

MASSACHUSETTS GID ALIMANTÈ WIC APWOUVE



WIC

BON MANJE *ak*
ANPIL LÒT ANKÒ!

Desanm 2024

Fè acha w yo ak Kat WIC ou a

- Achte sa a w bezwen. Ou pa oblije achte tout manje w yo yon sèl kou!
- Mete kat ou sou lamèn lè pou peye.
- Anvan ou eskane nenpòt nan manje w yo, di kesye a w ap itilize yon Kat WIC.
- Lè kesye a di w sa, glise Kat WIC ou a nan machin Point of Sale la (POS) oswa bay kesye a Kat WIC ou a.
- Antre PIN ou epi peze bouton antre nan klavye a.
- Kesye a pral eskane manje w yo.
- Kantite manje ki apwouve yo ak kantite dola pou fwi ak legim ou achte yo pral dedui nan kont WIC ou a.
- Kesye a pral ba ou yon resi ki montre balans benefis ou ki rete ak dat pou benefis yo ekspire. Sere resi sa a pou referans pita.
- Li enpòtan pou glise Kat WIC ou **anvan** nenpòt lòt fòm peman. Ou ka peye nenpòt balans ki rete swa ak lajan kach, EBT, SNAP, oswa lòt fòm peman ke magazen an aksepte.



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Fwi ak Legim

1-2

Fre
Jele
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Avwàn

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Manba
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Ariko nan Bwat

Sereyal

14-19

Sereyal Cho
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Ji

20-23

Ji nan boutèy - Konsèvasyon Dirab
Ji Jele

Manje pou tibebe

24-26

Fwi ak Legim pou Tibebe
Sereyal pou Tibebe
Fòmil pou Tibebe
Sèlman pou Manman k ap Bay Tete ak
Tibebe ki nan Tete Konplètman
(Vyann pou Tibebe, Pwason nan Bwat)

Fwi ak Legim

FRE

- Tout gwosè
- Tout mak
- Antye, koupe, nan sache oswa anbale
- Òganik otorize



KONSÈY POU FÈ ACHA

Disponiblite pwodui fre varye selon sezon an. Si yon pwodui fre pa eskane byen lè w al peye, fè magazen an konnen pou yo ka ajoute li kòm yon machandiz apwouve.

Pa otorize

PA ACHTE:

- ⊘ Sik, grès oswa lwil ajoute
- ⊘ Fwi ak legim seche
- ⊘ Panyen fwi
- ⊘ Plato pou fèt ak pwodui manje ajoute (tranp, vinegrèt, nwa, elatriye)
- ⊘ Machandiz pou salad ba
- ⊘ Tout kalite salad

JELE

- Tout gwosè
- Tout mak
- Tout tip anbalaj (sache, bwat, elatriye)
- Tout fwi oswa legim senp, oswa melanj senp
- Òganik otorize



Pa otorize

PA ACHTE:

- ⊘ Grès, lwil oswa sèl ajoute
- ⊘ Sik ajoute, dekstwoz oswa sik atifisyèl
- ⊘ Ki pa fwi oswa ki pa legim engredyan (pasta, diri, fwomaj, elatriye)
- ⊘ Legim ak sòs

NAN BWAT

- Tout gwosè
- Tout mak
- Nenpòt vesò (bwat, bokal, plastik)
- Tout fwi oswa melanj fwi senp anba nan dlo oswa ji
- Tout legim oswa melanj legim senp
- Òganik otorize



Pa otorize

PA ACHTE:

- ⊘ Fwi nan bwat ki anba nan siwo
- ⊘ Sòs (piza, espageti)
- ⊘ Pwodi ki genyen sik, grès oswa lwil ki ajoute
- ⊘ Legim marinè
- ⊘ Salsa

Gren Konplè



KONSÈY POU FÈ ACHA

Benefis gren konplè yo enkli chwa pou:

Pasta: Ble Konplè ak Gren Konplè

Pen: Ble Konplè ak Gren Konplè

Tòtiya: Ble konplè ak mayi

Diri Jòn

Avwàn

PASTA BLE KONPLÈ

- Pake 16 ons (1 liv).
- 100% Ble Konplè
- 100% Gren Konplè
- Tout fòm



Pake 16 ons (1 liv)



Barilla



Delallo



Luigi Vitelli



Ronzoni

Mak Magazen

365

Bowl & Basket
Essential Everyday
Good & Gather
Great Value
Market Basket
O Organics
Stop & Shop
Signature Select
Wegmans

PEN

- Pen 16 ons (1 liv)
- Ble Konplè
- Gren Konplè



Mak Magazen

Big Y
Bowl & Basket
Gold Medal
Great Value
Hannaford
Krasdale
Market Basket
Roche Bros
Signature Select
Stop & Shop
Town Talk
Trucchi's
Urban Meadows



KONSÈY POU FÈ ACHA

Chwazi sèlman sache pen16 oz (1lb)

Anpil pen yo pi gwo pase 16 ons (1 liv). Yo pa apwouve pou WIC. Verifye pwa a ak anpil atansyon.

Pen 16 ons (1 liv)



Arnold

- Ble Stone Ground
- Select Wheat Pen won pou Sandwich



Bimbo

- 100% Ble Konplè



Holsum

- 100% Ble
- All Natural 100% Ble



Nature's Own

- San sik



Pepperidge Farm

- Light Style Soft Wheat



Pepperidge Farm

- Swirl 100% Konplè Ble ak Kanèl ak Rezen



Pepperidge Farm

- 100% Ble Konplè Trè Mens



Sara Lee

- Klasik 100% Konplè Ble



Wonder

- 100% Ble Konplè

TÒTIYA

- Pake 16 ons (1 liv).
- 100% Ble Konplè
- Mayi

Mak Magazen

Guerrero: Mayi, Ble Konplè

Hannaford: Mayi, Ble Konplè

Market Basket: Mayi, Ble Konplè

Market Pantry: Ble Konplè

Nature's Promise: Ble Konplè

Pics by Price Chopper: Mayi, Ble Konplè

Signature Select: Ble Konplè

Stop & Shop: Mayi, Ble Konplè



KONSÈY POU FÈ ACHA

W ap chache tòtiya?
Eseye koulwa pen an,
seksyon pi fre a oswa
ak rezèv tako yo

Pake 16 ons (1 liv)



Chi-Chi's

- Mayi blank, Estil Tako
- Ble Konplè, Estil Fajita



La Banderita

- Mayi
- Ble Konplè, Fajita



Mayan Farms

- Ble Konplè, Tako Mou



Mission

- Ble Konplè, Tako Mou
- Ble Konplè, Fajita
- Mayi Jòn, Ekstra Fen



Ortega

- Ble Konplè

DIRI JÒN

- Pake 14–16 ons
- Sache, bwat ak bokal an plastik
- Regilye
- Kuison-enstantane
- Kuison-rapid
- Bouyi-nan-sache



Pa otorize

PA ACHTE:

- ⊘ Sik, grès,
lwil oswa sèl ajoute



AVWÀN

• Pake 16 ons



McCann's Irish Oatmeal



Silver Palate Thick ak Rough Oatmeal



KONSÈY POU FÈ ACHA

Ou ka chwazi yon melanj pen, pasta, tòtiya, diri, ak avwàn pou ajoute jiska kantite total pake Pen/Gren Konplè ki nan lis Benefis Manje pou Fanmi w lan. Men de egzanzp:



YON (1)
pen 16 ons

+



YON (1)
Pake 16 ons
tòtiya

= DE (2) nan
16 ons Pen/
Gren Konplè



YON (1)
pen 16 ons

+



YON (1)
Pake 16 ons
tòtiya

+



YON (1)
Pake 16 ons
diri

= TWA (3) PAKE 16 oz. Pen/Gren Konplè

Pwodui Letye



LÈT

- Likid: Mak ki mwens chè
- Lèt evapore oswa an poud: Tout mak
- Lèt ki dire lontan: Tout mak
- Lèt ki san laktoz: Tout mak



KONSÈY POU FÈ ACHA

Chwazi sèlman sa yo ki apwouve pou oumenm.

