MASSACHUSETTS WIC APPROVED FOOD GUIDE

GOOD FOOD and A WHOLE LOT MORE!

June 2021
Shopping with your WIC Card

• Buy what you need. You do not have to buy all your foods at one time!
• Have your card ready at check out.
• Before scanning any of your foods, tell the cashier you are using a WIC Card.
• When the cashier tells you, slide your WIC Card in the Point of Sale (POS) machine or hand your WIC Card to the cashier.
• Enter your PIN and press the enter button on the keypad.
• The cashier will scan your foods.
• The amount of approved food items and dollar amount of fruits and vegetables you purchase will be deducted from your WIC account.
• The cashier will give you a receipt which shows your remaining benefit balance and the date benefits expire. Save this receipt for future reference.
• It’s important to swipe your WIC Card before any other forms of payment. Any remaining balance can be paid with either cash, EBT, SNAP, or other form of payment accepted by the store.
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Fruits and Vegetables

Fresh

✅ WIC-Approved
- Any size
- Whole, cut, bagged or packaged
- Organic allowed

⚠ Do not buy
- Added sugars, fats and oils
- Salad bar items
- Dried fruits or vegetables
- Herbs or spices
- Salad kits or party trays with added food items (dip, dressing, nuts, etc.)
- Fruit baskets

Any size

Any brand
- Any fruit or vegetable

Shopping tip
The availability of fresh produce varies by season. If a fresh produce item does not scan properly at checkout, let the store know so it can be added as an approved item.
Fruits and Vegetables

Frozen

✅ WIC-Approved
- Any size
- Any package type (bag, box, etc.)

🚫 Do not buy
- Added fats, oils or salt
- Added sugar, dextrose or artificial sweetener
- Non-fruit or non-vegetable ingredients (pasta, rice, cheese, etc.)
- Vegetables with sauce

Any size

Any brand
- Any plain fruit or vegetable, or plain mixtures

Canned

✅ WIC-Approved
- Any size
- Any container (can, jar, plastic)

🚫 Do not buy
- Canned fruit packed in syrup
- Items with added sugars, fats or oils
- Pickled vegetables
- Sauce (pizza, spaghetti or tomato)
- Creamed vegetables
- Salsa

Any size

Any brand
- Any plain fruit or fruit mixtures packed in water or juice
- Any plain vegetable or vegetable mixtures
Shopping tip

Whole grain benefit includes choices of:
- **Pasta**: Whole wheat and whole grain
- **Bread**: Whole wheat and whole grain
- **Tortillas**: Whole wheat and corn
- **Brown Rice**
- **Oatmeal**

**Whole Wheat Pasta**

![WIC-Approved]

- 16 ounce (1 pound) packages
- Any shape
- 100% Whole Wheat
- 100% Whole Grain

### 16 ounce (1 pound) packages

- **Barilla**
- **Delallo**
- **Hodgson Mill**
- **Luigi Vitelli**
- **Racconto**
- **Ronzoni**

**Store Brands:**

- Bowl & Basket, Essential Everyday, Full Circle, Great Value, O Organics, Shop Rite, Signature Select, Simply Balanced
Bread (continued)

⚠️ Choose only 16 oz (1 lb) loaves of bread.
Many bread loaves are larger than 16 ounces (1 pound). They are not WIC-approved. Check the weight carefully.

✔️ WIC-Approved
• 16 ounce (1 pound) loaves
• Whole Wheat
• Whole Grain

16 ounce (1 pound) loaves

Arnold
• Stone Ground Wheat
• Select Wheat Sandwich rolls

Bimbo
• 100% Whole Wheat

Holsum
• 100% Whole Wheat
• All Natural 100% Wheat

Pepperidge Farm
• 100% Whole Wheat
Stone Ground

Pepperidge Farm
• Light Style
Soft Wheat

Pepperidge Farm
• 100% Whole Wheat
Very Thin
Whole Grains

Bread

16 ounce (1 pound) loaves

Pepperidge Farm
- Whole Grain Seeded Rye

Pepperidge Farm
- Light Style 100% Whole Wheat

Pepperidge Farm
- Swirl 100% Whole Wheat Cinnamon with Raisins

Sara Lee
- Classic 100% Whole Wheat

Wonder
- 100% Whole Wheat

Store Brands:
7 Select, Best Yet, Big Y, Bowl & Basket, Geissler’s, Gold Medal, Gourmet, Hannaford, Ideal, Krasdale, Market Basket, Pics by Price Chopper, Roche Bros, Shop Rite, Signature Select, Stop & Shop, Town Talk, Trucchi’s
Whole Grains

