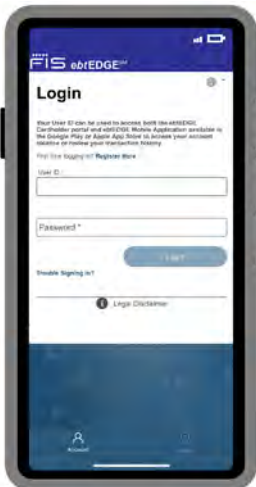


SHOPPING GUIDE FOR HEALTHY FOODS

September 2024



WIC shopping made easy!

Download the ebtEDGESM app



When Benefits Are Available



Things to take shopping:

eWIC card.

Mobile ebtEDGESM app.

This Shopping Guide.

Coupons.

Store discount card.

Reusable grocery bags.

Your grocery list.

Checking Your Benefit Balance



ebtEDGESM App

- Keep your last store receipt.
- Log on to www.ebtedge.com
- Call eWIC Customer Service at (844) 230-0813.
- Check the ebtEDGESM App.
- The ebtEDGESM App gives families access to many benefit and account de .
- The ebtEDGESM 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.

Need help?

For questions about the NC eWIC card:

Use the ebtEDGESM App or call eWIC Customer Service at (844) 230-0813.

For questions about WIC food benefits while grocery shopping:

Use the ebtEDGESM 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.ncdhs.gov/nc-wic-cacfp.

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

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

Retailer: 200003 Time: 4:52 pm
Terminal: 0001103 User: 1000
Sequence: 0317

WIC PURCHASE

Card Account: xxxxxxxxxxx1317
Vendor ID: 08840
Reference Number: 230820170517

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 CHERRIOS	
		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 fl/12 oz C	
6.31	\$\$\$	Fruits and Vegetables	

RESULT: APPROVED
AUTH NUMBER: 125478
TRACE NUMBER: 170517

CARDHOLDER COPY

2

1

2

3

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

eWIC Beginning Balance

PAN: *****0590 State: NC

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

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

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

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



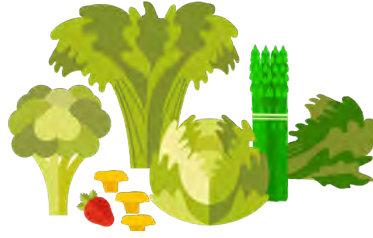
3



Fresh Produce: 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: July/August
- 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



Shopping Tip

If a fresh produce item does not scan at checkout- let the store know so it can be added to their WIC database!

FRUITS

Approved

- 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

Approved

- with no added sugar, fats, or 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.
- ✗ Soups
- ✗ 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.

Juice

Approved

- ✓ 48 oz. and 64 oz. containers of single-strength 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.
- ✓ Organic juice.

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.

Select from these brands



Always Save

- Apple
- Grape



Apple & Eve

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

Apple & Eve continued

- Naturally Cranberry

Sesame Street

- Big Bird's Apple
- Cookie Monster's Berry
- Elmo's Punch 100%
- Grover's White Grape 100%



Best Choice

- Apple
- Berry
- Cherry
- Grape
- Punch
- Grapefruit
- Orange Original
- Orange Pulp Free
- Orange w/ Calcium
- Pineapple
- Tomato
- Vegetable
- White Grape



Bluebird Unsweetened

- Apple
- Grapefruit
- Orange



Campbell's

- Tomato
- Tomato Low Sodium



Diane's Garden

- Vegetable



Essential Everyday

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



Everfresh

- Apple
- Kiwi Strawberry 100%
- Pure Orange



Food Club

- Apple
- Orange
- Orange Calcium Vitamin DX

Food Club continued

- Orange Grove Style
- Orange No Pulp
- Tomato
- Unsweetened Grape
- Unsweetened Apple Cider
- Unsweetened Orange
- Unsweetened Pineapple
- Unsweetened White Grape
- White Grapefruit



Food Lion

- 100% Vegetable
- Apple
- Apple Juice Blend
- Berry Blend
- Cherry
- Cranberry Blend
- Fruit Punch
- Grape
- Grapefruit
- Hot & Spicy 100% Vegetable
- No Pulp-Calcium/Vitamin D Orange
- No Pulp Orange
- Orange
- Orange with Calcium
- Pineapple Blend
- Pineapple Blend
- Tomato
- Vegetable
- White Grape
- White Grape Peach



