nan WIC

Desanm 2016

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Kat sa a disponib nan 21 lang, ale sou sitwèb: www.health.ny.gov/wic

Lèt Chèk WIC ou endike kantite grès ki nan lèt ou dwe achte

- ✓ **Nenpòt mak:**
- ✓ **LÈT:** Achte pi gwo resipyan ki disponib lan (galon, 96 ons, demi galon, oswa ka) oswa gwochè ki endike nan chèk WIC la
- ✓ **LÈT EVAPORE/LÈT NAN BWAT:** Bwat ki gen 12 ons sèlman
- ✓ **LÈT SÈ/LÈT AN POWD:** Bwat ki gen 25.6 ons sèlman
- ✓ **LÈT SAN LAKTOZ:** Achte pi gwo bwat ki disponib lan oswa gwochè ki endike sou chèk WIC la
- ✓ **LÈT KOSHER:** Achte pi gwo bwat ki disponib lan oswa gwochè ki endike sou chèk WIC la

SA NOU PA AKSEPTE: Lèt ki gen savè, lèt òganik, oswa lèt kondanse ki sikre; babè ki gen kalsyòm anplis; lèt ki gen grès redui (2%)

Fwomaj

- ✓ **Nenpòt mak:**
- ✓ Pasteurized Process American, Monterey Jack, Mozzarella, Cheddar, Colby, Swiss, Muenster, Provolone, oswa melanj nenpòt nan fwomaj sa yo
- ✓ Acha an blòk oswa an tranch
- ✓ Ou dwe ajoute kantite ons yo sou chèk la (se kapab 1 oswa plis sache)
- ✓ **KOSHER CHEESE** si li enprime sou chèk WIC OSWA si makèt la pa gen okenn lòt kalite fwomaj

SA NOU PA AKSEPTE: Fwomaj enpòte; manje ki gen fwomaj, pwodui oswa pat pou pase nan pen; moso krakè; fwomaj koupe, fwomaj rape, kib fwomaj; fwomaj ki gen savè oswa fwomaj òganik; tranch fwomaj ki vlope apa

Yogout Lèt Chèk WIC ou endike kantite grès ou dwe achte

- ✓ Egzakteman bwat 32 ons OSWA nenpòt melanj gwochè ki ajoute sou 32 ons.
- ✓ **Nenpòt mak:** plain, plain Greek, organic plain, organic plain Greek
- ✓ **KOSHER YOGURT** si li enprime sou chèk WIC OSWA si makèt an pa gen atik ki pa kochè ki disponib atik ki pa kosher

SA NOU PA AKSEPTE: Ki gen savè (tankou vaniy, fwi), melanj engredyan (granola, bonbon, elatriye), yogout ou ka bwè/peze, yogout konjle

Bwason abaz Soja

- ✓ **8TH CONTINENT:**
Soy milk – Original ak Vanilla (katon ki gen 32 ons ki estab nan etajè)
Soy milk – Original ak Vanilla (katon 64 ons ki nan frijidè)
- ✓ **PACIFIC NATURAL FOODS:**
Ultra Soy – Original ak Vanilla (katon ki gen 32 ons)
- ✓ **SILK:**
Soy milk – Original (32 ons oswa 64 ons ki nan frijidè)
Soy milk – Original (anpil bwat 128 ons ki nan frijidè)
- ✓ **WESTSOY:**
Organic Plus Soy milk – Plain (katon ki gen 32 ons oswa 64 ons ki sou etajè)
Plus Soy milk – Vanilla (32 ons oswa 64 ons ki sou etajè)

Ze

- ✓ **Nenpòt mak:**
- ✓ **Gwosè Mwayen oswa Laj:** Blan oswa jòn

SA NOU PA AKSEPTE: Ze Jeyan oswa ze ekstra-laj; ze espesyal ki koute chè (tankou ze òganik, oswa ze ki gen kolestewòl redui, ze poul ki pa nan kalòj/ze poul lage, Omega-3)

Manba Bokal ki gen 16-18 ons

- ✓ **Nenpòt mak:** ou aksepte varyete ki kraze vit nan bouch, ki lis epi ki gen yon ti kantite grès.

