

June 2020



HEALTHY FOODS SHOPPING GUIDE



FRUITS & VEGETABLES • Fresh / Canned / and Frozen

JUICE • Single strength and Concentrate

PROTEINS • Peanut Butter / Canned Fish / Eggs / Legumes

GRAINS • Bread / Rice / Tortillas / Cereal / Pasta

DAIRY • Cow's milk / Cheese / Yogurt

SOY • Beverage / Tofu

INFANT FOODS • Fruits & Vegetables / Meats / Cereal

Welcome to the Shopping Guide

The North Carolina WIC program would like to present you with a personal shopping guide. Inside, you will find instructions for using your NC eWIC card as well as guidance for choosing foods and brands available for purchase with your food benefits. Our product list is always being updated to better serve you; please check the NC WIC website regularly for updates: www.nutritionnc.com

Before You Go Shopping

Review your food benefit balance and use it to plan a grocery list.

Pay attention to sales on fruits and vegetables as they come into season!

What fruits and vegetables are in season now? See page 6.

Things to take shopping:

- eWIC card
- Mobile Bnft app
- Shopping Guide
- Coupons
- Store discount card
- Reusable bags
- Your grocery list



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Introducing North Carolina eWIC

Families will use their eWIC card and PIN to access their food benefits at the grocery store.

How to use your eWIC benefits

Getting Started

NC eWIC cards are provided to participants at their local WIC office. Before you can use your NC eWIC card, you must select a 4-digit Personal Identification Number (PIN). Set up your pin by calling eWIC Customer Service at (844) 230-0813, or by logging on to www.bnft.com, or by downloading the Bnft® App from the App store.

- Choose a 4-digit number that is easy for you to remember but hard for others to guess. Do not share your PIN with anyone or write it on your card.
- If you enter your PIN wrong four times in a row, your card will be locked until midnight.
- If you forget or want to change your PIN, call eWIC Customer Service at (844) 230-0813, log on to www.mybnft.com, or use the Bnft® App to change it.

Using Your Card

- Keep your card in a safe place, like your wallet or purse.
- Keep your card clean, out of direct sunlight, and away from magnets and electronics.
- If your card is lost, stolen or damaged, call eWIC Customer Service at (844) 230-0813 and the card will be replaced by regular mail in five to seven days OR visit your local WIC clinic to have your card replaced.
- If someone finds your card and knows your PIN, they could use your benefits. Those benefits will not be replaced.
- Only the shopper is allowed to enter the PIN for the eWIC card. Store employees may enter the card number manually, but not the PIN.**



Shopping with NC eWIC

- ❑ At the check-out: ALWAYS **swipe your eWIC card first** followed by FNS benefits, cash, and credit/debit payment.
- ❑ Use valued-customer cards, coupons, and in-store specials whenever possible.
- ❑ If your fruits and vegetables cost more than the allotted WIC benefit amount, you will need to pay the difference.
- ❑ Do not return WIC foods to the store for cash, credit, or exchange for other foods.
- ❑ If you use a smartphone, get the Bnft® App and use it to scan the bar code on any item on the shelf to check for WIC-eligibility.



For questions about the NC eWIC card

Log on to www.mybnft.com, use the Bnft® App or call eWIC Customer Service at (844) 230-0813.

For questions about WIC food benefits while grocery shopping

Use the Bnft® App to verify WIC-eligible foods on the shelf or to check your current benefit balance.

For questions about your WIC food benefits, or if you move or change your address

Contact your local WIC clinic.

For general information about the North Carolina WIC program

Contact your local WIC clinic or visit our website at www.nutritionnc.com

Understanding Your Benefits

Your benefits become available on the Benefit Start Date at 12:01 a.m. and end at 11:59 p.m. on the Benefit End Date.

Benefits that have not been spent DO NOT carry over to the next benefit period.



Check your Benefit Balance

- Keep your last store receipt.
- Log on to www.mybnft.com.
- Call eWIC Customer Service at (844) 230-0813.
- Check the Bnft® App.
- The Bnft® App gives families access to many benefit and account details.
- The Bnft® App can be added to **multiple devices** to give families access to benefit and account details.

With permission from the WIC participant, other family members can shop using the NC eWIC card.

Checking Your Benefit Balance

When using eWIC, your grocery receipts become a helpful tool, so keep them in your shopping guide. Take a look at these examples:

1 Beginning Benefit Balance

Benefits you can use for this purchase

2 WIC Items Purchased

Benefits you used for this purchase

3 Ending Benefit Balance

Remaining benefits available next time you shop this month.

My Groceries Quick Mart
3280 Happy Rd
Mytown, NC

Date: 9/1/2017 Time: 4:52 pm
Retailer: 2000003 User: 1000
Terminal: 00001103 Sequence: 0817

WIC PURCHASE

Card Account: xxxxxxxxxxxx1317
Vendor ID: 08840
Settlement Date: 9/1/2017
Reference Number: 230820170317

Total Requested: 14.95

Benefit Summary:

2.00	GAL	FARM FRESH SKIM MILK		
		Item #: 143423523456		
		2.00 @ \$1.99	3.98	
36.00	OZ	GEN MILLS CERRIOS		
		Item #: 897767856878		
		2.00 @ \$3.99	7.98	
2.99	\$\$\$	Archer Farms Apples		
		Item #: 234156897777		
		2.99 @ \$1.00	2.99	
		WIC SUBTOTAL	14.95	
		WIC TOTAL	14.95	

ITEMS PURCHASED: 5

REMAINING WIC BENEFITS:

2.00	DOZ	Eggs Grade A Large White		
2.00	GAL	Skim/Non Fat or 1% M		
1.00	CTR	Beans/Peas or Peanut		
0.00	OZ	Breakfast Cereal		
2.00	CTR	Juice 48 oz f/12 oz C		
6.31	\$\$\$	Fruits and Vegetables		

