

# WIC & SNAP Benefits

## Making the Most of Your Food and Nutrition Resources



WIC & SNAP both offer monthly food benefits that help you feed your family and meet your nutrition goals! Whether you are receiving benefits from one or both programs, there are a few things you can do to make sure you are making the most of your benefits the next time you shop for groceries.

### Before You Shop

- ✓ When creating your grocery list each week, organize it by noting which foods you can purchase with WIC and which foods you can purchase with SNAP. You may want to check your remaining WIC benefits on the WICShopper mobile app just to be sure!
- ✓ Visit the customer service desk or any cash register at the store to check your balance of WIC benefits if you don't have a smartphone.

### While You Shop

- ✓ If you are not sure if an item is WIC-approved, scan it using the WICShopper App.



### Checking Out

1. Place all your items together, in any order, on the checkout counter.  
*Note: At small grocery stores (with 1-2 cash registers) the orders need to be separated.*
2. Give the cashier your coupons and/or store savings card first.
3. When the cashier tells you, **swipe your WIC card first**, and THEN your SNAP card.
4. Lastly, don't forget to purchase all of your WIC foods before your benefit period expires, since they will **not** roll over to the next month! SNAP benefits stay on the account for 365 days.



Paying for your groceries with WIC and SNAP is simple. Just remember to always swipe your WIC card first, and THEN your SNAP card!

# WIC & SNAP Benefits

Using WIC and SNAP together will provide your family with a wider variety of healthy foods each month, since there are differences in the foods you can purchase with each program.

Let WIC and SNAP stretch your food budget together!

## What Does WIC Offer?

- Milk, cheese, and yogurt
- Hot or cold cereal
- Whole grains, such as bread, rice, pasta, and tortillas
- Peanut butter, beans, eggs, and tofu
- 100% fruit & vegetable juices
- Infant foods
- Canned fish for certain categories of participants
- \$ for fresh, frozen, or canned fruits and vegetables

## What Does SNAP Offer?

You can purchase most staple foods at the grocery store using SNAP, including basic foods that are typically prepared at home and eaten as a meal.

Use your SNAP card to purchase foods that you cannot purchase with WIC. A few examples include cooking oil, spices, baking ingredients, healthy snacks, meat, and frozen meals.

## Use WIC to purchase these types of foods



## Use SNAP to purchase these types of foods



## How can the WICShopper mobile app help you?

The WICShopper mobile app is the best way to keep track of your monthly food benefits and WIC appointments, as well as:

- Check which foods you have left to purchase during the month.
- Scan foods in store to determine if you can purchase items.
- Locate WIC authorized stores.
- Get answers to important nutrition questions for your family.
- Explore many delicious recipes that will help you use the healthy foods you purchased.
- Get important alerts related to COVID-19 and other timely topics.



The WICShopper app is available for the iPhone and Android mobile devices.



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