SA NOU PA AKSEPTE: Manba; manba ki fèk fèt oswa manba fwete; manba ki melanje avèk jele, pat gimov, chokola oswa siwo myèl; manba òganik; manba ki gen vitamin ak mineral anplis, oswa lòt engredyan ajoute (Omega 3, DHA & EPA, Palm Oil, elatriye)

Pwa, Pwa Vèt ak Lantiy

Pou diminye konsomasyon sèl, rense legim ki nan bwat konsèv yo, pwa vèt, lantiy

- ✓ **Sèk:** Nenpòt mak, sache pwa matirite yon liv, pwa vèt, lantiy
- ✓ **Ki nan bwat konsèv:** Nenpòt mak, sache pwa matirite yon liv, pwa vèt, lantiy

SA NOU PA AKSEPTE: Pwa ki kwit nan fou, vyann kochon ak pwa; pwa nan bwat konsèv ki gen sik anplis, grès, vyann oswa lwil. Ou pa ka achte pwa vèt, ti pwa bèt, pwa komen, pwa jòn, ak pwa bè avèk yon chèk WIC ki di “Beans, Peas, Lentils” (“Pwa, Ti Pwa, Lantiy”); ou ka itilize chèk Legim ak Fwi WIC pou achte kalite manje sa yo.

Pwason nan Bwat Konsèv

Pou diminye konsomasyon grès ou, chwazi pwason ki konsève avèk dlo

- ✓ **Light Tuna:** Nenpòt mak (ti bwat ki gen 5 ak 6 ons)
- ✓ **Pink Salmon:** Nenpòt mak (ti bwat ki gen 5, 6 ak 7.5 ons)
- ✓ **Sadin:** Nenpòt mak (ti bwat ki gen 3.75 ons)
- ✓ Yo ka konsève nan dlo oswa lwil
- ✓ Ka gen zo ak po

SA NOU PA AKSEPTE: Pwason ton blan, somon sokey, somon wouj; sa ki gen flavè; avèk engredyan anplis

Tofi Sache ki gen 14-16 ons

- ✓ **AZUMAYA:** Tofu – Firm, Extra Firm
- ✓ **HOUSE:** Premium oswa Organic Tofu – Soft, Medium Firm, Firm, Extra Firm
- ✓ **NATURE’S PROMISE:** Organic Tofu – Firm
- ✓ **NASOYA:** Organic Tofu – Silken, Lite Firm, Firm, Extra Firm
- ✓ **SAN SUI:** Tofu – Soft, Firm, Extra Firm
- ✓ **WEGMANS:** Tofu – Soft, Firm, Extra Firm

Sèlman fanm k ap bay tibebe tete ap resevwa manje siplemantè k ap ede kreye kantite lèt tibebe k ap grandi yo bezwen.

Manje Tibebe – Legim ak Fwi

Bwat ki gen 4 ons

- ✓ **BEECH-NUT** oswa **GERBER**:
- ✓ Nenpòt fwi oswa legim senp
- ✓ Nenpòt melanj legim oswa fwi diferan

De sache manje bebe konte kòm de respinyan

SA NOU PA AKSEPTE: Òganik; ti sak, Melanj ki gen engredyan ki pa gen ni fwi ni legim engredyan tankou vyann, yogout, diri, nouy

BANANAS: Kèk chèk ap bay fig konplè fre tou

Manje Tibebe – Vyann

Bwat ki gen 2.5 ons

- ✓ **BEECH-NUT** oswa **GERBER:** Nenpòt vyann ki gen bouyon oswa sòs

Vyann Manje Bebe Kosher: Si li enprime sou chèk WIC OSWA si makèt la pa gen Beech-Nut oswa Jèbè

- ✓ **FIRST CHOICE:** Chicken with Gravy, Turkey with Gravy

Lèt an Poud Tibebe

Chèk WIC ou endike lis non komèsyal gwo (poud, konsantre oswa pare pou itilize) ou dwe achte.