Freedoms Choice

- Apple
- Grape
- Tomato

Juice



Great Value

- Apple
- Cranberry/Grape
- Cranberry Blend
- Orange
- Grape
- White Grape
- White Grape & Peach



Harris Teeter

- Apple
- Apple Cider
- Cranberry
- Cranberry & Concord Grape
- Cranberry Raspberry
- Cranberry/Red Del. Apple
- Pineapple
- Tomato
- Pure Orange
- Vegetable
- Grape
- Grapefruit
- Orange
- Premium Apple
- White Grape
- White Grape Peach Blend



Hy Top

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



IGA

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



Juicy Juice

- Apple
- Apple Raspberry
- Berry
- Cherry
- Cranberry Apple
- Fruit Punch
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Passion Dragonfruit

Juicy Juice continued

- Peach Apple
- Strawberry Banana
- Strawberry Watermelon
- Tropical
- White Grape

Organics

- Apple
- Fruit Punch



Langers

- Apple
- Apple Berry Cherry
- Apple Cranberry
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange Pineapple
- Apple Peach Mango
- Autumn Blend
- Grape
- Harvest Apple Plus
- Orange
- Orange Blend
- Pineapple
- Red Grape
- Ruby Red Grapefruit
- Spicy Veg With Serrano Chili Peppers
- Tomato
- Spring Blend
- Summer Blend
- Vegetable
- Vegetable Low Sodium
- White Grape

Disney

- Apple Cranberry Grape
- Apple Grape
- Berry Blend
- Fruit Punch



Laura Lynn

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



Libby's

- Pineapple



Lowes Foods

- Cranberry Blend
- Country Style Orange
- Grape
- Orange
- Orange Calcium & Vitamin D
- Orange Grove Select with Pulp
- Orange Original No Pulp
- Orange Pulp Free
- Orange with Cal/Vit D
- Unsweetened Apple
- White Grape



Market Pantry

- Apple
- Grape
- Apple Cider
- Calcium/Vit D Orange Pulp Freed
- Pulp Free Orange
- Some Pulp Orange
- Spiced Apple Cider
- White Grape



Morning Fresh

- Pure Orange
- Pure Orange Country Style
- Pure Orange Original
- Orange From Concentrate



Mott's

- Apple
- Apple Cherry
- Apple Mango
- Apple White Grape
- Fruit Punch

Sensibles

- Apple



My Essentials

- Apple
- Orange
- Orange with Calcium



Natalie's

- Squeezed Fresh Florida Orange



Natural Country

- Orange



Northland

- Cranberry



Ocean Spray

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



Old Orchard

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

Juice

Frozen, Concentrate

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



- Always Save
 Apple
 Orange



- Best Choice
 100% Apple
 Country Style with Extra Pulp
 Orange Original
 Orange Pulp Free
 Orange with Calcium



- Best Yet
 Apple
 Calcium Fortified 100% Orange
 Classic 100% Orange
 Country Style 100% Orange
 Pulp Free 100% Orange



- Cascadian Farm
 Organic Orange



- Essential Everyday
 Apple
 Country Style Orange
 Grape
 No Pulp Orange
 Orange with Calcium
 Original Orange



- Food Club
 Grape
 Orange Concentrate
 Unsweetened Apple Concentrate



- Food Lion
 Apple
 Orange
 Orange with Pulp



- Freedom's Choice
 Apple
 Orange
 Orange No Pulp
 Orange Country Style
 Orange with Calcium



- Goya
 Orange



- Great Value
 100% Apple
 100% Calcium Orange
 100% Country Style Orange
 100% Grape
 100% Orange
 100% Pulp Free Orange



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



- Hy Top
 100% Apple
 100% Orange



- Market Pantry
 100% Apple
 100% Grape
 Original Orange 100%
 Pulp Free Orange 100%



- Minute Maid
 Original Orange



- My Essentials
 Apple
 Orange
 Orange with Calcium
 Orange with Pulp



- Old Orchard
 100% Apple Kiwi Strawberry
 100% Apple Raspberry
 100% Apple Cranberry
 100% Apple Passion Mango
 100% Apple Strawberry Banana
 100% Berry Blend
 100% Black Cherry Cranberry
 100% Blueberry Pomegranate
 100% Cranberry Pomegranate
 100% Cranberry Raspberry
 100% Grape
 100% Orange
 100% Orange with Calcium
 100% Pineapple
 100% Pineapple Orange
 100% Strawberry Rhubarb
 100% White Grape
 Pineapple Orange Banana