WIC BENEFITS EXPIRE ON: 9/25/2017

RESULT: APPROVED
AUTH NUMBER: 125478
TRACE NUMBER: 170317

CARDHOLDER COPY



Welcome to My Grocery Store!
125 Oak Street
Mytown, NC

PET DAIRY 1% MILK	2.99
LRG GRADE A EGGS WHT	2.49
RUSSETT POTATOES 10LB	4.69
PURINA CAT CHOW 13LB	12.78
Tax Paid	0.61
BALANCE DUE	23.56
ewic	10.17

total number of items sold = 4

1 eWIC Beginning Balance

PAN: *****0590 State: NC

QTY	UOM	Description
1.00	DOZ	Dozen Eggs
1.00	GAL	Milk, 1% Skirr
1.00	CTR	Legumes
14.50	OZ	Breakfast Cereal
2.00	CTR	Juice -48 oz
11.00	\$\$\$	Fruits and Vegetables Cash Va

2 eWIC Benefits Redemption

1 GAL	Skim/Non Fat or 1% Milk
	PET DAIRY 1% MILK
4.69 \$\$\$	Fruits and Vegetables Cash Va
	RUSSETT POTATOES 10LB
1.00 DOZ	Eggs
	LRG GRADE A EGGS WHT

3 eWIC Ending Balance

PAN: *****0590 State: NC

QTY	UOM	Description
0.00	DOZ	Dozen Eggs
0.00	GAL	Milk, 1% Skim, 1/2 Gal
1.00	CTR	Legumes
14.50	OZ	Breakfast Cereal
2.00	CTR	Juice -48 oz
6.31	\$\$\$	Fruits and Vegetables Cash Va

Benefits Expire at MIDNIGHT on 9/25/2017

CASHIER NAME: Retail System
STORE: 09958 REGISTER: 002 CASHIER: 0700
TICKET#: 0008 15SEP2017 11:05:24



5

Checking your Benefit Balance

What's In Season?



Spring • The best time for:

- Asparagus March/April
- Blueberries May
- Broccoli April/May
- Cabbage May
- Lettuce April/May
- Mushrooms March/April/May

- Spinach March/April/May
- Strawberries April/May
- Sweet Potatoes March/April/May

Summer • The best time for:

- Apples August
- Blackberries June/July
- Blueberries June/July
- Cabbage June/July/August
- Cantaloupe July/August
- Carrots
- Cucumber June/July/August
- Garlic July/August
- Green Onions June/July/August
- Mushroom June
- Nectarines July/August
- Onions June/July
- Peaches June/July/August
- Pears August
- Plums June/July/August



- Potatoes June/July
- Raspberries June
- Strawberries June
- Sweet Corn June/July/August
- Sweet Potatoes June/July/August
- Tomatoes June/July/August
- Watermelon July/August

Fall • The best time for:

- Apples September/October/November
- Blackberries September
- Cabbage September/October/November
- Cucumbers September/October/November
- Green Onions September
- Lettuce October/November
- Peaches September
- Pears September/October
- Raspberries September



- Spinach September
- Sweet Corn September
- Sweet Potatoes September/October/November
- Tomatoes September/October

Winter • The best time for:

- Apples December/January/February
- Spinach January/February
- Carrots January
- Sweet Potatoes December/January/February



FRUITS & VEGETABLES Cash Value Benefits

Cash-Value any brand or size

Approved

FRUITS

with no added sugar, fats, oils or salt.

- ✓ Fresh fruit.
- ✓ Frozen fruit.
- ✓ Fruit, juice-packed or water-packed in cans, glass or plastic containers.
- ✓ Pre-cut, diced or sliced fruit.
- ✓ Single serving packets.
- ✓ Organic fruits.

VEGETABLES

with no added sugar, fats, oils.

- ✓ Fresh vegetables.
- ✓ Frozen mature legumes (beans, peas or lentils).
- ✓ Frozen vegetables.
- ✓ Low-sodium vegetables.
- ✓ Pre-cut, diced, sliced or shredded vegetables.
- ✓ Canned tomato sauce or canned tomato paste.
- ✓ Single serving packets.
- ✓ Vegetables in cans, glass or plastic containers.
- ✓ Organic vegetables.

Not Approved

- ✗ Breaded vegetables.
- ✗ Catsup or other condiments.
- ✗ Dried fruits.
- ✗ Dried vegetables.
- ✗ Dry or canned mature legumes (beans, peas or lentils).

Not allowed with cash-value benefit

- ✗ Fruit and/or vegetable juices.
- ✗ Fruit baskets.
- ✗ Fruit leathers and fruit roll-ups.
- ✗ Fruit or vegetable items on party trays.
- ✗ Fruit or vegetable items on salad bars.
- ✗ Fruits or vegetables mixed with sauces or foods other than other fruits and vegetables.
- ✗ Fruits or vegetables with added corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and/or maple syrup.
- ✗ Fruit packed in cans, glass or plastic containers with artificial sweeteners.
- ✗ Herbs used for flavoring.
- ✗ Infant fruits and vegetables.
- ✗ Ornamental and decorative fruits and vegetables.
- ✗ Pickled vegetables, olives.
- ✗ Soups.

For fruit and vegetable juices, see p. 8. For infant fruits and vegetables, see p. 27.

JUICE • Single Strength

Approved

- ✓ 48 oz and 64 oz containers.
- ✓ Organic juice.
- ✓ 100% JUICE, unsweetened, pasteurized.
- ✓ Juices fortified with calcium, vitamin D or vitamin C.
- ✓ Vegetable juice may be regular or low sodium.
- ✓ Packaged in plastic, glass, cans or refrigerated paper cartons.

Select from these brands



100% JUICE 64 oz

- Apple
- Grape



100% JUICE 64/48 oz

- Apple
- Cranberry Apple
- Cranberry Grape
- Cranberry Pomegranate
- Cranberry Raspberry
- Naturally Cranberry

100% JUICE 64 oz

Sesame Street

- Big Bird's Apple
- Cookie Monster's Berry
- Elmo's Punch
- Grover's White Grape

Not Approved

- ✗ Freshly squeezed juices.
- ✗ Juice drinks or cocktails.
- ✗ Juices promoted for use by infants.
- ✗ Juices with added nutrients/additives other than calcium, vitamin D or vitamin C .
- ✗ Juices with artificial sweeteners.
- ✗ Sports drinks.

Best Choice.