- Lèt antye pou timoun 12-24 mwa
- Lèt ki gen ti kras grès (1 %) ak lèt ki pa gen grès (ekreme) pou fanm ak timoun 2-5 an

Pa otorize

PA ACHTE:

- ☒ Òganik
- ☒ Gou ajoute

Likid



Mak ki Mwens Chè

- San grès, 1% grès, ti kras grès, 2% grès redui, Konplè

Dire lontan/ Konsèvasyon Dirab



Ka

- Tout Mak

Lèt an poud san grès



Bwat 16 ak 32 ons

- Tout Mak

San laktoz



96 ons ak demi galon

- Tout Mak

Lèt Evapore



Bwat 12 ons, konplè, ak ti kras grès oswa san grès

- Tout Mak

FWOMAJ

- Pake 16 ons sèlman
- Blòk
- Tranch Ameriken
- String, Shredded
- Regilye, yon ti kras grès
- Tout mak: American, Colby, Cheddar, Monterey Jack, Mozzarella oswa Muenster



Pa otorize

PA ACHTE:

- ⊘ Fwomaj enpòte oswa chakitri
- ⊘ Fwomaj tranche (eksepte Ameriken)
- ⊘ Manje fwomaj/pwodui gani
- ⊘ Tranch ki vlope endividlyèlman
- ⊘ Gou ajoute
- ⊘ Òganik

TOFOU

- Pake 16 ons sèlman
- Òganik otorize



Azumaya
• Tofou Swa



Franklin Farms

- Tofou Ekstra Solid
- Tofou Solid
- Tofou Mwatye Solid
- Tofu Mou



Heiwa
• Òganik



House Foods

- Tofou Ekstra Solid
- Tofou Solid
- Tofou Mwatye Solid



Nasoya
• Tofou Swa Aleje
• Tofou Swa Òganik
• Super Òganik
• Tofou Solid



O Òganik
• Tofou Swa



SoyBoy
• Tofou Òganik Solid

YOGOURT

- Po 32 ons
- Pake 8 ak pake 16 tib 2 ons.
- Pake miltipack resipyan 4 ons
- Grèk otorize
- Òganik otorize



KONSÈY POU FÈ ACHA

Chwazi sèlman sa yo ki apwouve pou oumenm.

- Yogourt lèt konplè pou timoun 12-24 mwa
- Yogourt ki gen ti kras grès ak san grès pou fanm ak timoun 2-5 an

Pa otorize

PA ACHTE:

 Sik Atifisyèl

Tib 32 ons



Activia

- Tout gou



Brown Cow

- Tout gou



Cabot &

Cabot Greek

- Tout gou



Chobani

- Tout gou



Dannon

- Tout gou



LALA

- Tout gou



Light & Fit

- Senp sèlman



Greek Gods

- Tout gou



Oikos Greek

- Tout gou



Green Mountain Creamery

- Tout gou



Mehadrin

- Tout gou



Maple Hill

- Tout gou



Stonyfield Ôganik, Grèk

- Tout gou



Two Good

- Tout gou



Yoplait

- Tout gou

Tib 32 ons: Mak Magazen

365

Best Yet

Bowl & Basket

Essential Everyday

Food Club

Good & Gather

Great Value

Hannaford

Lucerene Dairy

Market Basket

Nature's Promise

Open Nature

Pics by Price Chopper

Stop & Shop

Wegmans

Tib



Stonyfield Tib pou Timoun

- 8 pake – tib 2 ons (pake 1 liv)*
- 16 pake – tib 2 ons (pake 2 liv)



Tib Yoplait GO-GURT

- 8 pake – tib 2 ons (pake 1liv)*
- 16 pake – tib 2 ons (pake 2liv)