Tortillas

✅ WIC-Approved

- 16 ounce (1 pound) packages
- 100% Whole Wheat
- Corn

16 ounce (1 pound) packages

Chi-Chi’s
- White Corn, Taco Style
- Whole Wheat, Fajita Style

Don Pancho
- White Corn
- Whole Wheat, Soft Taco Style

La Banderita
- Corn
- Whole Wheat, Fajita

Mission
- Whole Wheat, Soft Taco
- Whole Wheat, Fajita
- Yellow Corn, Extra Thin

Ortega
- Whole Wheat

Tio Santi
- Whole Wheat

Mayan Farms
- Whole Wheat, Soft Taco

Store Brands:
- Big Y – Whole Wheat
- Food Club – Corn
- Guerrero – Corn
- Hannaford – Corn, Whole Wheat
- Market Basket – Corn, Whole Wheat
- Market Pantry – Corn, Whole Wheat
- Nature’s Promise – Whole Wheat
- Shop Rite – Whole Wheat
- Signature Select – Whole Wheat
- Stop & Shop – Corn, Whole Wheat

Shopping tip

Looking for tortillas? Try the bread aisle, the cooler section, or with the taco supplies.
**Brown Rice**

**WIC-Approved**
- 14 – 16 ounce packages
- Bags, boxes and plastic jars

**Do not buy**
- Added sugars, fats, oils or salt

**14 – 16 ounce packages**

**Any Brand**
- Regular
- Instant-cooking
- Quick-cooking
- Boil-in-bag

**Oatmeal**

**WIC-Approved**
- 16 ounce packages

**Shopping tip**

You can choose a mix of bread, pasta, tortillas, rice, and oatmeal to add up to the total number of packages of Bread/Whole Grains, on your Family Food Benefits list. Here are two examples:

- One 16 ounce loaf bread + One 16 ounce package tortillas = 2 packages-16 oz. Bread/Whole Grains
- One 16 ounce loaf bread + One 16 ounce package tortillas + One 16 ounce package rice = 3 packages-16 oz. Bread/Whole Grains
**Milk**

⚠️ **Choose what is approved for you.**
- Whole milk for children 12-24 months
- Low-fat (1%) and nonfat (skim) milk for women and children 2-5 years

✔️ **WIC-Approved**
- Fluid: Least Expensive Brand
- Evaporated or Dry Milk: Any Brand
- Long-Life Milk: Any Brand
- Lactose Free Milk: Any Brand

⚠️ **Do not buy**
- Organic
- Flavored

**Fluid**

Least Expensive Brand
- Fat Free, 1% Low-fat, 2% Reduced fat,
- Whole

**Long-life Shelf-stable**

Quart

Any Brand

Lactose-free

96 ounce and half gallons

Any Brand

**Nonfat dry milk powder**

16 and 32 ounce boxes

Any Brand

**Evaporated Milk**

12 ounce cans
Whole, Low-fat or Fat-free

Any Brand
### Cheese

**WIC-Approved**
- 16 oz. packages only
- Blocks
- American slices
- String, Shredded
- Regular, Low Fat

**Do not buy**
- Imported or deli cheese
- Sliced cheese (except American)
- Cheese food/product/spread
- Individually wrapped slices
- Flavored
- Organic

Any Brand: American, Colby, Cheddar, Monterey Jack, Mozzarella or Muenster.

### Tofu

**WIC-Approved**
- 16 ounce packages
- Organic allowed

16 ounce packages only

**Azumaya**
- Silken Tofu

**Heiwa**
- Organic

**House Foods**
- Extra Firm Tofu
- Firm Tofu
- Medium Firm Tofu

**Nasoya**
- Lite Silken Tofu
- Organic Silken Tofu
- Org. Super Firm Tofu

**O Organics**
- Silken Tofu

**SoyBoy**
- Organic Firm Tofu
Yogurt

Choose what is approved for you.