100% JUICE 64 oz

- Apple
- Berry
- Cherry
- Grape
- Grapefruit
- Pineapple
- Punch
- Tomato
- Vegetable
- White Grape



100% JUICE 64 oz

- Tomato Juice
- Tomato Juice Low Sodium



100% JUICE 64 oz

- Vegetable



100% JUICE 64/48 oz

- Apple
- Apple with Calcium
- Apple Not from Concentrate
- Apple Cider
- Berry
- Cherry
- Cranberry
- Cranberry Raspberry
- Grape
- Juice Punch
- Orange
- Orange No Pulp with Calcium, Vitamin D
- Orange No Pulp from Concentrate
- Orange Some Pulp from concentrate
- Pineapple
- Punch
- Tomato
- Tomato Low Sodium
- Vegetable
- White Grape
- White Grapefruit



100% JUICE 64 oz

- Apple
- Kiwi Strawberry
- Orange

JUICE • Single Strength

Select from these brands



100% JUICE 64 oz

- Apple
- Grape Unsweetened
- Orange Unsweetened
- Pineapple Unsweetened
- Tomato
- White Grape Unsweetened
- White Grapefruit



100% JUICE 64/48 oz

- Apple
- Berry Blend
- Cherry
- Fruit Punch
- Grape
- Grapefruit
- Orange
- Orange No Pulp
- Orange No Pulp with Calcium and Vitamin D
- Orange with Calcium
- Pineapple
- Tomato
- White Grape
- White Grape Peach



100% JUICE 48/64 oz

- Apple



100% JUICE 64/48 oz

- Apple No Sugar Added
- Cranberry Blend No Sugar Added
- Cranberry Grape No Sugar Added
- Grape No Sugar Added
- White Grape No Sugar Added
- White Grape & Peach No Sugar Added



100% JUICE 64/48 oz

- Apple
- Apple Cider
- Apple, Premium
- Cranberry
- Cranberry & Concord Grape
- Cranberry Raspberry
- Cranberry Red Delicious Apple
- Grape
- Grapefruit
- Pineapple
- Pure Orange
- Tomato
- Vegetable
- White Grape
- White Grape Peach Blend



100% JUICE 64/48 oz

- Apple
- Cranberry
- Grape
- Grapefruit
- Pineapple
- Tomato
- Vegetable
- White Grape



100% JUICE 64 oz

- Apple
- Grape
- Orange No Pulp from Concentrate
- White Grape



100% JUICE 64/48 oz

- Apple
- Apple, Organic
- Apple Raspberry
- Berry
- Cherry
- Cranberry Apple
- Fruit Punch
- Fruit Punch, Organic
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Passion Dragonfruit
- Peach Apple
- Raspberry
- Strawberry Banana
- Strawberry Watermelon
- Tropical
- White Grape

JUICE • Single Strength



100% JUICE
64 oz

- Apple
- Apple Harvest, Plus
- Apple Berry Blend
- Apple Cranberry Grape
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Apple Grape
- Disney Fruit Punch
- Grape
- Harvest Apple Plus
- Orange
- Pineapple
- Red Grape
- Ruby Red Grapefruit
- Spicy Vegetable with Serrano Chili Peppers
- Tomato
- Vegetable
- Vegetable Low Sodium
- White Grape



100% JUICE
64 oz

- Apple with Calcium & Vitamin C

- Apple with Vitamin C
- Berry Flavor
- Cherry Punch Blend
- Cranberry Blend
- Fruit Punch Flavor
- Grape
- Grape Blend
- Tomato
- White Grape
- White Grape-Peach



100% JUICE 64 oz

- Pineapple Juice



100% JUICE 64 oz

- Apple Unsweetened
- Cranberry Blend
- Grape
- Orange
- Country Style
- Orange Grove Select with Pulp
- Orange Original Pulp Free
- Orange with Calcium & Vitamin D
- Orange Pulp Free
- White Grape



100% JUICE 64 oz

- Apple
- Apple Cider
- Apple Cider Spiced
- Grape
- Orange with Calcium & Vitamin D Pulp Free
- Orange Pulp Free
- Orange Some Pulp
- Tomato
- White Grape



100% JUICE 64 oz

- Orange Pure
- Orange Country Style
- Orange Original
- Orange from Concentrate



100% JUICE 64 oz

- Apple
- Apple White Grape



100% JUICE
64 oz

- Cranberry Blackberry
- Cranberry Cherry
- Cranberry
- Cranberry Concord Grape
- Cranberry Mango
- Cranberry Pineapple
- Cranberry Pomegranate
- Cranberry Raspberry
- Concord Grape
- Apple



100% JUICE
64 oz

- Orange



100% JUICE 48 / 64 oz

- Cranberry



100% JUICE 48/64 oz

- Acai Pomegranate
- Apple
- Apple Organic
- Apple Cranberry
- Berry Blend
- Black Cherry Cranberry
- Blueberry Pomegranate
- Grape
- Kiwi Strawberry
- Orange
- Orange Tangerine
- Peach Mango
- Pineapple
- Red Raspberry
- Strawberry Rhubarb
- Strawberry Watermelon
- White Grape
- Wild Cherry

JUICE • Single Strength

JUICE • Single Strength

Select from these brands



100% JUICE 48/64 oz

- Apple
- Apple Cider
- Berry Flavor Blend
- Cherry Punch Flavor
- Cranberry
- Cranberry Grape
- Cranberry Raspberry
- Fruit Punch Flavor
- Grape Flavor Blend
- Grape
- Grapefruit
- Orange
- Orange from concentrate
- Orange Premium Pasteurized
- Pineapple
- Tomato
- Vegetable
- White Grape



100% JUICE 64 oz

- Orange Original
- Orange with Calcium & Vitamin D
- Ruby Red Grapefruit
- Apple with Vitamin C
- Apple Premium
- Grape
- White Grape
- White Grapefruit



100% JUICE 48 oz

- Grape
- Pineapple



100% JUICE 64/48 oz

- Apple



100% JUICE 64 oz

- Orange



100% JUICE 64/48 oz

- Apple
- Apple Premium
- Apple with Calcium
- Cranberry Blend
- Cranberry and Grape
- Essentials Orange
- Essentials Orange with Calcium & Vitamin D
- Grape
- Grapefruit
- Orange
- Orange Original
- Orange Pulp Free
- Orange Unsweetened
- Orange with Calcium
- Pineapple Unsweetened
- Ruby Red Grapefruit
- Vegetable
- White Grape
- White Grapefruit

Tipton Grove

100% JUICE 64 oz

- Apple
- Grape
- Orange Premium



100% JUICE 64 oz

- Apple
- Apple Berry
- Apple Grape

100% JUICE 64 oz

- Original
- Original Low Sodium



VALU TIME

100% JUICE 64 oz

- Grape



100% JUICE 48/64 oz

- Apple
- Concord Grape
- Concord Grape with Calcium
- Original Grape
- Smooth Red Grape
- Super Berry
- Tropical Trio
- White Grape
- Crisp White Grape
- White Grape Peach



100% JUICE 64 oz

- Apple

JUICE • Concentrate, Frozen

Approved

- ✓ 11.5/12 oz Counts as 48 ounces.
- ✓ Organic juice.