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



- Publix
 Orange



- SE Grocers
 Apple
 Grape
 Orange
 Orange Pulp Free
 Orange With Calcium
 Unsweetened Pineapple



- Seneca
 100% Apple



- Southern Home
 Apple 100%
 Country Style Orange 100%
 Original Orange 100%
 Pulp Free 100% Orange
 With Calcium 100% Orange
 Texsun 100% Juice
 Apple
 Orange
 Orange Pineapple



- Tipton Grove
 100% Apple
 100% Orange



- Tree Top
 100% Apple



- Wegmans
 100% Apple with Calcium
 100% Orange Country Style
 Apple
 Orange



- Welch's
 100% Concord Grape with Fiber
 100% Grape
 100% White Grape
 100% White Grape Cherry
 100% White Grape Peach
 100% White Grape Raspberry



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 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.

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.

Canned Fish

for women who fully breastfeed

Approved

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

Not Approved

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

Peanut Butter

Approved

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

Not Approved

- ✗ Freshly-ground peanut butter.
- ✗ Peanut butter combinations (jelly, chocolate, marshmallow).
- ✗ Peanut butter spread.
- ✗ Peanut butter with artificial sweeteners.

Select from these brands



- Always Save
- Creamy
 - Crunchy



- Avenue A
- Creamy Reduced Fat
 - Creamy
 - Crunchy



- Best Choice
- Natural Creamy
 - Creamy
 - Crunchy



- Better Valu
- Creamy
 - Crunchy



- Cha-Ching
- Creamy
 - Crunchy



- Clear Value
- Creamy
 - Crunchy



- Crazy Richards
- 100% Peanuts Creamy
 - 100% Peanuts Crunchy



- Essential Everyday
- Creamy
 - Extra Crunchy



- Food Club
- Creamy
 - Creamy Natural No Salt Added
 - Creamy Reduced Sugar
 - Crunchy

Peanut Butter



- Food Lion
 Creamy
 Creamy Reduced Sugar
 Crunchy



- Freedom's Choice
 Creamy
 Crunchy



- Full Circle Organic
 Creamy No Sugar Added
 Crunchy



- Good & Gather
 Creamy
 Extra Crunchy
 Natural
 Natural Creamy
 Organic Creamy
 Organic Crunchy



- Great Value
 Creamy
 Crunchy
 Organic Stir, Creamy
 Organic Stir, Crunchy



- Harris Teeter
 Creamy
 Crunchy



- Harvest Farms
 Organic Creamy



- Hy-Top
 Creamy
 Crunchy



- IGA
 Creamy
 Crunchy



- Jif
 Creamy
 Extra Crunchy



- Justin's
 Classic



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



- Lowes Foods
 Creamy
 Crunchy



- Made With
 Creamy



- MaraNatha
 Organic Creamy No Sugar Added
 Organic, Creamy
 Creamy



- Market Pantry
 All Natural Creamy
 All Natural Crunchy
 Creamy
 Extra Crunchy



- My Essentials
 Creamy
 Crunchy



- Nature's Place
 Creamy
 Crunchy



- Nature's Promise
 Creamy
 Organic Creamy
 Organic Crunchy



- Once Again
 Creamy Natural
 Organic Creamy



- Our Family
 Creamy
 Creamy Natural
 Crunchy
 Reduced Salt/Sugar Creamy



- Panner
 Creamy
 Crunchy



- Peter Pan
 Creamy
 Crunchy
 Natural Creamy



- Publix
 All Natural Creamy
 All Natural Crunchy
 Creamy
 Crunchy



- Reese's
 Creamy



- Santa Cruz Organic
 Dark Roasted
 Light Roasted



- SE Grocers
 Organic Natural Crunchy
 Creamy
 Crunchy
 Natural Creamy
 Naturally Better Organic



- Shoppers Value
 Creamy
 Crunchy



- ShurFine
 Creamy Natural
 Creamy
 Crunchy



- Simple Truth Organic
 Creamy
 Crunchy



- Skippy
 Creamy
 Super Chunk



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



- SE Grocers
 Naturally Better Organic



- Southern Home
 Natural Creamy
 Natural Crunchy
 Creamy
 Crunchy



- That's Smart!
 Creamy
 Crunch



- Valu Time
 Creamy
 Crunchy



- Wegmans
 Creamy
 Crunchy
 Organic Creamy



- Wild Oats
 Natural Creamy
 Natural Crunchy

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.