Sereyal Tibebe

Chèk la dwe endike Gerber Cereal for Baby nou akspete sa ki gen 8 ons ak 16 ons

- ✓ **GERBER:** Cereal for Baby sèlman
Varyete òdinè sèlman: awwàn, diri, ble konplè, oswa anpil grenn

SA NOU PA AKSEPTE: Òganik; ekstra engredyan tankou DHA, fwi, lèt an poud, oswa pwoteyin anplis







Sereyal Manje Maten

Pou ogmante konsomasyon fib ou, chwazi sereyal grenn konplè. Tout sereyal yo se 'grenn konplè' sof si yo make avèk senbòl ❖

✓ Achte bwat ki gen 12 ons oswa pi gwo

SA NOU PA AKSEPTE: Sereyal òganik, bwat ki gen pake pou yon sèl pòsyon

Mak ki nan boutik* Ou kapab achte nenpòt mak ki nan boutik pou kalite sereyal sa yo

<ul style="list-style-type: none"> ✓ Corn Flakes* – òdinè 	<ul style="list-style-type: none"> ✓ Shredded Wheat – ki òdinè oswa glase 	<ul style="list-style-type: none"> ✓ Oat Squares – òdinè. Ki rele tou: <i>Crisp Oat Squares, Crunchy Oat Squares, Oat Crisps</i> 
<ul style="list-style-type: none"> ✓ Wheat Flakes – òdinè 	<ul style="list-style-type: none"> ✓ Oat O's – òdinè. Ki rele tou: <i>Toasted Oats, Tasteeos, Oats & O's</i> 	<ul style="list-style-type: none"> ✓ Multigrain Flakes with Oat Clusters* – avèk oswa san zanmann. Epitou ki rele: <i>Honey Crunchin' Oats, Honey & Oats, Honey Oat Clusters, Honey Oats & Flakes, Krispy Honey-Oats, Oats & More, Oats & Honey</i> 

- * 'Nenpòt mak ki nan boutik' gen ladan non boutik la AK mak sereyal frèt sa yo:
- | | | | |
|----------------------|---------------|-------------------|---------------|
| ✓ AMERICA'S CHOICE | ✓ FOOD BASICS | ✓ KIGGINS | ✓ RED & WHITE |
| ✓ BEST YET | ✓ FOOD CLUB | ✓ KRASDALE | ✓ SHURFINE |
| ✓ CLEAR VALUE | ✓ GREAT VALUE | ✓ NATURE'S CRUNCH | ✓ VALUTIME |
| ✓ ESSENTIAL EVERYDAY | ✓ HYTOP | ✓ PARADE | ✓ WHITE ROSE |

Mak Nasyonal/Espesyalite

- ✓ **GENERAL MILLS:** Cheerios (regilye sèlman), Total Whole Grain, Corn Chex, Rice Chex, Wheat Chex, Dora the Explorer
- ✓ **KELLOGG'S:** Corn Flakes* (regilye sèlman), Frosted Mini-Wheats Original (Little Bites)
- ✓ **KEMACH:** Corn Flakes*, Toasted Oats, Wheat Flakes
- ✓ **MALT-O-MEAL:** Mini Spooners (Frosted, Strawberry Cream, Blueberry Cream), Oat Blenders* (Honey, Honey & Almonds)
- ✓ **POST:** Grape-Nuts (regilye sèlman), Grape-Nuts Flakes, Honey Bunches of Oats with Vanilla Bunches
- ✓ **RALSTON:** Corn Flakes*
- ✓ **SUNBELT:** Simple Granola
- ✓ **TAANUG:** Corn Flakes*, Toasted Oats

SIJESYON ITIL POU ACHE!

Men kèk egzanp fason pou jwenn 36 ons sereyal ou:

12 ons + 12 ons + 12 ons = 36 ons	15 ons + 21 ons = 36 ons
12 ons + 24 ons = 36 ons	18 ons + 18 ons = 36 ons

Sereyal Cho

- ✓ **CREAM OF WHEAT:** Cream of Wheat Whole Grain (2 ½ minute)
- ✓ **MAYPO:** Instant Maple Oatmeal, Vermont Style Maple Oatmeal
- ✓ **QUAKER:** Instant Oats with Iron