- **Whole milk yogurt** for children 12-24 months
- **Low-fat and nonfat yogurt** for women and children 2-5 years

WIC-Approved
- 32 ounce tubs
- 8-packs and 16-packs of 2 oz. tubes
- 8-pack multipack of 4 oz. containers
- Greek allowed
- Organic allowed

Do not buy
- Artificial sweeteners

32 ounce tubs

Brown Cow
- Any flavor

Cabot
- Any flavor

Cabot Greek
- Any flavor

Chobani
- Any flavor

Dannon
- Any flavor

Oikos Greek
- Any flavor

Light & Fit
- Plain Only

Greek Gods
- Any flavor

Green Mountain Creamery
- Any flavor
Maple Hill
• Any flavor

Stonyfield Organic, Greek
• Any flavor

Mehadrin
• Any flavor

Yoplait
• Any flavor

### Yogurt

**WIC-Approved**
• Whole dozen
• Medium, Large, Extra Large and Jumbo
• Brown and white
• Least expensive brand

**Eggs and Soy Milk**

*Maple Hill* • Any flavor

*Mehadrin* • Any flavor

*Stonyfield Organic, Greek* • Any flavor

*Yoplait* • Any flavor

**32 ounce tubs - Store Brands:**

- 365
- Best Yet
- Big Y
- Coburn Farms
- Essential Everyday
- Full Circle
- Great Value
- Hannaford
- Lucerne Dairy
- Market Basket
- Nature’s Promise
- O Organics
- Open Nature
- Pics by Price Chopper
- Price Rite
- Stop & Shop

**Multipacks and 2 oz. tubes:**

**Stonyfield Kids Tubes**
- 8 pack – 2 oz. tubes (1LB package)*
- 16 pack – 2 oz. tubes (2LB package)

**Yoplait GO-GURT Tubes**
- 8 pack – 2 oz. tubes (1LB package)*
- 16 pack – 2 oz. tubes (2LB package)

**Activia Multipack**
- 4 pack (1LB package)*

**Yoplait Multipack 4 oz.**
- 8 pack (2LB package)

*Can purchase 2 - 1LB packs to equal 32 oz.*
**Eggs**

- **WIC-Approved**
  - Whole dozen
  - Medium, Large, Extra Large, and Jumbo
  - Brown and white
  - Least expensive brand

- **Do not buy**
  - Organic
  - Enhanced or specialty (Omega-3)

**Dozen, Grade A Medium, Large, Extra Large, and Jumbo**

- Least Expensive Brand

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**Soy Milk Beverage**

- **WIC-Approved**
  - Refrigerated: 64 ounce (½ gallon)
  - Shelf-stable: 32 ounce (1 quart)

- **Do not buy**
  - Organic

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**Refrigerated**

- 64 ounce (½ gallon)
  - 8th Continent
    - Original
    - Vanilla
  - Silk
    - Original

**Shelf-stable**

- 32 ounce (1 quart)
  - Pacific
    - Ultra Soy Original
    - Ultra Soy Vanilla

**WIC-Approved**

- 8th Continent
- Silk
- Pacific
Shopping tip

1 – 18 oz Peanut Butter / Dry Beans on your Family Food Benefits list means you can buy:

A

One 16 – 18 oz jar of peanut butter

OR

B

One 16 oz package of dry beans, lentils, peas

A Peanut Butter

✅ WIC-Approved
- 16 – 18 ounce jars
- Smooth / Creamy
- Chunky / Crunchy
- Plastic or glass jars

❎ Do not buy
- Reduced fat
- Organic
- Specialty peanut butters
- Peanut butter spreads
- Flavored

16 – 18 ounce jars

Any Store Brand  Jif  Peter Pan

Reese’s  Skippy  Smuckers  Teddie
Dried Beans, Lentils, and Peas

WIC-Approved
- 1 pound packages

Do not buy
- Organic

16 ounce packages

Any Brand
- Any type of mature beans, lentils or peas

Canned Beans

WIC-Approved
- 15 – 16 ounce cans
- Goya or store brand
- Plain mature beans, peas or lentils

Do not buy
- Organic
- Green or wax beans*
- Green peas or green pigeon peas*

*These items can be purchased with fruit and vegetable benefits.