Select from these brands



Ben's Original

- Boil In Bag Whole Grain Brown Rice
- Instant Whole Grain Brown Rice
- Whole Grain Brown Rice



Best Choice

- Boil-In-Bag Instant Brown Rice
- Brown Rice
- Instant Rice Brown Rice



Best Yet

- Instant Brown Rice



Blue Ribbon

- Whole Grain Brown Rice



C & F Foods

- Boil-In-Bag Whole Grain Brown Rice
- Brown Rice



Essential Everyday

- Instant Brown Rice
- Natural Brown Rice



Food Club

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



FOOD LION Food Lion

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



FREEDOM'S CHOICE

Freedom's Choice

- Instant Brown Rice
- Long Grain Brown Rice



Good & Gather

- Instant Brown Rice
- Long Grain Brown Rice



Goya

- Brown Rice



Great Value

- Boil-In-Bag Instant Brown Rice
- Brown Rice
- Instant Brown Rice



Gulf Pacific

- Long Grain Brown Rice
- Instant Brown Rice



Harris Teeter

- Boil-In-Bag Brown Rice
- Instant Brown Rice
- Organic Long Grain Brown Rice
- Whole Grain Brown Rice



Hy Top

- Instant Precooked Brown Rice
- Long Grain Brown Rice



IGA

- Long Grain Brown Rice



Laura Lynn

- Brown Rice
- Instant Brown Rice



Lowes Foods

- Long Grain Brown Rice
- Instant Brown Rice



Mahatma

- Brown Rice



Minute

- Instant Whole Grain Brown Rice



My Essentials

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



Our Family

- Brown Rice
- Instant Brown Rice



Publix

- Whole Grain Brown Rice
- Whole Grain Instant Brown Rice

□



Rice On The Side

- Instant Brown Rice
- Long Grain Brown Rice



SE Grocers

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



Shur Fine

- Instant Brown Rice



Simple Earth

- Whole Grain Brown Rice



Southern Home

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



Success

- Boil-In-Boil Bag Whole Grain Brown Rice



Uncle Ben's

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



Wegmans

- Long Grain Brown Rice

Breakfast Cereal

Approved

- ✓ 11.8/12 oz. or larger size.
- ✓ Bag or box.
- ✓ Organic.

Not Approved

- * Single serving packets

Select from these brands



- 123 Sesame Street
- 123 Berry
 - 123 C Is For Cinnamon



- Always Save
- Frosted Shredded Wheat
 - Toasted Oats



- Avenue
- Toasted Oats



- Best Choice
- Bran Flakes
 - Frosted Shredded Wheat Bite Size Straw
 - Frosted Wheat Bite Size
 - Happy O's
 - Live Life @ 100%
 - Nutty Nuggets
 - Wheat Crisps
 - Wheat Flakes



- Better Valu
- Corn Flakes



- Cream Of Wheat
- Whole Grain 2 1/2 Minute



- Essential Everyday
- Bite Size Shredded Wheat Frosted
 - Crispy Hexagons
 - Crispy Rice
 - Crunchy Oat Squares
 - Crunchy Wheat Squares
 - Crunchy Oat Squares
 - Multigrain
 - Nutty Nuggets
 - Toasted Oats
 - Wheat Bran Flakes



- Food Club
- Bite Size Frosted Shredded Wheat
 - Bite Size Frosted Shredded Wheat Whole Grain
 - Corn Flakes
 - Oatmeal Squares With Brown Sugar
 - Regular Instant Oatmeal
 - Straw Frosted Shredded Wheat
 - Toasted Oats
 - Wheat Squares

Essential Choice

- Bran Flakes
- Oat
- Wheat & Crunchy



- Food Lion
- Bite Size Frosted Shredded Wheat
 - Bitesize Strawberry Frosted Shredded Wheat
 - Bran Flakes
 - Easy Living Oat Squares
 - Multigrain Tasteos
 - Regular Instant Oatmeal
 - Simply Living Oat
 - Tasteos Toasted Oat



- Freedom's Choice
- Bran Flakes
 - Frosted Shredded Wheat
 - Toasted Oats.