Tòtiya Mayi Mou Grenn Konplè Sache ki gen 16 ons

- ✓ **CELIA'S:** White Corn Tortillas, Yellow Corn Tortillas
- ✓ **CHI-CHI'S:** White Corn Tortillas
- ✓ **DEL CAMPO TORTILLAS:** Corn Tortillas
- ✓ **DON PANCHO:** Whole Wheat (Flour Gordita Whole Wheat) Tortillas
- ✓ **ESSENTIAL EVERYDAY:** Soft White Corn Tortillas, 100% Whole Wheat Flour Tortillas
- ✓ **GREAT VALUE:** 100% Whole Wheat Tortillas
- ✓ **GUERRERO:** White Corn Tortillas
- ✓ **HERDEZ:** White Corn Tortillas
- ✓ **KEY FOODS:** Whole Wheat Tortillas
- ✓ **LA BANDERITA:** Corn Tortillas, 100% Whole Wheat Fajita Flour Tortillas, 100% Whole Wheat Soft Taco Flour Tortillas
- ✓ **MEXAMERICA:** 100% Whole Wheat with Honey Tortillas
- ✓ **MISSION:** 100% Whole Wheat Flour Tortillas
- ✓ **NATURE'S PROMISE:** Corn All Natural Tortillas
- ✓ **ORTEGA:** Whole Wheat Tortillas
- ✓ **SIEMPRE AUTENTICO:** Whole Wheat Flour Tortillas
- ✓ **STOP & SHOP:** White Corn Tortillas (ki sou Etajè ak Abaz Lèt), Whole Wheat Flour Tortillas
- ✓ **TIO SANTI:** 100% Whole Wheat Flour Tortillas
- ✓ **TOPS:** Whole Wheat Tortillas
- ✓ **WEGMAN'S:** Whole Wheat Tortillas

Pwodui Pen Grenn Konplè Sache ki gen 16 ons

1 liv (1 lb) se menm avèk 16 ons (16 oz.)

- ✓ **AMERICA'S CHOICE:** 100% Whole Wheat Bread
- ✓ **BEST YET:** 100% Whole Wheat Bread
- ✓ **BIMBO:** 100% Whole Wheat Bread
- ✓ **CENTRAL MARKET CLASSICS:** 100% Whole Wheat Bread
- ✓ **FOODLION:** 100% Whole Wheat Bread
- ✓ **FULL CIRCLE:** Flax & Grain Bread
- ✓ **GOLD MEDAL BAKERY:** 100% Wheat Bread with Flax
- ✓ **GOURMET:** 100% Whole Wheat Bread
- ✓ **HANNAFORD:** 100% Whole Wheat Bread
- ✓ **HAUSWALD'S:** 100% Whole Wheat Bread
- ✓ **HOLSUM:** 100% Whole Wheat Bread
- ✓ **JERUSALEM:** Franczoz Health Bread 100% Whole Wheat, Franczoz Health Bread Germinated Whole Wheat
- ✓ **MONKS':** Multigrain bread, Wheat Wholegrain Bread
- ✓ **PAS YISROEL:** 100% Multi Grain Bread All Natural, 100% Whole Wheat Bread
- ✓ **PENN STREET:** 100% Whole Grain Wheat Bread
- ✓ **PICS by Price Chopper:** 100% Whole Wheat Bread
- ✓ **ROMAN MEAL:** 100% Whole Wheat Bread
- ✓ **RUBSCHLAGER:** Westphalian Style Pumpernickel Bread, Danish Style Pumpernickel, European Style Whole Grain, 100% Whole Wheat Bread, Cocktail Whole Grain Bread, Cocktail Rye Bread, Cocktail Pumpernickel Bread, 100% Rye Rye-Ola Flax Bread, 100% Rye Rye-Ola Pumpernickel Bread, 100% Rye Rye-Ola Black Rye Bread, 100% Rye Rye-Ola Sunflower Bread
- ✓ **SARA LEE:** 100% Whole Wheat Bread
- ✓ **SCHWEBEL'S:** 100% Whole Wheat Bread
- ✓ **SHOPRITE:** 100% Whole Wheat Bread
- ✓ **STERN'S:** Whole Wheat Bread, Whole Wheat Rolls
- ✓ **STOP & SHOP:** 100% Whole Wheat Bread (No Salt Added), 100% Whole Wheat (nan boulanjri ki vann pen fre)
- ✓ **SUPER BREAD:** 100% Whole Wheat Bread
- ✓ **WINDMILL FARMS:** 100% Stone Ground Whole Wheat Hamotzie, 100% Stone Ground Whole Wheat Mezonos
- ✓ **ZOMICK'S:** 100% Whole Wheat Bread Hamotzie, 100% Whole Wheat Bread Mezonos, 100% Whole Wheat Rolls