15 – 16 ounce cans

Goya

Store Brand
Hot Cereal

✅ WIC-Approved
• 11 ounce or larger packages

Cream of Rice
Gluten Free

Cream of Wheat
• 1 Minute
• 2½ Minute

Farina
• Original Hot Wheat Cereal

Maypo
Maple Oatmeal
Vermont Style Oatmeal

Quaker Instant Grits

Quaker Original
Instant Oatmeal Packets
• Original

Shopping tip

Combine hot or cold cereal packages to add up to the total ounces on your Family Food Benefits list. Here are three ways to buy up to 36 ounces of cereal:

- 12 oz + 12 oz + 12 oz = 36 oz
- 14.5 oz + 18 oz = 32.5 oz
- 18 oz + 18 oz = 36 oz

Whole grain
Gluten-free
Cold Cereal

✅ WIC-Approved
- 11 ounce or larger packages

General Mills

Cheerios
- Multi-Grain
- Original
- Strawberry

Chex
- Blueberry
- Cinnamon
- Corn
- Rice
- Vanilla
- Wheat

Fiber One
- Honey Clusters

Kix
- Honey
- Berry Berry
- Plain

Sesame Street
- Berry
- Cinnamon

Total

Wheaties

Kellogg’s

All Bran
- Complete Wheat Flakes

Corn Flakes
- Original

Crispix
- Original

Frosted Mini Wheats
- Touch of Fruit
- Blueberry, Raspberry, Strawberry
- Little Bites
- Mixed Berry
- Little Bites - Original, Chocolate

Rice Krispies
- Original

Special K
- Banana
- Original
- Multigrain - Touch of Cinnamon
- Protein Honey Almond
- Protein Original

Whole grain  Gluten-free
Cold Cereal (continued)

11 ounce or larger packages only

Post

Great Grains
- Banana Nut Crunch
- Crunchy Pecan

Grape Nuts
- Flakes
- Original

Honey Bunches of Oats
- With Almonds
- With Cinnamon Bunches
- Honey Roasted
- Pecan & Maple Brown Sugar

Quaker

Life
- Original
- Strawberry
- Vanilla

Oatmeal Squares
- Golden Maple
- Hint of Brown Sugar
- Hint of Cinnamon
- Honey Nut

Malt O Meal
- Frosted Mini Spooners
- Strawberry Cream Mini Spooners

Kiggins
- Bran Flakes
  - Corn Flakes
  - Crispy Rice

Krasdale
- Toasted Oats
  - Corn Flakes
  - Crispy Rice
Cold Cereal (continued)

WIC-Approved
• 11 ounce or larger packages

Store Brands

365
- 365 Frosted Wheat Squares

Best Yet
- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats
  • Corn Flakes
  • Crispy Rice
  • Honey Oats & Flakes

Big Y
- Toasted Oats
  • Corn Flakes
  • Crisp Rice
  • Crispy Corn Squares

Essential Everyday
- Bran Flakes
- Crispy Rice
- Frosted Shredded Wheat
- Toasted Oats
  • Honey Oats & Almonds
  • Honey Oats & Flakes

Food Club
- Bran Flakes
- Honey & Oats
  • Corn Flakes
- Crisp Rice
  • Honey & Oats with Almonds
  • Toasted Oats

Whole grain
Gluten-free
Cold Cereal (continued)

11 ounce or larger packages only

Store Brands

Great Value
- Bran Flakes
- Crunchy Nugget
- Frosted Shredded Wheat
- O’s
- Multigrain O’s
- Wheat Squares

Hannaford
- Bran Flakes
- Bite Size Frosted Shredded Wheat
- Bite Size Strawberry Frosted Shredded Wheat
- Easy Living Oat Squares
- Frosted Shredded Wheat
- Multigrain Tasteeos
- Nutty Nuggets
- Toasted Wheat
- Wheat Flakes

Market Basket
- Bran Flakes
- Frosted Shredded Wheat

Pics by Price Chopper
- Bran Flakes
- Frosted Shredded Wheat
- Good Choice Oat Crunch
- Nutty Nuggets
- Toasted Oats
- Strawberry Frosted Shredded Wheat
Cold Cereal (continued)

✅ WIC-Approved
• 11 ounce or larger packages

Store Brands

**Price Rite**
- Bite Size Shredded Wheat
- Bran Flakes
- Frosted Shredded Wheat
- Multigrain Toasted Oats
- Toasted Oats

**Signature Select**
- Bran Flakes
- Bite Sized Frosted Wheat
- Live it Up!
- Nutty Nuggets
- Toasted Oats

**Stop & Shop**
- Bite Sized Frosted Shredded Wheat
- Bran Flakes
- Honey Crunchin Oats
- Honey Crunchin Oats with Almonds
- Multigrain Oats & O’s
- Oats & O’s

**White Rose**
- Toasted Oats

- Corn Flakes
- Crisp Rice
- Honey Oat Clusters with Almonds
- Corn Pockets
- Crispy Rice
- Oats & More with Almonds
- Oats & More with Honey
- Rice Pockets
- Crispy Rice
- Corn & Rice Hexagons
- Corn Flakes
- Rice Squares
- Corn Flakes
- Crispy Rice
Juice