An **11.5 or 12 ounce** can of Frozen Concentrate with water added makes **48 ounces** of Juice.

Always Save

100% JUICE

- Apple
- Orange

Best Choice.

100% JUICE

- Apple
- Orange Country Style
- Orange with Extra Pulp
- Orange Original
- Orange Pulp Free
- Orange with Calcium



100% JUICE

- Apple
- Calcium Fortified Orange
- Orange Classic
- Orange Country Style
- Orange Pulp Free



100% JUICE

- Apple
- Grape
- Orange Country Style
- Orange No Pulp
- Orange with Added Calcium
- Orange Original

Select from these brands



100% JUICE

- Apple Unsweetened
- Orange



100% JUICE

- Apple
- Orange
- Orange with Pulp



100% JUICE

- Apple
- Calcium Orange
- Grape
- Orange
- Orange Country Style
- Pulp Free Orange



100% JUICE

- Apple
- Orange Calcium Enriched
- Orange Country Style More Pulp
- Orange Original
- Orange Pulp Free



100% JUICE

- Apple
- Orange



100% JUICE

- Apple
- Grape
- Orange Original
- Orange Pulp Free

JUICE • Concentrate, Frozen/Shelf Stable

Frozen Concentrate 100% Juice

Select from these brands



100% JUICE

- Apple
- Apple Cherry
- Apple Cranberry
- Apple Passion Mango
- Apple Raspberry
- Apple Strawberry Banana
- Berry Blend
- Black Cherry
- Blueberry Pomegranate
- Cranberry
- Cranberry Pomegranate
- Cranberry Raspberry
- Grape
- Kiwi Strawberry
- Orange
- Orange Banana
- Orange with Calcium
- Pineapple
- Pineapple Orange
- Pineapple Orange Banana
- Strawberry Rhubarb
- White Grape



100% JUICE

- Apple
- Orange Country Style Medium Pulp
- Orange Original
- Orange Pulp Free
- Orange with Calcium



100% JUICE

- Orange



100% JUICE

- Apple



100% JUICE

- Apple
- Orange
- Orange Country Style
- Orange Original
- Orange Pulp Free
- Orange with Calcium

Tipton Grove

100% JUICE

- Apple
- Orange



100% JUICE

- Apple



100% JUICE

- Grape
- White Grape
- White Grape Peach
- White Grape Raspberry



100% JUICE

- Apple with Calcium
- Orange Country Style



100% JUICE

- Apple
- Fruit Fantastic
- Grape
- Tropical Passion

Shelf Stable Concentrate 100% Juice



- Apple
- Autumn Blend
- Grape
- Orange
- Pineapple
- Spring Blend
- Summer Blend



- Cherry Pomegranate

JUICE • Concentrate, Frozen/Shelf Stable

PROTEIN • Peanut Butter

Approved

- ✓ 16-18 oz containers.
- ✓ Natural or organic peanut butter.
- ✓ Less-sugar varieties.
- ✓ Lower-sodium, sodium-free or salt-free varieties.
- ✓ Plain, creamy, crunchy, or chunky.
- ✓ Reduced-fat varieties.

Not Approved

- ✗ Freshly-ground peanut butter.
- ✗ Peanut butter combinations (jelly, chocolate, marshmallow).
- ✗ Peanut butter spread.
- ✗ Peanut butter with artificial sweeteners.
- ✗ Peanut butter with DHA-ARA and/or omega-3 fats.

Select from these brands

Always Save

- Creamy Crunchy



- Creamy
 Creamy Reduced Sugar
 Crunchy

- Natural No Salt Added Creamy

Best Choice

- Natural Creamy
 Creamy
 Crunchy

Better Valu

- Creamy
 Crunchy
 Natural Creamy



- Creamy
 Crunchy

clear value

- Creamy Crunchy

Crazy Richard's

- Creamy
 Creamy Reduced Sugar
 Crunchy
 Natural No Salt Added Creamy

Essential EVERYDAY

- Creamy
 Extra Crunchy

Food Club
SINCE 1945

- Creamy
 Creamy Reduced Sugar
 Crunchy
 Natural No Salt Added Creamy



- Creamy
 Creamy Reduced Sugar
 Crunchy



- Creamy
 Creamy Reduced Sugar
 Crunchy
 Natural No Salt Added Creamy

- Organic Creamy



- Creamy
 Extra Crunchy
 Natural Creamy
 Organic Creamy
 Organic Crunchy
 Natural Creamy

Great Value

- Creamy Crunchy



- Creamy Crunchy

PROTEIN • Peanut Butter

PROTEIN • Peanut Butter

Select from these brands



- Organic Creamy



- Creamy Crunchy



- Creamy Crunchy



- Creamy
- Extra Crunchy



- Classic



- All Natural Creamy
- Creamy
- Creamy Reduced Sugar & Sodium
- Crunchy
- No Stir All Natural Creamy



- Creamy Crunchy



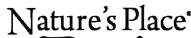
- Creamy
- Organic Creamy



- Creamy Crunchy



- All Natural Creamy
- All Natural Crunchy
- Creamy
- Extra Crunchy



- Creamy Crunchy



- Creamy
- Organic Creamy
- Organic Crunchy



- Creamy Crunchy



- Creamy Crunchy



- Creamy
- Crunchy



- All Natural Creamy
- All Natural Crunchy
- Creamy Crunchy



- Creamy



- Creamy Crunchy



- Creamy
- Creamy Natural
- Crunchy



- Creamy
- Super Chunk



- Natural Creamy
- Natural Crunchy
- Creamy
- Crunchy



- Natural Creamy
- Natural Chunky
- Organic Natural Creamy
- Organic Natural Chunky



- Creamy Crunchy



- Creamy Crunchy



- Creamy
- Crunchy
- Organic Creamy



- Natural Creamy
- Natural Crunchy

PROTEIN • Fish, Eggs, Legumes

Canned Fish for fully-breastfeeding women

Approved

- ✓ 5 oz – 6 oz cans or foil packs.
- ✓ Organic.
- ✓ Pink Salmon: Any brand, plain, unseasoned, packed in water, with or without bones.
- ✓ Chunk-Light Tuna: Any brand, plain, unseasoned, packed in water.