Miltipak



Activia Miltipak

- 4 pake (pake 1 liv)*



Yoplait Miltipak 4 ons

- 8 pake (pake 2 liv)

*Ka achte de (2) pake 1 liv ki egal a 32 ons

ZE

- Douzèn Antye
- Mwayen, Gwo, Ekstra Gwo ak Jumbo
- Mawon ak blan
- Mak ki mwens chè

Douzèn, Grad A Mwayen, Gwo, Ekstra Gwo ak Jumbo



Pa otorize

PA ACHTE:

- ⊘ Òganik
- ⊘ Amelyore oswa espesyalite (Omega-3)

BWASON AK LÈT SOYA

- Nan frijidè: 64 ons (1/2 galon)
- Konsèsyon Dirab: 32 ons (1 ka)

Nan frijidè: 64 ons (1/2 galon)



8th Continent

- Orijinal
- Vaniy



Swa

- Orijinal

• Dire lontan: 32 ons (1 ka)



Pacific

- Iltra Soya Orijinal
- Iltra Soya Vaniy

Pa otorize

PA ACHTE:

- ⊘ Òganik

Manba ak Ariko



KONSÈY POU FÈ ACHA

Yon (1) 18 ons Manba/Pwa Sèch nan lis Benefis Manje Fanmi w vle di ke ou ka achte:

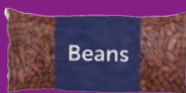
A



YON (1)
Bokal manba
16–18 ons

OSWA

B



YON (1)
Pake 16 oz ariko sèk,
lantiy, pwa

A

MANBA

- Bokal 16–18 ons
- Lis/ak krèm
- ki gen moso/krakan
- Bokal plastik oswa vè



Bokal 16–18 ons



Tout mak



Jif



Peter Pan

Pa otorize

PA ACHTE:

- Grès redui
- Òganik
- Manba espesyalite
- Manba an ganiti
- Gou ajoute



Reese's



Skippy



Smuckers



Teddie

B

PWA SECHE, LANTIY AK PWA

- Tout mak
- Pake 16 ons (1 liv).
- Nenpòt kalite ariko mi, lantiy oswa pwa

Pa otorize

PA ACHTE:

⊘ Òganik



PWA NAN BWAT

- Bwat 15–16 ons
- Tout mak
- Ariko senp mi, pwa oswa lantiy

Pa otorize

PA ACHTE:

- ⊘ Òganik
- ⊘ Ariko vèt oswa jòn*
- ⊘ Ariko vèt oswa pwa kongo vèt*

*Ou ka achte pwodui sa yo ak benefis fwi ak legim yo



Sereyal



KONSÈY POU FÈ ACHA

Konbine pake sereyal cho oswa frèt pou ajoute total ons nan lis Benefis Manje Fanmi w lan. Men twa fason pou achte jiska 36 ons sereyal:



+



+



= 36 ons sereyal



+



= 32.5 ons sereyal



+



= 36 ons sereyal

SEREYAL CHO

Kle

-  Gren konplè
-  San Gliten

• Pake 10 ons oswa pi gwo



Cream of Rice

-  Glitenn Cream



of Wheat Gratis

- 1 Minit
- 2½ Minute



Farina

- Orijinal cho Sereyal Ble



Maypo


-  Maple Oatmeal
-  Avwàn Vermont Style



Quaker Grits Enstantane



Pake Quaker Avwàn Enstantane

-  Maple Avwàn

Mak Magazen



Food Club

-  Avwàn Enstantane (Regilye)



Hannaford

-  Avwàn Enstantane (Regilye)




Chwa Baze Sou Pri Chopper

-  Avwàn Enstantane (Regilye)



Signature Select

-  Avwàn Enstantane (Regilye)



Stop & Shop

-  Avwàn Enstantane (Regilye)

SEREYAL FRÈT

• Pake 10 ons oswa pi gwo

Kle

-  Gren konplè
-  San Gliten

General Mills












Cheerios

-   Multigrain
-  Oat Crunch Berry
-   Original
-  Vanilla Spice
-  Veggie Blends:
-  Apple Strawberry
-  Blueberry Banana



