

350 Montevue Lane
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FrederickCountyMD.gov/WIC



eWIC Follow Up. How is it going?

Frederick County WIC now offers all food benefits on the eWIC card. By this time, every participant has had a chance to use the card at the grocery store and experience first-hand how buying WIC foods has changed.

At the office, we have gotten a lot of follow-up questions about WIC approved foods and using the cards. Here are some tips based on the questions we have heard most frequently from participants.

- Always know your benefit balance.** There are a few ways to check your remaining WIC foods. When you come to a WIC appointment you will leave with a shopping list that shows your starting balance for the months that have been loaded onto your eWIC card. It will also show your benefit start and end dates. Keep this list! It will be important every month on your benefit start date. The eWIC App is available for smart phones (see back). You can also contact customer service for your balance at 1-844-309-6097 or online at www.mybnft.com. Each time you buy WIC foods at the store, the very bottom of your receipt will show the current month's remaining foods.
- Always carry a copy of the WIC Authorized Foods List.** Some foods are "store brand if available" but other foods have to be selected in certain brands, types and container sizes. Store brand if available foods include: milk, eggs, cheese, peanut butter, beans, baby foods, and canned fish. All other WIC foods have brands and container sizes that cannot change. If you have lost your Foods List, please ask the WIC office for a copy.

- Green beans and canned peas can only be purchased with the fruit and vegetable dollar amount, not with the beans, split peas, or lentils benefit.** Green beans and canned peas offer the same nutrition benefits as other vegetables. Protein is the reason we offer the beans, split peas, or lentils benefit. Black beans, kidney beans, garbanzo beans, lentils, split peas, and navy beans are good sources of protein and are examples of what can be purchased with the beans, split peas, and lentils benefit.

These must be purchased with the fruit and vegetable dollar amount:



These are examples of foods to buy with the beans, split peas, or lentils benefit* (dry or canned must be selected at the clinic):



*Reminder: This WIC food is store brand if available.



If the weather outside is frightful...
 Please call the WIC office before coming in for your appointment to make sure that we are open.
 WIC wants everyone to be healthy and safe.
 301-600-2507

Do you have questions about shopping for your WIC foods?

My name is Shannon White. I work at the Frederick County WIC office. One of my duties is to help local stores and participants make shopping with WIC easier.

WIC offers certain foods to help pregnant women and young children grow well. This means there are rules about what foods can and cannot be purchased with WIC. Sometimes that can make shopping for WIC a little confusing.

If you are having problems at the store when shopping for WIC, please ask me for help. I am available to meet participants at the grocery store to help you learn more about WIC approved foods. I am also here to answer questions you have while at the office or by phone or email.

Let me know what I can do to make shopping with WIC easier.
301-600-4950

WICProgram@FrederickCountyMD.gov



If you find a food at the store that is not WIC eligible, and you think it should be part of the WIC Authorized Foods List, take a picture of the item and email to WIC. The picture should include the UPC (barcode) and the front of the item. New products come to stores all of the time, so it is possible that WIC has missed some.

Pictures can be sent to:

WICProgram@FrederickCountyMD.gov

Maryland

WIC

The Maryland WIC mobile app is here!

The free app is available for both Android and Apple smart phones. To get started, download the app from your app store.

You will need an email address, eWIC card number, the cardholder's date of birth, and your zip code to register and login.

Mobile App Features

- **View** details on upcoming appointments
- **View** remaining benefits and other benefit information
- **Scan** a product barcode while shopping to see if the item is WIC approved
- **Receive** alerts for upcoming appointments and expiring benefits
- **Access** clinic information and located WIC clinics
- **Find** grocery store locations
- **Access** other WIC resources and eWIC information