- Fred Meyer
- Toasted Oats



- Fry's
- Toasted Oats



- General Mills
- Berry Berry Kix
 - Blueberry Chex
 - Cheerios
 - Cheerios Organic
 - Cheerios 2 Pack
 - Cheerios with Strawberry
 - Cheerios Vanilla Spice
 - Cinnamon Chex
 - Corn Chex
 - Dora The Explorer Honey Kix
 - Kix
 - Multi Grain Cheerios
 - Multi Grain Cheerios with Strawberry
 - Rice Chex
 - Vanilla Chex
 - Vanilla Spice Cheerios
 - Wheat Chex
 - Wheaties
 - Whole Grain Total



- Grain Berry
- Apple Cinnamon
 - Cinnamon Frosted
 - Honey Nut
 - Toasted Oats



- Great Value
- Bran Flakes
 - Crunchy Nuggets
 - Crunchy Oat Squares
 - Shredded Wheat
 - Toasted Multi-Grain
 - Toasted Wheat
 - Toasted Whole Grain Oat
 - Wheat Squares



- Hannaford
- Bran Flakes
 - Frosted Shredded Wheat
 - Nutty Nuggets
 - Original Instant Oatmeal
 - Straw Frosted Shredded Wheat
 - Tasteos Toasted Oat
 - Toasted Wheat
 - Wheat Flakes



- Harris Teeter
- Enriched Bran Flakes
 - Frosted Shredded Wheat Strawberry
 - Instant Oatmeal
 - Live Wise
 - Live Wise Crispy Oat Squares
 - Nutty Bites
 - Oatmeal Squares Brown Sugar
 - Toasted Oats



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



- IGA
- 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
 - Original Toasted Oats
 - Tasteos
 - Toasted Oats



- Kashi Organic
- Blueberry Cluster
 - Honey Toasted
 - Warm Cinnamon

Notes

Breakfast Cereal



Kelloggs

- All Bran Complete Wheat Flakes
- Complete Bran
- Corn Flakes
- Corn Flakes Cinnamon

Frosted Mini Wheats

- Bite Size Strawberry
- Bite Size Pumpkin Spice
- Blueberry
- Blueberry Muffin
- Chocolate
- Cinnamon
- Cinnamon Roll
- Chocolate
- Filled Mixed Berry
- Golden Honey
- Little Bites
- Mixed Berry
- Original
- Original Little Bites
- Pumpkin Spice
- Strawberry
- Touch Of Fruit Raisin
- Touch Of Fruit Raspberry
- Special K Banana
- Special K Original



Kiggins

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



Laura Lynn

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



Lowe's Foods

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



Malt O Meal

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

Malt-O-Meal continued

- Frosted Shredded Wheat
- Frosted Strawberry Shredded Wheat
- Toasted Oats
- Blueberry Mini Spooners
- Frosted Mini Spooners
- Strawberry Cream Mini Spooners



Market Pantry

- Frosted Shredded Wheat
- Frosted Strawberry Shredded Wheat



My Essentials

- Frosted Shredded Wheat
- Multigrain Tasteos
- Strawberry Shredded Wheat
- Tasteos Toasted Oat



Our Family

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



Piggly Wiggly

- Enriched Bran Flakes
- Frosted Shredded Wheat
- Toasted Oats



Post

- Grape-Nuts
- Great Grains Banana Nut Crunch
- Great Grains Crunchy Pecan

Post continued

- Honey Bunches Of Oats Vanilla
- Honey Bunches Of Oats Whole Grain Honey Crunch
- Shredded Wheat Honey Nut



Publix

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



Quaker

- Instant Oatmeal
- Life Multigrain Strawberry
- Life Multigrain Vanilla
- Life Original Multigrain
- Oatmeal Squares Golden Maple



Ralston

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



SE Grocers

- Essentials Toasted Oats
- Frosted Shredded Wheat
- Original Instant Oatmeal
- Oat Squares
- Wheat Bran Flakes



Shur Fine

- Bran Flakes
- Frosted Bite Size Shredded Wheat
- Lively Oats
- Nutty Crunchers
- Toasted Oats
- Wheat Squares



Southern Home

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



Sunbelt Bakery

- Simple Granola



Wegmans

- Bran Flakes
- Corn Flakes
- Wheat Crunch

Oatmeal



Food Club

- Regular Instant



Food Lion

- Regular Instant



Harris Teeter

- Original Instant



Our Family

- Original Instant Oatmeal



Publix

- Original Instant Oatmeal



Quaker

- Original Instant Oatmeal
- Multigrain Original
- Cinnamon Squares
- Golden Maple Squares
- Brown Sugar Squares



SE Grocers

- Original Instant

Soy-based Beverage

Approved

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

Not Approved

- * Flavored.
- * Containing artificial sweeteners.