Chex

-   Blueberry
-   Cinnamon
-   Corn
-   Rice
-  Wheat



Fiber One

-  Honey Clusters



Kix

-  Berry Berry
-  Honey
-  Original



Total



Wheaties

Kellogg's



All Bran

-  Complete Wheat Flakes



Corn Flakes

- Cinnamon
- Honey
- Original



Crispix

- Original



Frosted Mini Wheats

-  Cinnamon Roll
-  Honey
-  Little Bites: Original, Chocolate
-  Touch of Fruit: Blueberry, Raspberry, Strawberry







Rice Krispies

- Original



Special K

-  Banana
-  Multigrain: Touch of Cinnamon
-  Protein Honey Almond
-  Protein Original

Post



Grape Nuts

- 🌾 Flakes
- 🌾 Original



Great Grains

- 🌾 Banana Nut Crunch
- 🌾 Crunchy Pecan



Honey Bunches Of Oats

- Cinnamon Bunches
- Honey Roasted
- Maple & Pecans
- 🌾 Vanilla
- With Almonds

Quaker



Life

- 🌾 Original
- 🌾 Vanilla



Oatmeal Squares

- 🌾 Golden Maple
- 🌾 Hint of Brown Sugar
- 🌾 Hint of Cinnamon
- 🌾 Honey Nut

Mak Magazen



365

- 🌾 365 Frosted Wheat Squares



Best Yet

- 🌾 Bite Size Frosted Shredded Wheat
- 🌾 Bran Flakes
- Corn Flakes
- Crispy Rice
- 🌾 Frosted Shredded Wheat
- Honey Oats & Flakes
- Toasted Oats



Bowl & Basket

- 🌾 Bran Flakes
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat
- 🌾 Multi Grain Toasted Oats
- 🌾 Toasted Oats

Mak Magazen (Kontinye)



Essential Everyday

- 🌾 Bran Flakes
- Crispy Rice
- 🌾 Frosted Shredded Wheat
- Honey Oats & Almonds
- Honey Oats & Flakes



Food Club

- 🌾 Bran Flakes
- Corn Flakes
- Corn Squares
- Crisp Rice
- Honey & Oats with Almonds
- Rice Squares
- Toasted Oats



Great Value

- 🌾 Bran Flakes
- Corn Flakes
- Corn Squares
- Crisp Rice
- 🌾 Crunchy Nugget
- 🌾 Frosted Shredded Wheat
- 🌾 Multigrain O's
- 🌾 O's
- Rice Squares
- Wheat Squares
- Toasted Oats



Hannaford

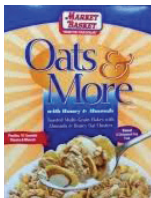
- 🌾 Bran Flakes
- 🌾 Bite Size Frosted Shredded Wheat
- 🌾 Bite Size Strawberry Frosted Shredded Wheat
- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- 🌾 Easy Living Oat Squares
- 🌾 Frosted Shredded Wheat
- 🌾 Multigrain Tasteos
- 🌾 Nutty Nuggets
- Oats & More with Almonds
- Oats & More with Honey
- Tasteos
- Toasted Corn Squares
- Toasted Rice Squares
- 🌾 Toasted Wheat
- 🌾 Wheat Flakes



Krasdale

- Corn Flakes
- Crispy Rice
- 🌾 Toasted Oats

Mak Magazen (Kontinye)



Market Basket

- 🌾 Bran Flakes
- Corn Biscuits
- Corn Flakes
- Crispy Hexagons
- 🌾 Frosted Shredded Wheat
- Oats & More with Almonds
- Oats & More with Honey
- Rice Biscuits
- Tasteo's



