



EFFECTIVE OCTOBER 1, 2021  
THRU SEPTEMBER 30, 2022

PENNSYLVANIA WIC  
**FOOD LIST**

& SHOPPING  
GUIDE





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## Shopping Tips with Your eWIC Card

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- Know your benefit balance. The best way to know your balance is to **KEEP YOUR LAST RECEIPT!**
- Your benefits become available on the Benefit Start Date at 12:01 AM and end at 11:59 PM on the Benefit End Date.
- You do not have to buy all your foods at one time. Buy what you need when you need it.
- Coupons and store promotions ("buy one, get one free") may be used with your eWIC card.
- Benefits that have not been spent **DO NOT** carry over to the next benefit period.
- Take a picture of your Ending Balance receipt through the WIC Shopper app so you know what is left on your card for the next shopping trip.

## At Checkout:

- 1 Foods being purchased with your eWIC card must be included on your WIC benefit balance.
- 2 Before any foods are scanned, tell the cashier you are using an eWIC card.
- 3 Insert your card into the card reader and follow the directions. The system will ask you to enter your PIN.
- 4 The cashier scans items to confirm they are WIC-approved and are included within your family's benefits.
- 5 You must review and approve what you want to purchase before the sale is final. **The cashier should have you review the utilization receipt before you approve the purchase.**
- 6 **Do NOT pull your card out until the system tells you to!**
- 7 The foods that you purchase will be removed from your eWIC card and you will get a benefit balance receipt that shows what is remaining.
- 8 Always keep your benefit balance receipt. It shows your family's available foods and the last day to spend your current benefits.





## eWIC Card Security

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- Protect your card. Keep it safe!
- Memorize your PIN.
- Do NOT give your PIN to anyone other than your trained WIC Proxy.
- Do NOT throw your eWIC card away when you have used all your benefits.
- If your card is lost or stolen or does not work at the store, contact your local WIC clinic.

# Cheese

8 OR 16 OUNCE PACKAGES ONLY

## ANY BRAND

- American Cheese (Pasteurized Process)
- Cheddar
- Cheddarella
- Colby (Longhorn)
- Cojack
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

These may be regular, reduced fat, lowfat or fat free, low cholesterol, lactose free, low sodium, or calcium fortified.

Cheese must be marked with weight, type and cost.

Kosher cheese must be on your WIC benefit balance.

## CANNOT BUY:

- Cubed
- Individually wrapped slices
- Imported
- Deli service
- Cheese foods
- Imitation cheese
- Smoked cheese
- Cheese products or spreads
- Organic cheese
- Cheese with added ingredients
- Cheese packed in water

**1 POUND  
OF CHEESE**  
(16 oz)

=

**1/2  
POUND**  
(8 oz)

**1/2  
POUND**  
(8 oz)

## NUTRITION FACT

Calcium and vitamin D work together to protect your bones. Calcium helps build and maintain bones, while vitamin D helps your body effectively absorb calcium.



# Yogurt

## 32 OUNCE CONTAINERS ONLY

TYPE SPECIFIED ON WIC BENEFIT BALANCE -  
WHOLE FAT, LOWFAT OR NONFAT

### WHOLE FAT



All Natural Plain,  
Strawberry, Vanilla



Plain



Plain



Plain



Probiotic Plain

### LOWFAT



Plain, Vanilla



Plain, Vanilla



Plain, Vanilla



Plain, Strawberry,  
Vanilla, Blueberry



Plain



Peach, Strawberry,  
Strawberry Banana,  
Vanilla



Vanilla,  
Strawberry



Plain, Vanilla



Plain, Vanilla



Blended Blueberry,  
Plain, Strawberry,  
Vanilla



Plain, Peach,  
Strawberry,  
Blueberry



Harvest Peach,  
Strawberry,  
Strawberry Banana,  
Vanilla, Blueberry





## NONFAT



Plain



Plain



Plain



Plain, Vanilla



Plain, Vanilla



Plain



Plain



Plain, Vanilla



Plain, Vanilla



Vanilla

### CANNOT BUY:

- Greek
- Organic
- Drinkable yogurts
- Yogurts with non-nutritive sweeteners
- Yogurts with mix-in ingredients such as:
  - Granola
  - Candy pieces
  - Honey
  - Nuts