Select from these brands



8th Continent
 Soymilk Soy-Based Beverage

Great Value

Great Value
 Original Soymilk

Silk

Silk
 Original Soymilk

Tofu

Approved

- ✓ 14 oz. – 16 oz.
- ✓ Organic.

Not Approved

- * Tofu with added fats, sugars, oils or salt (sodium).

Select from these brands

Azumaya

- Azumaya
- Extra Firm
 - Firm
 - Extra Firm
 - Silken

Franklin Farms

- Franklin Farms
- Extra Firm
 - Firm
 - Medium Firm
 - Organic Firm
 - Soft

GreenWise

- Greenwise Organic
- Extra Firm
 - Firm

House Foods

- House Foods
- Extra Firm
 - Firm
 - Medium Firm
 - Soft

Nasoya Organic

- Extra Firm

Vitasoy

- Firm
- Soft
- Sprouted Black Soybean

Milk

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.
- ✓ Provolone.
- ✓ Swiss.
- ✓ Lower-sodium varieties.
- ✓ Reduced-fat and reduced-cholesterol varieties.
- ✓ Organic cheese.
- ✓ Pasteurized processed American.

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.

Yogurt

Approved

- ✓ Total package size 16 or 32 oz.
- ✓ Pasteurized.
- ✓ Plain or flavored.
- ✓ Organic.

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



Avenue A

- Greek Nonfat Plain
- Greek Nonfat Vanilla

Brown Cow

- Whole Milk Plain
- Whole Milk Vanilla



Cabot Creamery

- Greek Plain
- Greek HMadagascar Vanilla Cinnamon
- Plain Greek Low Fat
- Plain Greek Nonfat
- Strawberry Blended Greek
- Vanilla Blended Greek
- Whole Milk Plain Greek
- Zero Sugar Strawberry Nonfat
- Zero Sugar Vanilla Nonfat

Chobani

Chobani

- Greek Honey Vanilla Reduced Fat
- Nonfat Greek



Coburn Farms

- Plain Low Fat
- Vanilla Low Fat



Dannon

- All Natural Plain
- Light & Fit Greek Plain

Dannon continued

- Strawberry
- Strawberry Banana
- Vanilla
- Plain Greek
- Whole Milk Strawberry
- Whole Milk Vanilla

Activia Low/Non Fat

- Black Cherry
- Blueberry
- Fruit Bottom Pineapple Coconut
- Fruit Fusion Blue Blackberry
- Fruit Fusion Cherry Vanilla
- Fruit Fusion Peach Mango
- Fruit Fusion Strawberry/Raspberry
- Lactose Free Strawberry
- Light Blueberry Nonfat
- Light Peach Nonfat
- Light Strawberry Nonfat
- Light Vanilla Nonfat
- Low Fat Lactose Free Strawberry
- Mango
- Mixed Berry
- Peach
- Peach Nonfat
- Prunes
- Strawberry
- Strawberry Banana
- Vanilla
- Vanilla Nonfat

Oikos

- Plain Greek
- Pro Plain
- Vanilla Bean Greek Nonfat



Essential Everyday

- Blended Peach Low Fat
- Plain Low Fat
- Raspberry Low Fat
- Strawberry Banana Low Fat
- Strawberry Low Fat
- Plain Nonfat
- Greek Plain Nonfat
- Greek Vanilla Nonfat
- Vanilla Low Fat



Fage

- Nonfat Plain



Food Club

- Blended Strawberry Low Fat
- Fat Free Plain
- Low Fat Vanilla
- Greek Nonfat
- Greek Nonfat Vanilla



Food Lion

- Low Fat Plain
- Low Fat Vanilla
- Nonfat Greek Plain
- Nonfat Greek Vanilla
- Nonfat Strawberry
- Whole Greek Plain

Great Value

- Lowfat Vanilla



Harris Teeter

- Greek Nonfat Plain
- Greek Nonfat Vanilla Blend
- Greek Whole Milk Vanilla
- Nonfat Plain
- Organics Low Fat Vanilla
- Organics Whole Milk Plain
- Reduced Fat Greek
- Whole Milk Plain