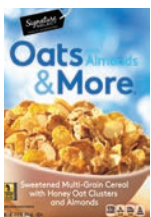
Pics by Price Chopper

- 🌾 Bran Flakes
- Corn Flakes
- Crispy Rice
- 🌾 Frosted Shredded Wheat
- 🌾 Good Choice Oat Crunch
- Honey Oats & Flakes with Almonds
- 🌾 Toasted Oats
- 🌾 Nutty Nuggets
- Toasted Corn Crisps
- Toasted Rice Crisps
- 🌾 Toasted Oats
- 🌾 Strawberry Frosted Shredded Wheat



Price Rite

- 🌾 Bite Size Shredded Wheat
- 🌾 Bran Flakes
- Corn Flakes
- Crispy Rice
- 🌾 Frosted Shredded Wheat
- Honey Oat Clusters With Almonds
- 🌾 Multigrain Toasted Oats



Signature Select

- 🌾 Bran Flakes
- 🌾 Bite Sized Frosted Wheat
- Corn Flakes
- Corn Pockets
- Crispy Rice
- Oats & More with Almonds
- Oats & More with Honey
- Rice Pockets
- 🌾 Toasted Oats



Stop & Shop

- 🌾 Bite Sized Frosted Shredded Wheat
- 🌾 Bran Flakes
- Corn Flakes
- Corn & Rice Hexagons
- Crispy Rice



Wegmans

- 🌾 Bite Size Shredded Wheat
- 🌾 Bran Flakes
- Corn Flakes
- Corn Squares
- 🌾 Frosted Shredded Wheat
- Oat Crisps
- Oats & Honey
- Oats & Honey with Almonds
- Rice Squares
- 🌾 Toasted Oats
- 🌾 Wheat Crunch

Ji



KONSÈVASYON DIRAB

• Ji 100% konsèvasyon dirab: Boutèy 64 ons



Apple & Eve

- Apple
- Big Birds Apple
- Cookie Monsters Berry
- Cranberry and More
- Cranberry Apple
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry
- Elmo & Tangos Punch
- Grovers White Grape
- Mango Strawberry
- Natural Style Apple
- Naturally Cranberry



Best Yet

- Ji pòm
- Pom Kiwi Frèz
- Kranberi
- Rezen
- Anana
- Rezen Blan
- Chadèk Blan



Campbell's

- Tomat
- Tomat ki ba nan Sodyòm



Essential Everyday

- Sid Pòm
- Pòm
- Kranberi
- Rezen
- Zorany
- Ji Anana
- Legim
- Rezen Blan
- Chadèk Blan



Food Club

- Pòm
- Rezen
- Chadèk
- Rezen Blan
- Legim

Pa otorize

PA ACHTE:

- ⊗ Òganik
- ⊗ Light
- ⊗ Fib ajoute



Great Value

- Pòm
- Kranberi
- Kranberi Grenad
- Rezen
- Zorany
- Anana
- Tomat
- Legim
- Rezen Blan
- Rezen Blan Pèch



Hannaford

- Pòm
- Seriz
- Kranberi
- Rezen Kranberi
- Fwi Ponch
- Rezen
- Anana
- Tomat
- Legim
- Legim ak Sodyòm Ba
- Rezen Blan
- Chadèk Blan



Juicy Juice

- Tout gou



Krasdale

- Pòm
- Rezen
- Rezen Blan



Langers

- Pòm
- Pòm Beri Seriz
- Kranberi Pòm
- Pom Rezen
- Pòm Kiwi Frèz
- Pòm Zorany
- Anana
- Pòm Pèch Mango
- Kranberi Plis
- Kranberi
- Kranberi Rezen Plis
- Kranberi Franbwaz Plis
- Pòm Disney
- Rezen Seriz
- Disney Beri
- Disney Rezen
- Disney Ponch
- Rezen
- Rezen Plis
- Zorany
- Grenad
- Kranberi Plis
- Anana
- Ji Tomat
- Rezen Blan