# Soy Products

## MUST BE LISTED ON WIC BENEFIT BALANCE

### SOY BEVERAGES

32 OR 64 OUNCE CONTAINERS



Pacific - Ultra Soy  
*Original or Vanilla*  
Shelf Stable



8th Continent  
*Original or Vanilla*  
Refrigerated  
Section



Silk  
*Original*  
Refrigerated  
Section



Great Value  
*Original*  
Refrigerated  
Section

**CANNOT BUY:** Any other brand or flavor of soy beverage

### TOFU

16 OUNCE CONTAINERS ONLY



Azumaya  
*Extra Firm, Firm,*  
*Silken*



House Foods  
*Premium*  
*Medium Firm, Firm,*  
*Extra Firm*



Nasoya  
*Silken*

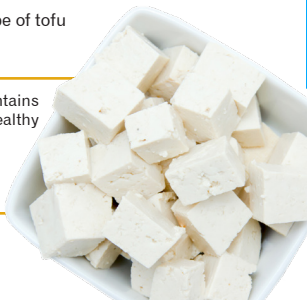


Soy Boy  
*Firm*

**CANNOT BUY:** Any other brand or type of tofu

### NUTRITION FACT

Soy is a nutrient-rich food that contains complete protein, carbohydrates, fiber, healthy fats, vitamins and minerals important to good health. If you choose soy products, you may need other sources of calcium and vitamin D in your diet.





# Milk

## GALLONS OR HALF GALLONS

### ANY BRAND

- Low fat (1% or 1/2%) or Skim, unless Whole milk or Reduced Fat (2%) is on your WIC benefit balance. Acidophilus milk is allowed. Kefir is allowed only if you have a quart listed on your WIC Benefit Balance.
- Lactose free, kosher, evaporated or dry milk can be purchased if it is on your WIC benefit balance.

### CANNOT BUY:

- Flavored Milk
  - Buttermilk
  - Goat's Milk
    - Organic Milk
    - Ultra High Temperature (UHT) processed milk
    - Milk in glass bottles
    - Milk with added:
      - Calcium
      - Protein
      - Plant sterols
      - Vitamin C
      - Omega-3s



**EXCEPTION:** You may buy a single quart of milk **only** if it is listed on your WIC benefit balance.

### NUTRITION FACT

Serve fat free or lowfat (1%) milk, cheese or yogurt at meals and snacks. They're packed with vitamins, minerals and protein for strong bones, teeth and muscles.

# Juice FOR CHILDREN

64 OUNCE BOTTLES OR CARTONS ONLY

100% PASTEURIZED JUICE



Apple



All Flavors



Pineapple



Apple



Tomato, Low Sodium  
Tomato, Low Sodium  
V8, V8



Apple, Apple Cherry,  
Apple Mango, Apple  
White Grape



All flavors except  
premium flavors



Apple, Grape, White  
Grape, Grapefruit



100% Juices, Sesame  
Street Flavors  
and Natural Style  
Apple Juice.  
Not allowed:  
"Cranberry Juice  
and More" items  
and "Fruitables"



Cranberry, Cranberry  
Grape, Cranberry  
Raspberry, Cranberry  
Blackberry, Cranberry  
Pomegranate,  
Blueberry Blackberry,  
Cranberry Mango



Purple, Red or White  
Grape Juice, White  
Grape Peach, Super  
Berry

ANY BRAND  
ORANGE JUICE  
Vitamin D &  
Calcium are okay.