Hawthorne Valley

- Organic Plain Whole Milk



LALA Lowfat

- Mango
- Plain
- Strawberry
- Vanilla



Laura Lynn

- Fat free Nonfat All Natural Plain
- Greek Nonfat Plain
- Greek Nonfat Vanilla

Laura Lynn continued

- Greek Whole Milk
- Low Fat Vanilla All Natural Whole Milk Plain
- Whole Milk Vanilla



Lowes Foods

- Greek Nonfat Plain
- Greek Nonfat Vanilla
- Light Nonfat Vanilla
- Low Fat Vanilla
- Nonfat Plain
- Nonfat Vanilla
- Low Fat Vanilla



Maple Hill

- Organic Plain Whole Milk



Market Pantry

- Plain Nonfat



Morning Fresh

- Low Fat Vanilla Nonfat Plain
- Whole Milk
- Fat Free Plain
- Fat Free Vanilla
- Low Fat Plain
- Low Fat Vanilla
- Original Style Plain
- Original Style Vanilla



Nancy's

- Organic Whole Milk



Nature's Promise

- Organic Greek Nonfat Vanilla
- Organic Greek Whole Milk
- Organic Low Fat Vanilla Vitamin D
- Organic Whole Milk Plain

NOSTIMO

- Nostimo Greek Nonfat Plain
- Greek Nonfat Vanilla



Oikos

- Plain Greek Nonfat
- Vanilla Bean
- Nonfat Vanilla
- Nonfat Vanilla
- Peach Low Fat Plain
- Nonfat Strawberry
- Low Fat Vanilla
- Plain Whole Milk



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.

Formula

Approved

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

Infant 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



Baby Basics

- Oatmeal
- Rice



Beech-Nut

- Complete Multigrain
- Complete Oatmeal
- Golden Corn
- Multigrain
- Oatmeal
- Organics Oatmeal Whole Grain



Comforts for Baby

- Oatmeal
- Rice



Earth's Best Organic

- Whole Grain Multigrain
- Whole Grain Oatmeal
- Whole Grain Rice



Gerber

- Mixed Grain
- Multigrain
- Oatmeal
- Organic Oatmeal
- Organic Rice
- Rice
- Whole Wheat



Home 360

- Baby Rice
- Oatmeal



Kuddles

- Rice



Tippy Toes

- Oatmeal
- Rice



Up & Up

- Oatmeal
- Rice

Infant Meats for fully-breastfeeding infants after 6 months of age

Approved

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

Not Approved

- ✗ Meat and pasta mixtures
- ✗ Meat and vegetable mixtures.
- ✗ Infant meats with added sugars or salt (sodium).

Select from these brands



Baby Basics

- Chicken with Gravy
- Turkey with Gravy



Beech-Nut

- Classics Beef & Beef Broth
- Classics Chicken & Chicken Broth
- Classics Turkey & Turkey Broth
- Variety Pack 12 Count



Earth's Best

- Organic Chicken
- Organic Turkey



Gerber

2nd Foods

- Beef & Beef Gravy
- Chicken & Chicken Gravy
- Ham & Ham Gravy
- Pureed Classic Variety Pack
- Sampler Pack
- Turkey & Turkey Gravy
- Variety Pack, Chicken and

Infant Fruits & Vegetables after 6 months of age

Approved

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

Not Approved

- * Infant fruits or vegetables with added sugar, starches, or salt (sodium),
- * Infant fruits with artificial sweeteners.

Select from these brands



Baby Basics

- Apple Banana
- Apple Blueberry
- Apple Mango
- Apple Strawberry
- Applesauce
- Carrots
- Mixed Vegetables
- Pears
- Squash
- Sweet Potato



Beech-Nut

- Apple Mango Carrot
- Apple Peach & Strawberry
- Apple Sweet Potato & Pineapple
- Banana, Apple & Blueberries
- Banana, Apple & Strawberry
- Banana, Pear & Sweet Potato
- Carrot, Zucchini & Pear
- Chiquita Bananas
- Peach, Apple & Banana
- Pear, Banana & Raspberry
- Pear, Mango & Squash

Beech-Nut continued

- Pumpkin, Zucchini & Apple
- Squash, Peas & Pears
- Veggies 9 Pouches Variety Pack
- Zucchini, Spinach & Banana