Market Basket

- Pòm
- Kranberi
- Kranberi & Rezen
- Rezen
- Rezen Blan
- Rezen Blan Pèch



Market Pantry

- Pòm
- Kranberi
- Tomat
- Rezen Blan



Mott's

- Pòm
- Pòm Seriz
- Pòm Mango
- Pòm Rezen Blan
- Fwi Ponch



Ocean Spray

- Pòm
- Kranberi
- Kranberi Blakberi
- Kranberi Seriz
- Kranberi Elderberi
- Kranberi Rezen Concord
- Kranberi Mango
- Kranberi Anana
- Kranberi Grenad
- Kranberi Frambwaz
- Kranberi Melon
- Rezen Concord



Pic's by Price Chopper

- Pòm
- Beri
- Seriz
- Kranberi Rezen
- Kranberi Frambwaz
- Rezen
- Chadèk
- Anana
- Tomat
- Legim
- Legim ak Sodyòm ki Ba
- Rezen Blan
- Rezen Blan Pèch



Signature Select

- Pòm
- Melanj Beri
- Kranberi
- Kranberi Rezen
- Kranberi Frambwaz
- Rezen
- Chadèk
- Zorany
- Anana
- Tomat
- Legim ak Sodyòm ki Ba
- Chadèk Blan
- Rezen Blan



Stop & Shop

- Pòm
- Rezen
- Tomat
- Rezen Blan



V8 Legim

- Legim Orijinal
- Legim Pike Epise
- Sodyòm ki Ba



Welch's 100%

- Rezen
- Rezen Blan
- Rezen Blan Pèch
- Rezen Wouj
- Zorany Anana
- Triyo Twopikal



Wegmans

- Pòm
- Beri
- Seriz
- Kranberi
- Kranberi Pòm
- Rezen Kranberi
- Kranberi Pèch
- Kranberi Frambwaz
- Fwi Ponch
- Rezen
- Chadèk
- Rezen Blan
- Rezen Blan Kranberi
- Rezen Blan Pèch
- Rezen Blan Frambwaz

JELE

- Konsantre jele:
Bwat 11.5–12 ons

Pa otorize

PA ACHTE:

🚫 Òganik



**Nenpòt mak
magazen Ji
zoranj**



Best Yet

- Pòm
- Rezen
- Chadèk



Dole

- 100 % Ji,
Tout gou



**Essential
Everyday**

- Pòm



Great Value

- Pòm
- Rezen



Hannaford

- Pòm
- Rezen
- Anana Zorany



**Market
Basket**

- Pòm
- Rezen



Old Orchard

- Band po vèt, Tout gou



**Pics by Price
Chopper**

- Pòm
- Pòm Franbwaz
- Rezen
- Rezen Blan



Seneca

- Pòm



**Signature
Select**

- Pòm



Stop & Shop

- Pòm
- Rezen
- Chadèk



Wegmans

- Pòm

Manje pou Tibebe



OPSYON POU FWI AK LEGIM FRE

Nan laj 9 mwa, mwatye nan benefis manje nan bokal pou tibebe ka ranplase ak fwj ak legim fre:

- \$4 pou tibebe nan tete pasyèlman oswa ki nouri konplètman ak fòmil
- \$8 pou tibebe ki nan tete konplètman



Si opsyon sa a pa deja sou Lis Acha ou epi ou ta renmen achte li, kontakte biwo WIC lokal ou a.

FWI AK LEGIM POU TIBEBE

- Tout varyete fwi oswa legim
- Tout varyete fwi melanje ak legim melanje

Pa otorize

PA ACHTE:

- Melanj ak sereyal oswa konbinezon manje
- Dine
- Pochèt
- Desè

Bokal 4 ons



Beech-Nut (Etap 2)



Beech-Nut Naturals (Etap 1 & Etap 2)



Beech-Nut Organics (Etap 1 ak Etap 2)



Earth's Best (Etap 2)



Gerber Naturals (1e ak 2èm Aliman)



Gerber Organic (1e ak 2èm Aliman)



Good & Gather

Happy Baby Organics
(Stage 1 & Stage 2)

Nature's Promise



Once Upon a Farm



O Organics

Tippy Toes
(Stage 2)

2èm Aliman/Etap 2 (2-pake tib 4 ons)

*Dwe genyen benefis pou 2-pake pou achte tib yo.