Harvest Apple, Apple,  
Grape, Concord  
Grape, Apple  
Cranberry, Apple  
Grape, Apple Orange  
Pineapple, Apple  
Berry Cherry, Apple  
Kiwi Strawberry,  
Apple Peach Mango,  
Pineapple, Berry



Apple, Concord  
Grape, Cranberry  
Blackberry;  
Cranberry Cherry,  
Cranberry Concord  
Grape, Cranberry  
Mango, Cranberry  
Pineapple, Cranberry  
Pomegranate,  
Cranberry Raspberry

STORE BRANDS	APPLE	GRAPE	WHITE GRAPE	CRANBERRY	PINEAPPLE	VEGETABLE	TOMATO
Best Yet	●	●	●	●	●	●	●
Essential Everyday	●	●	●	●	●	●	●
Giant	●	●	●	●	●	●	●
Giant Eagle	●	●	●	●	●	●	●
Great Value	●	●	●	●	●	●	●
IGA	●	●	●	●	●	●	●
Price Rite	●	●	●	●	●	●	●
Shop Rite	●	●	●	●	●	●	●
Signature Select	●	●	●	●	●	●	●
Tipton Grove	●	●	●	●	●	●	●
Weis	●	●	●	●	●	●	●



## CANNOT BUY: APPLIES TO ALL JUICE

- Ciders
- Cocktails
- Organic juice
- Juices with:
  - Non-nutritive sweeteners
  - Beta-carotene
  - Food colorings
  - Added sugars

# Juice FOR WOMEN

## 11.5-12 OUNCES FROZEN CONCENTRATE

100% PASTEURIZED JUICE



All flavors  
with green pull tabs



Apple



All flavors  
with yellow pull tabs

**ANY BRAND ORANGE JUICE**  
*Vitamin D & Calcium are okay.*

### STORE BRANDS

Best Yet ●  
Essential Everyday ●  
Food Club ●  
Giant ● ●  
Great Value ●  
Hy-Top ●  
IGA ●  
Parade ●  
Shoprite ●  
Shurfine ●  
Signature Select ●  
Tipton Grove ●  
Tops ●  
Weis ●

APPLE  
GRAPE

## 48 OUNCE BOTTLES

100% PASTEURIZED JUICE



Apple, Cranberry  
Blend, Cranberry Apple  
or Cranberry Raspberry



All flavors



Apple



Traditional Cranberry



Apple

## SHELF STABLE CONCENTRATE

100% PASTEURIZED JUICE



All flavors with yellow trim

**CALCIUM AND VITAMINS C AND D ARE OKAY.**  
*No other added vitamins or minerals are allowed.*

- Carbonation
- Omega-3s
- Vitamin A

- Vitamin E
- Alcohol
- Fiber

- DHA
- ARA

# Fruits & Vegetables

- ✓ Organic is OK
- ✓ Any Brand

## FRESH

### BUY:

- ✓ Loose or pre-packaged
- ✓ Whole or cut



### DO NOT BUY:

- \* Salad bar items, party platters or fruit baskets
- \* Herbs, nuts or peanuts
- \* Salad kits with nuts, croutons or dressing
- \* Fruits or vegetables with dips
- \* Dried fruit, fruit leathers or fruit snacks

## FROZEN

### BUY:

- ✓ Plain
- ✓ Bag or box
- ✓ Low sodium OK



### DO NOT BUY:

- \* With sugar, breading, honey, butter, sauce, cheese, fat or oil
- \* With meat, rice or pasta
- \* Fries or tater tots
- \* Soup

## CANNED

### BUY:

- ✓ Water or juice pack only
- ✓ Metal, glass or plastic container
- ✓ Low sodium OK




### DO NOT BUY:

- \* With added meat, fat, oil, rice or pasta
- \* With added sugar or in syrup
- \* With non-nutritive sweetener
- \* Pickled vegetables, sauerkraut or olives
- \* Cranberry sauce or pie filling
- \* Soup
- \* Jarred salsa or pasta sauce
- \* Infant or toddler foods or squeezable pouches
- \* Anything with maraschino cherries
- \* Relishes and ketchup

Organic fruits and vegetables can be purchased but tend to be more expensive. You will get more food with non-organic items.