Naturals

- Apple, Kale
- Apple, Pumpkin, Cinnamon
- Banana Apple Blueberry
- Banana Blueberry Avocado
- Banana, Blueberries, Green Beans
- Beet, Pear, Pomegranate
- Fruit & Veg Variety Pack 16 Pack
- Bananas
- Bartlett Pears
- Butternut Squash
- Carrots
- Green Beans
- Honeycrisp Apple
- Prunes
- Sugar Snap Peas
- Sweet Potatoes
- Apple & Blackberry
- Apple & Strawberry
- Banana Orange Pineapple
- Carrot Corn Pumpkin
- Guava Pear & Strawberry
- Mango Apple Avocado
- Pear Blueberry
- Peas Green Beans Asparagus
- Pineapple Pear Avocado
- Sweet Corn & Green Beans
- Spinach Zucchini Peas
- Sweet Potato Squash Peas

- Organic
- Apple
- Apple Kiwi & Spinach
- Apple Raspberries & Avocado
- Banana
- Banana, Blueberry & Avocado
- Banana Mango & Sweet Potato
- Butternut Squash & Sweet Corn
- Carrots
- Pear
- Pear Kale & Cucumber
- Prunes
- Pumpkin
- Sweet Potato

Organics

- Apple
- Apple Kiwi & Spinach
- Apple Raspberries & Avocado
- Banana
- Banana, Blueberry & Avocado
- Banana Mango & Sweet Potato
- Butternut Squash & Sweet Corn
- Carrots
- Pear
- Pear Kale & Cucumber
- Prunes
- Pumpkin
- Sweet Potato

Beech-Nut continued

Classics

- Apple & Banana
- Apple & Blueberry
- Apple & Cherry
- Apple, Mango & Kiwi
- Apple, Pear & Banana
- Apples
- Apricot, Pear & Apple
- Banana & Mixed Berry
- Banana & Strawberry
- Corn & Sweet Potatoes
- Garden Vegetables
- Green Beans
- Mango
- Mixed Vegetables
- Peaches
- Pear & Pineapple
- Pear & Raspberry
- Pears
- Squash
- Sweet Carrots
- Sweet Peas
- Sweet Potatoes
- Sweet Potatoes



Comforts For Baby

- Banana
- Banana Blackberry Puree



Earth's Best Organic

- Apple Sweet Pot Pumpkin & Blueberry
- Butternut Squash Pear
- Apple Butternut Squash
- Apple Strawberry
- Apple & Apricots
- Apple & Blueberries
- Apple & Plums
- Apple
- Banana Blueberry
- Banana Mango
- Banana Peach Raspberry
- Bananas
- Carrots
- Corn & Butternut Squash
- Orange Banana
- Pears & Mangos
- Pears & Raspberries
- Pears
- Peas
- Prunes
- Pumpkin Apple
- Sweet Potato & Beets
- Sweet Potatoes
- Sweet Potatoes Apricot
- Winter Squash



Gerber 1st & 2nd

- Apple
- Apple Avocado
- Apple Blueberry
- Apple Blueberry
- Apple Peach Squash
- Apple Strawberry Banana
- Apple Strawberry Rhubarb
- Applesauce
- Apples
- Apples & Cherries
- Apricot Mixed Fruit
- Banana
- Banana Carrot Mango
- Banana Mixed Berries
- Banana Orange Medley
- Banana Plum Grape
- Bananas With Apples & Pears
- Butternut Squash
- Carrot Mango Pineapple
- Carrot Pear Blackberry
- Carrots
- Farmers Market Favorite Fruit & Veg Puree Variety Pack
- Fruit & Veggies Puree Classics Sampler Pack
- Garden Vegetables
- Green Beans
- Mangos
- Mixed Vegetables
- Organic Pear
- Pea
- Peach
- Peaches
- Pear
- Pear Pineapple
- Pear Squash
- Pear Zucchini Corn
- Pear Parsnip Blueberry
- Peas
- Prune
- Prunes With Apples
- Pumpkin
- Pumpkin Banana
- Squash Apple Corn
- Super Blends Fruit & Veg Puree Variety Pack
- Sweet Potatoes
- Sweet Potato Apple Pumpkin
- Sweet Potato Mango Kale
- Sweet Potatoes & Corn
- Tropical Adv. Puree Favorite Variety Pack
- Variety Pack



NC Department of Health and Human Services
Division of Child and Family Well-Being
Community Nutrition Services Section • www.ncdhhs.gov/nc-wic-cacfp
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