Diri Jòn Sache ki gen 14-16 ons oswa 28-32 ons

- ✓ **Nenpòt mak:** Diri jòn òdinè ki nan bwat oswa sache; li ka kwit imedyatman, vit, oswa regilye

SA NOU PA AKSEPTE: Engredyan anplis tankou sik, grès, lwil, oswa sèl

Tòtiya Mayi Mou Grenn Konplè Sache ki gen 16 ons

- ✓ **Nenpòt mak:** Pat Alimantè Ble Konplè nan nenpòt estil/fòm. Ki fèt avèk farin ble konplè oswa farin ble di konplè. Nou aksepte sa ki òganik lan.

SA NOU PA AKSEPTE: Engredyan anplis tankou sik, grès, lwil, oswa sèl

100% Ji SA NOU PA AKSEPTE: Ji Òganik

Bwat ki gen 11.5 Ons (Konsantre ki sou etajè)
 ✓ **WELCH'S:** Nenpòt savè

Bwat ki gen 11.5-12 Ons (Konsantre konjle)
 Chadèk, Zoranj, Anana: ✓ **NENPÒT MAK**
 Pòm: ✓ **NENPÒT MAK KI NAN BOUTIK*** ak **MAK SA YO:**
 ✓ **LANGERS** ✓ **OLD ORCHARD** ✓ **SENECA**
 Rezen: *Vyolèt ak Blan:* ✓ **NENPÒT MAK KI NAN BOUTIK*** ak **MAK SA YO:** ✓ **LANGERS** ✓ **OLD ORCHARD** ✓ **WELCH'S**
 Melanj Ji: ✓ **NENPÒT MAK KI NAN BOUTIK LA*** ak **MAK SA YO:**
 ✓ **DOLE:** Nenpòt savè
 ✓ **LANGERS:** Autumn Blend, Spring Blend, Summer Blend, Winter Blend
 ✓ **OLD ORCHARD:** Tout savè ki gen bouchon vèt fonce
 ✓ **WELCH'S:** Tout savè ki gen bouchon jòn

Bwat ki gen 16 Ons (Konsantre konjle)
 Chadèk, Zoranj, Anana: ✓ **NENPÒT MAK**
 Melnaj Pòm ak Ji ✓ **NENPÒT MAK**
SA NOU PA AKSEPTE: Ji rezen (sof nan melanj ji)

* **'NENPÒT MAK KI NAN BOUTIK'** gen ladan non **boutik yo** AK mak 100% ji sa yo ki gen 120% oswa plis Vitamin C:

✓ AMERICA'S CHOICE	✓ FOOD CLUB	✓ PARADE
✓ BEST YET	✓ GREAT VALUE	✓ RED & WHITE
✓ CLEAR VALUE	✓ HARVEST CLASSIC	✓ RICHFOOD
✓ CRISP	✓ HYTOP	✓ SHURFINE
✓ DELSEA FARMS	✓ KRASDALE	✓ SUPER A
✓ ESSENTIAL EVERYDAY	✓ NATURE'S OWN	✓ TIPTON GROVE
✓ FLAVORITE		✓ WHITE ROSE

Boutèy Plastik ki gen 64 Ons

Chadèk, Zoranj, Anana: ✓ **NENPÒT MAK** Pòm: ✓ **NENPÒT MAK KI NAN BOUTIK*** ak **MAK SA YO:** ✓ **APPLE & EVE** ✓ **LANGERS**
 ✓ **LUCKY LEAF** ✓ **MOTT'S** ✓ **MUSSELMAN'S** ✓ **JUICY JUICE** ✓ **OLD ORCHARD**
 ✓ **SENECA** ✓ **SESAME STREET**
 Melanj Ji: ✓ **NENPÒT MAK KI NAN BOUTIK*** ak **MAK SA YO:**
 ✓ **LANGERS:** Apple Berry Cherry, Apple Cranberry, Apple Kiwi Strawberry, Apple Grape, Apple Orange Pineapple, Disney Apple Cranberry Grape
 ✓ **JUICY JUICE:** Apple Raspberry, Berry, Cherry, Fruit Punch, Kiwi Strawberry, Mango, Orange Tangerine, Strawberry Banana, Tropical
 ✓ **OLD ORCHARD:** Acai Pomegranate, Apple Cranberry, Berry Blend, Blueberry Pomegranate, Cherry Pomegranate, Peach Mango, Wild Cherry,
 ✓ **SESAME STREET:** Cookie Monster Berry, Elmo's Punch
SA NOU PA AKSEPTE: Ji rezen (sof nan melanj ji), katon ki nan frijidè