## CHART TO ESTIMATE COST OF FRESH FRUITS & VEGETABLES WHEN SOLD BY THE POUND

Number of pounds you have										
Price per pound (lb)	\$	1 lb	1 ½ lb	2 lb	2 ½ lb	3 lb	3 ½ lb	4 lb	4 ½ lb	5 lb
	0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21	2.45
	0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66	2.95
	0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11	3.45
	0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56	3.95
	0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01	4.45
	0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46	4.95
	1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91	5.45
	1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36	5.95
	1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81	6.45
	1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26	6.95
	1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71	7.45
	1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16	7.95
	1.69	1.69	2.54	3.38	4.23	5.17	5.92	6.76	7.61	8.45
	1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16	8.06	8.95
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51	9.45	
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96	9.95	
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41		
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86		
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16			
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56			
2.49	2.49	3.74	4.98	6.23	7.47					

# Cereals

## 12 OUNCE PACKAGES OR LARGER

**CANNOT BUY:** Any other brand, type of cereal or organic cereals.



Hot Wheat



Original, Butter,  
Cheddar Cheese



Instant, Original



Instant-Original,  
1 or 2.5, Whole Grain



Original or Flakes



Almonds, Vanilla,  
Honey Roasted



Regular or  
Multigrain



Corn, Rice,  
Wheat, Cinnamon,  
Blueberry, Vanilla



Honey  
Clusters



Wheat Flakes



Honey  
Clusters



Original, Vanilla



Berry, Cinnamon



Original,  
Protein Honey  
Almond, Protein  
Touch of Cinnamon



Original, Little Bites,  
Mixed Berry

### WAYS TO BUY 36 OUNCES OF CEREAL

You can buy any combination of WIC approved hot or cold cereals that add up to 36 ounces or less.

11

15  
oz

+

21  
oz

or

18  
oz

+



Cinnamon, Brown Sugar, Honey Nut, Golden Maple



Banana Nut Crunch, Crunchy Pecan



Regular, Honey, Berry Berry



Whole Grain



  
**WHOLE GRAIN CEREALS**  
 MAKE HALF YOUR GRAINS WHOLE!



Regular



Original and Strawberry

## STORE BRANDS

Corn Flakes, Corn Squares (or biscuits), Rice Squares (or biscuits), Toasted Oats, or Tasteeos

- Essential Everyday
- Food Club
- Giant
- Great Value
- ShopRite
- Signature Select
- Tops
- Weis

18 oz

or

12 oz

+

12 oz

+

12 oz

or

12 oz

+

24 oz

12

# Whole Grains

## 16 OUNCE PACKAGES

### WHOLE WHEAT OR WHOLE GRAIN BREAD & ROLLS



100% Stoneground  
Whole Wheat Bread,  
100% Whole Wheat  
Sandwich Rolls



100% Whole  
Wheat Bread

A SHOPRITE® BRAND  
bowl & basket™

100% Whole  
Wheat Bread



100% Whole  
Wheat Bread

**HAUSWALD'S**

100% Whole  
Wheat Bread



100% Whole Wheat  
with Honey



Stoneground 100%  
Whole Wheat Bread,  
Very Thin Soft 100%  
Whole Wheat Bread  
or Whole Grain Rye  
Seeded Bread



Classic 100%  
Whole Wheat  
Bread



100% Whole  
Wheat Bread



100% Whole  
Wheat Bread



100% Stoneground  
Whole Wheat Bread  
Hamotzie, 100%  
Stoneground Whole  
Wheat Bread Mezonot  
or 6 pack Whole  
Wheat Rolls



100% Whole  
Wheat Bread

### STORE BRANDS

100% Whole Wheat Bread

- Best Yet
- Essential Everyday
- Giant
- Giant Eagle
- IGA
- Signature Select
- Super Bread
- Weis

### CANNOT BUY:

- Any other package size, brand or type of whole grain products
- Organic whole grains
- Whole grains with:

13

- Added omega-3s  
- Dried fruits

- Seeds  
- Nuts

- Extra calcium  
- Vitamin D



## WHOLE WHEAT PASTA



Whole Wheat Spaghetti,  
Whole Wheat Thin Spaghetti,  
Whole Wheat Macaroni, Whole Wheat  
Penne, or Whole Wheat Rotini



Whole Wheat Spaghetti, Whole Wheat  
Elbow Macaroni, Whole Wheat Penne  
Rigate or Whole Wheat Rotini



Whole Wheat Elbows, Whole Wheat  
Linguine, Whole Wheat Penne, Whole  
Wheat Rotini, Whole Wheat Spaghetti  
or Whole Wheat Thin Spaghetti



Whole Grain Penne Rigate,  
Whole Grain Spaghetti, Whole Grain  
Thin Spaghetti, Whole Grain Rotini or  
Whole Grain Linguine



Whole Wheat Rotini,  
Whole Wheat Spaghetti,  
Whole Wheat Thin  
Spaghetti or Whole Wheat  
Penne Rigate



Whole Wheat Spaghetti,  
Penne Rigate Whole  
Wheat, Rotini Whole  
Wheat, Elbow Macaroni  
Whole Wheat



Whole Wheat Penne  
Rigate, Whole Wheat  
Spaghetti, Whole Wheat  
Angel Hair or Whole  
Wheat Rotini

**CANNOT BUY:** Organic pasta or pasta with added sugars, fats, oils or salt.

## WHOLE GRAIN BROWN RICE



### STORE BRANDS

- Best Choice
- Best Yet
- Essential Everyday
- Giant
- Great Value
- Hy-Top
- IGA
- Signature Select
- Wegman's
- Weis

# Whole Grains

## 16 OUNCE PACKAGES

### TORTILLAS

SOFT CORN OR WHOLE WHEAT



Corn Taco Size,  
100% Whole Wheat  
Soft Taco Size,  
100% Whole Wheat  
Fajita Size



Soft White Corn  
or Whole Wheat  
Tortillas



100% Whole Wheat,  
Taqueria Style Mini  
Corn



White Corn or  
Whole Wheat



Soft White Corn,  
100% Whole Wheat  
Flour



Whole Wheat  
Soft Taco



Corn White



White Corn Tortillas  
or Taco Style Whole  
Wheat



Gluten Free Grande  
Corn, White Corn,  
Yellow Corn, 100%  
Whole Wheat, Fajita  
Whole Wheat



Whole Wheat



Soft Taco Whole  
Wheat, Yellow Corn  
Extra Thin



Whole Wheat



Whole Wheat



Whole Wheat



Whole Wheat



Whole Wheat



Whole Wheat

### OATS



Natural Quick Oats and  
Old Fashioned Quick Oats



# Legumes (Beans)

Types of Beans to Purchase:

- 15.5 to 16 oz cans
- 1 pound of dried beans

Sugar in canned kidney beans is allowed.

You will be allowed to purchase dried or canned beans based on what is on your WIC benefit balance.

*Examples, but not limited to the following:*

- Black Beans
- Blackeye Peas
- Butter Beans
- Garbanzo Beans
- Great Northern Beans
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans
- Pink Beans
- Pinto Beans
- Split Peas

**CANNOT BUY:** Canned green or yellow beans, green lima beans, wax beans, any canned bean item containing organic beans, added seasonings (spices), sugars, oils, fats, sauces or meats

## NUTRITION FACT

Canned fish, peanut butter, beans and eggs are good sources of protein and cost much less than meat.

# Canned Fish

**3.75, 5, OR 6 OUNCE CANS ONLY**

Any brand Chunk Light Tuna, Pink Salmon or Sardines. Including flavored sardines in tomato sauce, mustard and lemon.