✅ WIC-Approved
- Shelf-stable 100% Juice: 64 ounce bottles
- At least 120% Vitamin C

🚫 Do not buy
- Organic
- Light
- Fiber added

Shelf-stable
64 ounce bottles

Best Yet
- Apple Juice
- Apple Kiwi Strawberry
- Cranberry
- Grape
- Pineapple
- White Grape
- White Grapefruit

Big Y
- Apple
- Berry
- Cherry
- Grape
- Punch
- White Grape

Campbell’s
- Tomato
- Tomato Low Sodium

Essential Everyday
- Apple Cider
- Apple
- Cranberry
- Grape
- Orange
- Pineapple Juice
- Vegetable
- White Grape
- White Grapefruit

Food Club
- Apple
- Grape
- Grapefruit
- White Grape

Great Value
- Apple
- Cranberry
- Cranberry Pomegranate
- Grape
- Orange
- Pineapple
- Tomato
- Vegetable
- White Grape
- White Grape Peach

Hannaford
- Apple
- Berry
- Cranberry Grape
- Cranberry Raspberry
- Fruit Punch
- Grape
- Vegetable
- Vegetable Low Sodium
- White Grape
- White Grapefruit
Juice (continued)

Shelf-stable

64 ounce bottles

Juicy Juice
• Any flavor

Krasdale
• Apple
• Grape
• White Grape

Motts
• Apple, Sensibles Apple
• Apple Cherry
• Apple Mango
• Apple White Grape

Langers
• Apple
• Apple Berry Cherry
• Apple Cranberry
• Apple Grape
• Apple Kiwi Strawberry
• Apple Orange Pineapple
• Apple Peach Mango
• Cranberry Plus
• Cranberry
• Cranberry Raspberry Plus
• Disney Apple Cranberry Grape
• Disney Berry
• Disney Grape
• Disney Punch
• Grape
• Grape Plus
• Orange
• Pomegranate Cranberry Plus
• Pineapple
• Tomato Juice
• White Grape

Market Basket
• Apple
• Cranberry
• Cranberry & Grape
• Grape
• Grapefruit
• Orange
• White Grape
• White Grape Peach

Market Pantry
• Apple
• Cranberry
• Tomato
• White Grape

Ocean Spray
• Cranberry
• Cranberry Blackberry
• Cranberry Cherry
• Cranberry Concord Grape
• Cranberry Mango
• Cranberry Pineapple
• Cranberry Pomegranate
• Cranberry Raspberry
Juice (continued)

Shelf-stable

64 ounce bottles

Pics by Price Chopper
• Apple
• Berry
• Cherry
• Cranberry
• Cranberry Grape
• Cranberry Raspberry
• Grape
• Grapefruit
• Pineapple
• Tomato
• Vegetable
• Vegetable Low Sodium
• White Grape
• White Grape Peach

Price Rite
• Apple
• Grape
• Orange

Signature Select
• Apple
• Berry Blend
• Cranberry
• Cranberry Grape
• Cranberry Raspberry
• Grape
• Grapefruit
• Orange
• Pineapple
• Tomato
• Vegetable
• White Grapefruit
• White Grape

Stop & Shop
• Apple
• Grape
• Grapefruit
• Tomato
• Vegetable
• White Grape

Tipton Grove
• Apple
• Grape
• Orange
• Pineapple

V8 Vegetable
• Original Vegetable
• Spicy Hot Vegetable
• Low Sodium

Welch’s 100%
• Grape
• White Grape
• White Grape Peach
• Red Grape
• Super Berry
• Tropical Trio

White Rose
• Apple
Juice

✅ WIC-Approved
• Frozen concentrate: 11.5 – 12 ounce cans

🚫 Do not buy
• Organic

Frozen

11.5 – 12 ounce cans

Any Store Brand Orange Juice

Best Yet
• Apple
• Grape
• Grapefruit

Dole
• 100% juice
- Any flavor

Essential Everyday
• Apple

Great Value
• Apple
• Grape

Hannaford
• Apple
• Grape
• Pineapple Orange

Market Basket
• Apple
• Grape

Old Orchard
• Green peel strip
- Any flavor

Pics by Price Chopper
• Apple
• Apple Raspberry
• Grape
• White Grape

Seneca
• Apple

Signature Select
• Apple

Stop & Shop
• Apple
• Grape
• Grapefruit
Infant Fruits and Vegetables

✅ WIC-Approved
- Any variety fruit or vegetable
- Any variety mixed fruits and mixed vegetables