Not Approved

- ✗ Fish with added ingredients.
- ✗ Lunch packs or kits.



Eggs

Approved

- ✓ One dozen container, chicken eggs only.
- ✓ All sizes.
- ✓ All grades.
- ✓ White or Brown eggs.
- ✓ Specialty eggs such as low-cholesterol, cage-free, stress-free, free-range, vitamin-enriched, antibiotic-free, vegetarian-fed-hen, no-growth-hormones, fertile or organic eggs.



Not Approved

- ✗ Powdered, liquid or hard boiled eggs.



Legumes (Beans, peas, and lentils)

Approved

- ✓ 16 oz bag or box.
- ✓ 15 oz – 16 oz cans.
- ✓ Organic dry beans, peas or lentils.

DRY BEANS, PEAS, LENTILS

- ✓ Any type of plain, unseasoned mature dry beans, peas or lentils.

CANNED BEANS, PEAS, LENTILS

- ✓ Any type of plain, unseasoned mature canned beans, peas or lentils.
- ✓ Low-sodium mature canned beans, peas or lentils.
- ✓ Organic canned beans, peas or lentils.

Not Approved

- ✗ Canned beans with meat or added sugars, fat or oils.
- ✗ Frozen legumes (beans, peas or lentils). *May be obtained with cash-value benefits.*
- ✗ Green beans or green peas (canned, fresh or frozen). *May be obtained with cash-value benefits.*
- ✗ Soup mixes.

See Cash-Value Benefits section for more information.

WHOLE GRAINS • Bread

Select from these brands



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat Oval



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Wheat



100% Whole Grain



100% Whole Wheat
 Whole Wheat Country Style



- 100% Whole Wheat
- Jewish Rye Wh Grain
- Whole Wheat Thin Sliced
- Whole Wheat Light
- Whole Wheat Soft
- Whole Wheat Stone Ground
- Wh Grain Wh Wheat
- Whole Grain German Dark Wheat
- Whole Grain Soft Honey Wheat
- Whole Grain Soft Sprouted Grain
- Whole Grain 15 Grain
- Whole Grain Oatmeal
- Whole Wheat Cinnamon Raisin Swirl

Approved

- ✓ 16 oz loaf.
- ✓ 100% whole-grain and/or whole-wheat bread. Organic bread.

Not Approved

- ✗ Bagels, buns or rolls.



100% Whole Wheat



Sungrain 100% Whole Wheat



100% Whole Wheat
 Wh Wheat Honey Flavor



Old Tyme 100% Whole Wheat
 Whole Grain White Wheat



100% Whole Wheat



100% Whole Wheat



Soft 100% Wheat
 Organic Soft 100% Whole Wheat



100% Whole Wheat

WHOLE GRAINS • Brown Rice

Select from these brands

Best Choice

- Boil-in-Bag Instant Brown Rice
- Brown Rice
- Instant Brown Rice



- Instant Brown Rice



- Whole Grain Brown Rice



- Boil-in-Bag Whole Grain Brown Rice
- Brown Rice



- Instant Brown Rice
- Natural Brown Rice



- Boil-in-Bag Instant Brown Rice
- Instant Brown Rice



- Boil-in-Bag Brown Rice
- Long Grain Instant Brown Rice
- Long Grain Natural Brown Rice

- Instant Brown Rice
- Long Grain Brown Rice



- Long Grain Brown Rice

Great Value

- Boil-in-Bag Instant Brown Rice
- Brown Rice
- Instant Brown Rice



- Instant Brown Rice



- Instant Precooked Brown Rice
- Long Grain Brown Rice



- Long Grain Brown Rice

- Brown Rice
- Instant Brown Rice



- Instant Brown Rice



- Brown Rice



- Instant Whole Grain Brown Rice



- Boil-in-Bag Brown Rice
- Long Grain Instant Brown Rice
- Long Grain Natural Brown Rice



- Whole Grain Brown Rice
- Whole Grain Instant Brown Rice

Approved

- ✓ 14 oz – 16 oz bag or box.
- ✓ Plain, whole-grain brown rice.
- ✓ Instant, quick or regular cooking.
- ✓ Organic brown rice.

Not Approved

- * Brown rice with added sugar, fats, oils or salt (sodium).
- * Mixtures of rice.
- * Seasoned or flavored rice.

Publix

- Whole Grain Brown Rice
- Whole Grain Instant Brown Rice



- Long Grain Brown Rice



- Instant Brown Rice



- Boil in Bag Long Grain Brown Rice
- Brown Rice Long Grain
- Instant Boil-in-Bag Brown Rice
- Instant Brown Rice



- Boil-in-Bag Whole Grain Brown Rice

- Natural Whole Grain Brown Rice



- Whole Grain Boil-in-Bag Brown Rice
- Whole Grain Fast & Natural Instant Brown Rice



- Long Grain Brown Rice

WHOLE GRAINS • Cereal



Approved

- ✓ 12 to 36 oz bag or box
- ✓ Organic cereal

Not Approved

- ✗ Single serving packets

Select from these brands



- Toasted Oats



- Toasted Oats



- Bran Flakes
- Frosted Shredded Wheat Bite Size
- Frosted Shredded Wheat Bite Size Strawberry
- Happy O's
- Live Life
- Nutty Nuggets
- Wheat Crisps
- Wheat Flakes



- Corn Flakes



- Whole Grain 2½ Minute



- Bite size shred wheat frosted
- Crispy hexagons cereal
- Crispy rice cereal
- Crunchy oat squares
- Crunchy wheat squares
- Crunchy oat squares
- Multigrain
- Nutty nuggets
- Toasted oats
- Toasted oats
- Wheat bran flakes