**CANNOT BUY:**

- Products packed in oil
- Albacore Tuna
- Brisling Sardines
- Red Salmon
- Organic Fish



# Infant Foods

## INFANT FORMULA

BRAND SPECIFIED

**CANNOT BUY:** Organic

## INFANT CEREAL

8 OR 16 OUNCE CONTAINERS

Barley, rice, oatmeal, whole wheat or multigrain

**CANNOT BUY:**

- Organic varieties
- Cereals with added: DHA, ARA, Fruit, Formula, Yogurt

## INFANT MEATS

2.5 OUNCE CONTAINERS | Fully breastfed babies only

Any brand single ingredient meats with or without gravy or broth are allowed. Pureed or diced only.

**CANNOT BUY:**

- Added DHA, ARA, salt or sugar
- Organic varieties
- Mixed with cereal, rice, noodles, vegetables, fruit or any other ingredients
- Meat sticks

## INFANT FRUITS AND VEGETABLES

4 OUNCE CONTAINERS | Multipacks allowed

Any brand 100% vegetables and fruits allowed. *Mixed vegetables and fruits, multipacks, or variety pack boxes are allowed. For example: peas/carrots or sweet potatoes/apples*

**CANNOT BUY:**

- Added DHA, ARA, salt or sugar
- Squeezeable pouches
- Desserts
- Mixed with cereal, noodles, rice, meats, yogurt, flour, starches or any other ingredients
- Organic Varieties

### MULTIPACK TIP:



= 1



= 1



= 2

Container

Container

Containers

## NUTRITION FACT

Breastfeeding is a priority of the WIC Program. It provides many health, nutritional, economical and emotional benefits to mother and baby.



## Chicken Eggs

### CARTONS OF ONE DOZEN

Grades A or AA brown or white chicken eggs are allowed.  
Sizes allowed: large, medium or small

#### **CANNOT BUY:**

- Specialty eggs such as:
  - Vegetarian fed
  - Organic
  - Low cholesterol
  - Fat modified
  - High in omega-3s
  - Free Range
  - Egg Substitute



## Peanut Butter

### 16 TO 18 OUNCE CONTAINERS

Any brand labeled "Peanut Butter" only

**CANNOT BUY:** Reduced fat peanut butter, peanut butter spread, those mixed with jelly, marshmallow, chocolate or honey, organic peanut butter, added omega-3s, DHA, ARA or non-nutritive sweeteners

# WICShopper

## Simplify Your WIC Shopping

- 1 Install "WICShopper" from your app store.
- 2 Select Pennsylvania as your WIC Agency.
- 3 Select your language under Settings: English, Spanish, Arabic, Nepalese, Burmese, Somali, French, Portuguese, or Lingala.
- 4 Scan products using the app to verify WIC eligibility as you shop!
- 5 View your food list, capture picture of ending benefit balance, recipes and more right from the app!

Learn More



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Facebook.com/WICEBTShopper

[www.EBTShopper.com](http://www.EBTShopper.com)



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# Basic Rules and Regulations

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Self-serve lines are not allowed.

Your WIC benefits will be available at 12:01 AM on the first day of the month and will expire at 11:59 PM on the last day of the month.

The type and quantity of foods you can buy for each month are listed on the WIC Benefit Balance.

If your fruit and vegetable purchase total is more than your benefit amount, you can pay the difference with another form of payment (SNAP, Cash, Credit/Debit).

Returns, rain checks or substitutions are not allowed. Identical exchange of store damaged product is allowed.

Coupons, buy one get one free, extra free ounces and discount/club cards are allowed.

Do not sell or exchange eWIC cards, food or formula for cash or credit. This includes selling WIC items online.

Look for the following decal at grocery stores to know where you can use your eWIC card.



**Pennsylvania Women, Infants and Children  
(WIC) Nutrition Program**

**We accept  
eWIC!**

This is a WIC authorized store.

1-800-WIC-WINS

 **pennsylvania**  
DEPARTMENT OF HEALTH

PA WIC is funded by the USDA. This institution is an equal opportunity provider.

# YOUR WIC AGENCY

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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, audiotope, 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](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  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

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WWW.PAWIC.COM  
WWW.HEALTH.PA.GOV  
1-800-WIC-WINS | 1-800-942-9467

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