🚫 Do not buy
- Mixtures with cereal or food combinations
- Dinners
- Pouches
- Desserts

4 ounce jars

- Beech-Nut (Stage 2)
- Beech-Nut Naturals (Stage 1 and Stage 2)
- Beech-Nut Organics (Stage 1 and Stage 2)
- Earth’s Best (Stage 2)
- Gerber Naturals (1st and 2nd Foods)
- Gerber Organic (1st and 2nd Foods)
- Happy Baby Organics (Stage 1 and Stage 2)
- Tippy Toes (Stage 2)

2nd Foods/Stage 2 (2-packs of 4 ounce tubs) Must have benefits for the 2-packs to purchase the tubs.

- Gerber (2nd Foods)
- Pic Select Fresh (Stage 2)
- Tippy Toes (Stage 2)
Fresh fruit and vegetable option:

At 9 months of age, half of the jarred infant food benefit can be replaced with fresh fruits and vegetables:

- $4 for partially breastfeeding or fully formula feeding infants
- $8 for fully breastfeeding infants

If this option is not already on your Shopping List and you would like it, contact your local WIC office.

Infant Cereal

**WIC-Approved**
- 8 ounce packages only
- Single and multigrain
- Organic allowed

**Do not buy**
- Added fruit, formula or vegetables

8 ounce packages

- **Beech-Nut**
  - Multigrain
  - Oatmeal
  - Organic Multigrain
  - Organic Oatmeal

- **Earth’s Best Organic**
  - Whole Grain Multigrain
  - Whole Grain Oatmeal
  - Whole Grain Rice

- **Gerber**
  - Multigrain
  - Oatmeal
  - Organic Oatmeal
  - Organic Oatmeal
  - Millet Quinoa
  - Organic Rice
  - Rice
  - Whole Wheat

Infant Formula

- Purchase size and type shown on WIC Shopping List
## Infant Foods

### For Fully Breastfeeding Moms and Babies Only

#### Infant Meats

<table>
<thead>
<tr>
<th>WIC-Approved</th>
<th>Do not buy</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 2.5 ounce jars</td>
<td>- Added sugar or salt</td>
</tr>
<tr>
<td>- Stage 1 or Stage 2</td>
<td>- Dinners</td>
</tr>
</tbody>
</table>

#### 2.5 ounce jars

- **Beech-Nut Classics (Stage 1)**
- **Gerber (Stage 2)**
- **Earth’s Best (Stage 1)**

#### Canned Fish

<table>
<thead>
<tr>
<th>WIC-Approved</th>
<th>Do not buy</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Sizes and varieties shown</td>
<td>- Albacore tuna</td>
</tr>
<tr>
<td>- Packed in water or oil</td>
<td></td>
</tr>
<tr>
<td>- Sardines may include bones and skin</td>
<td></td>
</tr>
</tbody>
</table>

#### Chunk Light Tuna

- **Any Brand**
  - 5 ounce

#### Sardines

- **Any Brand**
  - 3.75 ounce

#### Salmon

- **Any Brand**
  - 5 ounce
What should I do if my card is lost or stolen?
• Call your local WIC Program right away! They will stop anyone from using your food benefits and help you get a new card.

Is there a fee to replace my WIC Card?
• Massachusetts WIC will replace your card free of charge.

What happens if I can’t do my own shopping and need someone else to shop for me?
• You may have someone else shop for you if you wish. You can give them your WIC Card and PIN. Just make sure this is someone you can trust!

What if I enter the wrong PIN?
• DO NOT try to guess your PIN. After several incorrect attempts, your PIN will be locked. This is done as a protection from someone guessing your PIN and getting your food benefits. There are three ways to unlock your card:
  - call your local program
  - call the 800 number on the back of your card
  - wait until midnight and your account will automatically unlock

What if I forgot my PIN or want to change it?
• You must visit your local WIC office to change your PIN.
Simplify your shopping.
Download the ‘WIC Shopper’ App!

- Check your WIC balance
- Locate a WIC Authorized store
- Scan a product to determine if it’s WIC approved
- Access WIC recipes

1-800-WIC-1007
Retail Stores call:
1-800-552-9425 – Retail Hotline
mass.gov/wic