- Bite Size Frosted Shredded Wheat
- Corn Flakes
- Essential Choice Bran Flakes
- Essential Choice Oat
- Essential Choice Wheat & Crunchy
- Oatmeal Squares with Brown Sugar
- Toasted Oats
- Wheat Squares



- Bite-Sized Frosted Shredded Wheat
- Bite-Sized Strawberry Frosted Shredded Wheat
- Bran Flakes
- Multigrain Tasteos
- Tasteos
- Simply Living
- Simply Living Oat
- Tasteos Toasted Oat



- Living Well
- Toasted Oats



- Toasted Oats



- Berry Berry Kix
- Blueberry Chex
- Cheerios
- Cheerios 2-pack
- Cinnamon Chex
- Corn Chex
- Honey Kix
- Kix
- Multi Grain Cheerios
- Multi Grain Cheerios 2-pack
- Rice Chex
- Vanilla Chex
- Wheat Chex
- Wheaties
- Whole Grain Total



- Apple Cinnamon
- Honey Nut
- Toasted Oats



- Bran flakes
- Crunchy nuggets
- Crunchy oat squares
- Shredded wheat
- Toasted multi-grain
- Toasted multi-grain Spins
- Toasted wheat
- Toasted whole grain Oat
- Wheat Squares

GRAINS • Breakfast Cereal

Select from these brands



- Enriched Bran Flakes
- Live Wise
- Toasted Oats
- Frosted Shredded Wheat Strawberry
- Nutty Bites
- Oatmeal Squares Brown Sugar



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



- Bite Size Frosted Blueberry Shredded Wheat
- Bite Size Frosted Shredded Wheat
- Bite Size Frosted Strawberry Shredded Wheat
- Bite Size Shredded Wheat
- Bran Flakes
- Nutty Nuggets
- Tasteeos
- Toasted Oats
- Toasted Oats Original



- All-Bran Complete Wheat Flakes
- Corn Flakes
- Frosted Mini-Wheats
- Frosted Mini-Wheats Little Bites
- Frosted Mini-Wheats Touch of Fruit in the Middle Raisin
- Frosted Mini-Wheats Touch of Fruit in the Middle Raspberry
- Mini-Wheats
- Rice Krispies
- Special K
- Special K Protein
- Special K Protein Honey Almond
- Special K Multigrain



- Bite Size Frosted Shredded Wheat
- Bran Flakes
- Rollin' Oats



- Little Bit Nutty
- Toasted Oats
- Toasted Oats Multi Grain
- Wheat Bran Flakes



- Bran Flakes
- Frosted Shredded Wheat
- Nutty Nuggets
- Tasteeos Toasted Oat



- Blueberry Mini Spooners
- Frosted Mini Spooners
- Strawberry Cream Mini Spooners

MARKET PANTRY

- Frosted Shredded Wheat
- Frosted Strawberry Shredded Wheat
- Toasted Oats



- 4 Corner Crunch Original Cereal
- 4 Corner Crunch Original Multi-Grain Cereal
- 4 Corner Crunch Original Oat Cereal
- Frosted Bite Size Shredded Wheat
- High Fiber Bran Flakes
- Multi-Grain Toasted Oats
- Nutty Nuggets
- Strawberry Cream Frosted Bite Size Shredded Wheat
- Toasted Oats



- Bran Flakes
- Grape-Nuts
- Great Grains Banana Nut Crunch
- Honey Bunches of Oats Whole Grain Honey Crunch
- Honey Bunches of Oats Whole Grain with Vanilla Bunches
- Shredded Wheat Honey Nut

Publix

- Bran Flakes
- Frosted Wheat
- Nutty Nuggets
- Original Oat Crunch

GRAINS Breakfast Cereal and Whole Wheat Pasta

Breakfast Cereal

Select from these brands



- Life
- ***Multigrain
- Life
- ***Multigrain
- ***Original

- Life Multigrain ****
- ***Strawberry
- Life Multigrain Vanilla
- Oatmeal Squares Brown Sugar
- Oatmeal Squares Cinnamon
- Oatmeal Squares Golden Maple
- Oatmeal Squares Honey Nut



- Frosted Shredded Wheat Bite Size
- Oat Wise
- Tasteos
- Wheat Bran Flakes
- Wheat Flakes



- Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats
- Wheat Bran Flakes



- Simple Granola



- Bran Flakes
- Corn Flakes
- Wheat Crunch Cereal

Approved

- ✓ 16 oz package.
- ✓ Organic pasta.
- ✓ 100% whole-grain and/or whole-wheat pasta.
- ✓ All shapes.

Not Approved

- * Added sugars, fats, oils or salt (sodium).



WHOLE WHEAT

- Whole Grain Angel Hair
- Whole Grain Elbows
- Whole Grain Penne Pasta
- Whole Grain Spaghetti



WHOLE WHEAT

- Elbow Macaroni
- Penne Rigate
- Rotini
- Spaghetti
- Thin Spaghetti



WHOLE WHEAT

- Angel Hair Organic
- Spaghetti Organic



WHOLE WHEAT

- Elbow Pasta
- Linguini Pasta
- Penne Pasta
- Rotini Pasta
- Thin Spaghetti

WHOLE WHEAT



- Angel Hair
- Penne
- Rotini
- Spaghetti
- Spaghetti
- Whole Grain Penne Pasta
- Whole Grain Thin Spaghetti



WHOLE WHEAT

- Capellini
- Fusilli
- Penne Rigate
- Rigatoni
- Spaghetti

Whole Wheat Pasta

Select from these brands

WHOLE WHEAT



- Spirals
- Veggie Bows
- Whole Grain Angel Hair
- Whole Grain Elbows
- Whole Grain Spaghetti
- Whole Grain Thin Spaghetti



WHOLE WHEAT

- Whole Grain Penne Pasta
- Whole Grain Spaghetti



WHOLE WHEAT

- Rotini
- Spaghetti



WHOLE WHEAT

- Whole Grain Penne Pasta
- Whole Grain Spaghetti



WHOLE WHEAT

- Capellini
- Elbows
- Farfalle
- Linguine
- Penne Rigate
- Rigatoni
- Rotini
- Spaghetti



WHOLE WHEAT

- Whole Grain Linguini
- Whole Grain Penne Rigate
- Whole Grain Rotini
- Whole Grain Spaghetti
- Whole Grain Thin Spaghetti



WHOLE WHEAT

- Whole Grain Penne Pasta
- Whole Grain Spaghetti

WHOLE GRAINS • Tortillas

Tortillas



Approved

- ✓ 16 oz package.
- ✓ Organic tortillas.
- ✓ Soft corn (yellow or white) tortillas.
- ✓ Whole wheat tortillas.
- ✓ Organic.