Bowl & Basket

Gerber
(2èm Aliman)Tippy Toes
(Etap 2)

SEREYAL POU TIBEBE

- Pake 8 ons sèlman
- Yon sèl Gren ak Miltigren
- Òganik otorize



Beech-Nut

- Golden Corn
- Miltigren
- Avwàn
- Miltigren Òganik
- Avwàn Òganik

Pa otorize

PA ACHTE:

- ⊘ Fwi ajoute, fòmil oswa legim



Earth's Best Òganik

- Miltigren Konplè
- Avwàn Konplè



Gerber

- Miltigren
- Avwàn
- Avwàn Òganik
- Avwàn Òganik Milè Quinoa
- Diri Òganik
- Diri
- Ble Konplè

FÒMIL POU TIBEBE

- Achte gwochè ak kalite yo montre nan Lis Acha WIC la



SÈLMAN pou manman k ap bay tete ak ti bebe ki nan tete konplètman

VYANN POU TIBEBE

- Bokal 2.5 ons
- Etap 1 oswa Etap 2

Pa otorize

PA ACHTE:

- Sik oswa sèl ajoute
- Dine



**Beech-Nut
Klasik
(Etap 1)**



**Earth's Best
(Etap 1)**



**Gerber
(Etap 2)**

PWASON NAN BWAT

- Gwochè ak varyete yo montre yo
- Anbale nan dlo
- Sadin yo ka genyen zo ak po

Pa otorize

PA ACHTE:

- Albacore tuna

Tuna Leje an Moso



Tout mak
• 5 ons
• Anbale nan dlo

Sadin



Tout mak
• 3.75 ons

Somon



Tout mak
• 5 ons

Kesyon Komen konsènan kat ou a

Kisa mwen ta dwe fè si kat mwen an pèdi oswa yo vòlè li?

Rele Pwogram WIC lokal ou a tousuit! Yo pral anpeche nenpòt moun itilize benefis manje w yo epi ede w jwenn yon nouvo kat.

Èske genyen yon frè pou ranplase Kat WIC mwen an?

Massachusetts WIC pral ranplase kat ou a gratis.

Kisa k ap rive si m pa ka fè pwòp makèt mwen epi m bezwen pou yon lòt moun fè acha pou mwen?

Ou ka fè yon lòt moun achte pou ou si ou vle. Ou ka ba yo Kat WIC ou a ak PIN ou. Jis fè si ke se yon moun ou ka fè konfyans!





E si mwen bliye PIN mwen oswa mwen vle chanje li?

Ou ka kontakte biwo lokal WIC
ou a pou chanje PIN ou.

E si mwen antre move PIN nan?

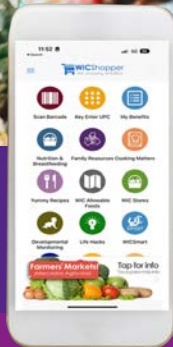
PA eseye devine PIN ou. Apre plizyè
tantativ ki pa kòrèk, PIN ou an pral
bloke. Sa fèt pou evite yon moun
devine PIN ou an epi pran benefis
alimantè w yo.

Genyen twa fason pou debloke kat ou a:

- rele pwogram lokal ou a
- rele nimewo 800 an ki nan do kat
ou a
- tann jiska minwi epi kont ou an
pral debloke otomatikman



Senplifye acha w yo



Telechaje Aplikasyon 'WIC Shopper' a!

- Verifye balans WIC ou
- Jwenn yon magazen otorize pou WIC
- Eskane yon pwodui pou detèmine si WIC apwouve li
- Aksè nan resèt WIC

    @MassWIC

1-800-942-1007

Pou Magazen Detaye yo rele:

1-800-552-9425 –

Liy Asistans Telefonik pou Detayan

mass.gov/wic



Enstitisyon sa a se yon founisè opòtinite egalego.