Manje ki Akseptab pou Chèk pou achte Fwi ak Legim (Koupon pou Valè an Kach)

✓ Chèk la ap endike 'Fwi sèlman' oswa 'Fre/Konjle/ki nan Bwat Konsè' ✓ Nou aksepté legim ak fwi òganik
'Bwat konsè' vle di manje ki konsève nan resipyan ki byen fèmen. Resipyan an kapab se metal, vè, plastik oswa yon ti sak.

Legim ak Fwi Fre	✓ Nenpòt varyete legim ak fwi fre ✓ Ka konplè oswa rache ✓ Melanj salad ki nan sache, legim ki nan sache SA NOU PA AKSEPTE: Pwodui ki nan ba salad; plato resepsyon, panye fwi, legim ak fwi dekorasyon; pwodui sèk; nwa, tankou pistach, melanj fwi/nwa; zèb awomatik, epis, sòs salad
Fwi nan Bwat Konsè	✓ Nenpòt mak ki konsève nan dlo oswa ji ✓ Nenpòt varyete fwi, melanj fwi ✓ Pwodui kin gen sik atifisyèl ✓ Nenpòt gwochè/bwat/kalite anbalaj (sof ti sak pou yon sèl sèvis) ✓ Fwi dwe se premye engredyan ✓ Konfiti pòm: Varyete ki 'San sik ajoute' oswa 'ki pa Sikre' sèlman SA NOU PA AKSEPTE: Sòs kànbenj; sòs tat; nenpòt siwo (epè, lejè, "lejè yon fason natirèl", ekstra lejè, elatriye); sik anplis ("sikre apèn nan ji fwi", nekta, elatriye); sèl anplis, grès, lwil; ti sak pou yon sèl sèvis
Legim nan Bwat Konsè	✓ Nenpòt mak ✓ Li ka regilye oswa li ka gen yon ti kantite sodyòm/sèl ✓ Nenpòt varyete legim, melanj legim ✓ Nenpòt gwochè ✓ Nenpòt bwat/kalite anbalaj ✓ Legim nan dwe se premye engredyan an ✓ Tomat ki nan bwat konsè (pat tomat, pire, konplè, rache, nan ragou, tranche, sòs, salsa) SA NOU PA AKSEPTE: Legim ki nan pikliz oswa krèm (tankou mayi); pwa ki kwit nan fou, vyann kochon ak pwa; soup; sòs tomat; gou; oliv; pwodui ki gen grès anplis, lwil, sik; pwa ki gen matirite, pwa vèt ak lantiy (pa egzanp: pwa nwa, pwa chich, pwa wouj)
Fwi Konjle	✓ Nenpòt mak ✓ Nenpòt bwat/kalite anbalaj ✓ Nenpòt gwochè ✓ Fwi a dwe se premye engredyan ✓ Nenpòt varyete fwi, melanj fwi SA NOU PA AKSEPTE: Engredyan ki pa fwi; sik anplis; nenpòt siwo (siwo mayi, siwo mayi ki gen anpil friktoz, maltoz, dekstwoz, sakawoz, siwo myèl, siwo erab, elatriye)
Legim Konjle	✓ Nenpòt mak ✓ Nenpòt bwat/kalite anbalaj ✓ Avèk oswa san sèl ✓ Nou aksepté pwa konjle, pwa vèt konjle, lantiy konjle ✓ Nenpòt gwochè ✓ Nenpòt varyete legim, melanj legim ✓ Legim nan dwe se premye engredyan an SA NOU PA AKSEPTE: Sik anplis, grès oswa lwil; sòs fwomaj oswa nenpòt lòt kalite sòs; legim ki pane

Pou diminye konsomasyon sèl, rensè legim ki nan bwat konsè yo.