Not Approved

- ✗ Hard-shelled corn tortillas

Select from these brands

Best Choice.

- Corn Tortillas
- 100% Whole Wheat Tortillas



- 18 Corn Tortillas
- Whole Wheat Tortillas



- White Corn Tortillas
- Yellow Corn Tortillas
- Whole Wheat Tortillas



- White Corn Tortillas



- White Corn Tortillas
- Whole Wheat Tortillas



- 100% Whole Wheat Tortillas



- White Corn Tortillas



- Flour Tortillas Whole Wheat



- Corn Tortillas



- Corn Tortillas
- Grande Corn
- Tortillas Gluten Free

LA BURRITA

- Corn Tortillas



- Wheat Tortillas

MISSION

- 100% Whole Wheat Fajita
- 100% Whole Wheat Medium Soft Taco
- Yellow Corn Extra Thin



- Whole Wheat Tortillas



Not sure if an item is WIC-approved? Shoppers can use the mobile Bnft® App to scan bar codes and identify WIC-approved items while shopping.

DAIRY • Cow's Milk / Cheese



Approved

Cow's milk: Only the type/quantity specified on your WIC food benefits list.

Approved cow's milk types include organic milk.

Gallon, Half Gallon, or Quart

- ✓ Skim (nonfat) milk
(women and children over age 2).
- ✓ 1% (lowfat) milk
(women and children over age 2).
- ✓ 2% (reduced-fat) milk
(if approved by WIC nutritionist).
- ✓ Whole milk
(children under age 2 or prescribed by a physician).



Half gallon

- ✓ Lactose-reduced or lactose-free milk*.
*If approved by WIC nutritionist.
Want this? Contact your local WIC office.



Quart

- ✓ Ultra-High Temperature milk*.
*If approved by WIC nutritionist.
Want this? Contact your local WIC office.



12 oz. can (5 cans count as 1 gallon)

- ✓ Evaporated milk*.
*If approved by WIC nutritionist.
Want this? Contact your local WIC office.

Cheese



Approved

- ✓ 8 oz or 16 oz packages.
- ✓ Block, sliced (wrapped or unwrapped), snack, cubed, shaped, crumbled, strips, sticks, diced, grated, string or shredded.

Any of the following types of cheese or blends of any of these cheeses:

- ✓ Brick.
- ✓ Cheddar.
- ✓ Colby.
- ✓ Monterey Jack.
- ✓ Mozzarella.
- ✓ Muenster.
- ✓ Pasteurized processed American.
- ✓ Provolone.
- ✓ Swiss.
- ✓ Lower-sodium varieties.
- ✓ Reduced-fat and reduced-cholesterol varieties.
- ✓ Organic cheese.

Not Approved

- ✗ Cheese foods.
- ✗ Cheese products.
- ✗ Cheese spreads.
- ✗ Cheese with additions such as wine, nuts, seeds, jalapenos, pimentos, herbs, spices, seasonings or flavorings (wine or smoked).
- ✗ Deli or hoop cheese.

DAIRY • Yogurt

Approved

- ✓ 1 quart (32 oz).
- ✓ Pasteurized.
- ✓ Plain or flavored.
- ✓ Organic yogurt.

Not Approved

- ✗ Drinkable yogurts.
- ✗ Yogurts sold with accompanying mix-in ingredients such as granola, candy pieces, honey, nuts and similar ingredients.
- ✗ Yogurts with artificial sweeteners.

Select from these brands



Nonfat

- Plain
- Vanilla



Whole Milk

- Plain Greek



Whole Milk

- Plain

Low Fat

- Plain

Nonfat

- Plain
- Strawberry Blended
- Vanilla Blended



Low Fat

- Plain
- Vanilla



Whole Milk

- All Natural Plain
- Plain Greek Light & Fit
- Strawberry
- Vanilla

Low Fat

- All Natural Plain
- Strawberry Banana

Nonfat

- Oikos Plain Greek



Nonfat

- Blended Strawberry Vanilla
- Plain

Whole Milk

- Plain Greek



Low Fat

- Plain
- Vanilla

Nonfat

- Vanilla Greek

Whole Milk

- Plain
- Plain Organic
- Vanilla Greek



Low Fat

- Plain
- Vanilla Organic

Nonfat

- Plain
- Vanilla Blend



Whole Milk

- Plain Organic

Whole Milk

- Plain
- Vanilla



Low Fat

- Vanilla All Natural

Nonfat

- Plain All Natural
- Plain Greek
- Vanilla Greek



Low Fat

- Blended Peach
- Blended Plain
- Blended Raspberry
- Blended Strawberry
- Blended Strawberry Banana
- Blended Vanilla

Nonfat

- Plain
- Greek Plain
- Greek Vanilla



Low Fat

- Vanilla

Nonfat

- Plain
- Plain Greek
- Vanilla
- Vanilla Greek
- Vanilla Light



Whole Milk

- Plain Organic



Low Fat

- Plain



Whole Milk

- Plain Original Style
- Vanilla

Nonfat

- Plain



Whole Milk

- Original Style Plain
- Original Style Vanilla

Low Fat

- Low Fat Plain
- Low Fat Vanilla

Nonfat

- Fat Free Plain
- Fat Free Vanilla



Whole Milk

- Organic



Whole Milk

- Organic Plain

Low Fat

- Low Fat Vanilla Vitamin D

Nonfat

- Fat Free Vanilla

DAIRY • Yogurt

Select from these brands

NOSTIMO™

Low Fat

- Vanilla

Nonfat

- Plain
- Vanilla



Low Fat

- Blueberry
- Peach
- Plain
- Strawberry
- Vanilla

Nonfat

- Greek Plain
- Greek Vanilla
- Vanilla



Low Fat

- Vanilla
- Vanilla Greek

Nonfat

- Plain Greek



Whole Milk

- Plain
- Plain Greek
- Vanilla Greek

Low Fat

- Plain
- Vanilla

Nonfat

- Plain
- Plain Greek
- Strawberry Greek
- Vanilla
- Vanilla Greek



Whole Milk

- Plain Greek Organic
- Vanilla Organic
- Vanilla Greek Organic

Low Fat

- Vanilla Organic
- Plain Organic

Nonfat

- Plain Organic
- Plain Greek Organic



Whole Milk

- Plain Organic

TWO GOOD

Low Fat

- Plain Greek



Whole Milk

- Vanilla Bean Organic
- Aussie Greek

Wegmans

Whole Milk

- Plain
- Vanilla

Nonfat

- Plain
- Vanilla

Yoplait

Low Fat

- Original Blueberry
- Original Harvest Peach
- Original Strawberry
- Original Strawberry Banana
- Original Vanilla

Nonfat

- Plain 100 Calories

Soy-based beverage

Select from these brands

Approved Soy-Based Beverages

- ✓ 64 oz containers, unflavored.
- ✓ Organic.

Not Approved

- ✗ Flavored.
- ✗ Containing artificial sweeteners.
- ✗ With DHA/ARA and/or omega-3.

8th CONTINENT

- Original Soy milk

Great Value

- Original Soy milk

Silk

- Original Soy milk

Tofu

Select from these brands

Approved

- ✓ 14 oz – 16 oz pre-packaged
- ✓ Organic

Not Approved

- ✗ Tofu with added fats, sugars, oils or salt (sodium)
- ✗ Tofu with artificial sweeteners

Azumaya

- Extra Firm
- Firm
- Silken

Franklin FARMS

- Extra Firm
- Firm
- Medium Firm
- Soft

House Foods

- Extra Firm
- Firm
- Medium Firm
- Soft

VITASOY

- Firm Tofu
- Soft Tofu
- Sprouted Black Soybean Tofu

25

INFANT • Formula/Meats

Formula

Approved

Only the brand, size, type, and quantity specified on your WIC Food Benefits list.



WIC is here to help you achieve your breastfeeding goals.



Call your local WIC agency today and ask about the breastfeeding services, support, and food packages available to you.

Meats

For fully-breastfeeding infants after 6 months of age

Select from these brands



2.5 oz Glass Jar

- Chicken & Gravy
- Turkey & Gravy



Stage 2 Classics

2.5 oz Glass Jar

- Beef & Beef Broth
- Chicken & Chicken Broth
- Turkey & Turkey Broth



2.5 oz Glass Jar

- Organic Chicken
- Organic Turkey

Approved

- ✓ 2.5 oz containers.
- ✓ Plain meat with gravy or with broth.
- ✓ Organic infant meats.



Not Approved

- ✗ Meat and pasta mixtures.
- ✗ Meat and vegetable mixtures.
- ✗ Infant meats with added sugars or salt (sodium).
- ✗ Infant meats with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics.



Gerber
2nd Foods

2.5 oz Glass Jar

- Beef & Beef Gravy
- Chicken & Chicken Gravy
- Chicken and Turkey
- Ham & Ham Gravy
- Turkey & Turkey Gravy



Stage 2

4 oz Glass Jar

- Beef with Gravy
- Chicken with Gravy
- Turkey with Gravy

INFANT • Fruits & Vegetables

After 6 months of age

Approved

- ✓ Any single fruit or blend of fruits.
- ✓ Any single vegetable or blend of vegetables.
- ✓ Any combination of fruits and vegetables.
- ✓ Organic infant fruits and vegetables 3.5 oz–4 oz containers (single).
- ✓ 2 oz, 3.5 oz, 4 oz containers (2 pack).



Not Approved

- ✗ Infant fruits and vegetables with added sugar, starches or salt (sodium).
- ✗ Infant fruits with artificial sweeteners.
- ✗ Infant fruits with added DHA/ARA, omega-3 fats, prebiotics and/or probiotics.
- ✗ Infant fruits with added sugar, starches or salt (sodium).

Select from these brands



Amounts of baby food benefits

How many packages equals the total amount of the baby food benefits?

Infant Food	Total Food Benefit Amount	Is Equal To
Infant Fruits & Vegetables	128 oz	32 Containers of 4 oz Infant Fruits/Vegetables. 18 2-pack Containers (3.5 oz each/7 oz total) of Infant Fruits/Vegetables 16 2-pack Containers (4 oz each /8 oz total) of Infant Fruits/Vegetables
Infant Food	Total Food Benefit Amount	Is Equal To
Infant Meats	77.5 oz	31 Containers of 2.5 oz Infant Meats

INFANT • Cereal

Cereal after 6 months of age

Approved

- ✓ 8 oz. containers
- ✓ Plain, dry infant cereal
- ✓ Organic infant cereal

Not Approved

- ✗ Infant cereal with added fruit or formula

Select from these brands



8 oz Box or Canister

- Complete Multigrain
- Complete Oatmeal
- Complete Rice
- Multigrain
- Oatmeal
- Rice Cereal



8 oz Box

- Oatmeal
- Rice Cereal



- Organic Whole Grain Rice
- Organic Whole Grain MultiGrain
- Organic Whole Grain Oatmeal



8 oz Box or Canister

- Mixed Grain
- Multi Grain
- Oatmeal
- Rice Cereal
- Whole Wheat

HOME 360™

8 oz Box

- Oatmeal
- Baby Rice



8 oz Box

- Rice Cereal



8 oz Box

- Oatmeal
- Rice Cereal



8 oz Box

- Oatmeal Cereal
- Rice Cereal

Notes

My Receipt

My Grocery Store
5601 Main St.
Mytown, NC

WIC Merchant ID: 1234 Term #: 123
Trace #: 01010101
12/12/2020
Card #: *****1234

1 Gal. Whole Milk	\$3.09
Cereal	\$3.25

Total Balance Due: \$6.34
WIC Benefit Paid: \$6.34
Balance: \$0.00

WIC Balance Remaining
1.00 Gal. Whole Milk
24.00 Oz. Cereal
\$4.73 Fruit and Vegetables

Benefits Expire at 12:00:00 pm on

12/31/2020



State of North Carolina • Department of Health and Human
Services • Division of Public Health • Nutrition Services Branch
www.ncdhhs.gov • www.nutritionnc.com
This institution is an equal opportunity provider.