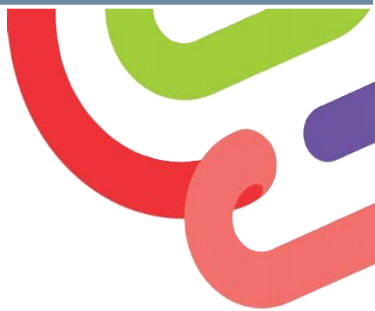


GUAM WIC SHOPPING GUIDE




Effective 10/01/2025

WIC Participant Responsibilities:

Before you shop:

1. Check your WIC food benefit balance.
2. Shop only at WIC- authorized stores see page 27. WIC staff shall provide you with the list of Authorized WIC vendors. Look for the “We Accept eWIC” sign at the grocery store.

Shop for your WIC foods:

1. Buy what you need. You do not have to buy all your foods at one time. You can buy foods and quantities listed on the balance summary given to you at the WIC clinic or the balance section of the eWIC receipt.
2. Look for the  label when you shop.
3. Use your WIC Shopping Guide or Guam EzWIC App to see if a food is WIC-approved.

At check-out:

1. Have your eWIC card and PIN ready to use.
2. Look for a WIC sign on the cash register to know it accepts eWIC card purchases. You cannot use self-checkout with your eWIC card.
3. Separate your WIC foods from other grocery items.
4. Before scanning any of the foods, tell the cashier right away that you are using an eWIC card.
5. When the cashier tells you, slide your eWIC card or give your eWIC card to the cashier. Keep your eWIC card for the next time you shop.
6. Enter your PIN and press the “ENTER” button on the keypad.
7. The amount of approved food items and dollar amount of fruits and vegetables you purchase will be deducted from your eWIC account.
8. The cashier will give you a receipt, which you keep to know your remaining balance and the dates benefits expire.
9. If you will be using both SNAP and eWIC at the store, use your eWIC card first and then use your SNAP card. Keep your eWIC card safe .

WIC Authorized Vendors may not have all the brands listed and/or pictured in this shopping guide.

WIC Program Participant Rights & Obligations

GUAM WIC PROGRAM'S PLEDGE TO YOU:

Health Information.

- WIC provides helpful tips on nutrition and active living.
- WIC supports and helps with breastfeeding.

Fair Treatment.

- The WIC rules are the same for everyone regardless of race, color, national origin, age, disability, or sex.
- You have the right to appeal decisions made by the WIC Program about your eligibility.
- WIC will contact your healthcare provider to discuss nutritional needs for you and/or your child upon your request.
- If you do not understand your Rights & Obligations, you have the right, at anytime, to ask a WIC staff member to explain them to you.

Healthy Foods.

- WIC provides your family with food benefits to buy healthy foods.

Help getting enrolled in services.

- If you move to a different area, your WIC information may be shared with the new WIC agency.
- WIC provides referrals to health and social services that may help your family.

YOUR PLEDGE TO THE GUAM WIC PROGRAM:

Honesty.

- Do not sell or trade WIC food benefits, such as infant formula (the intention alone could be grounds for removal from the program). If WIC determines that you have attempted to sell or had intentions to sell any benefits (food or formula) verbally, in print, or online through any type of social media, you will be subject to disqualification from the program.
- To participate in only one WIC clinic at a time. If I move, I can ask for a transfer paper. Certification at more than one WIC site will result in disqualification.
- eWIC cards are unique to you and are not to be changed/altered.

Accurate Information.

- Provide the most current and truthful information (WIC staff may verify that this information is correct).

Good Use of the Program.

- Be courteous and respectful towards the WIC staff and WIC vendors.
- Following the rules of the WIC Program is important to avoid being prosecuted, disqualified (for abuse of food benefits, falsification of information, etc.), and/or asked to repay the program.

Protect your benefits.

- Keep your eWIC card safe and secure.



- [illegible]



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CHEESE



Block cheese, 8 oz. or 16 oz.

Approved brands of the following cheese types:

Brick

Cheddar (natural, mild, medium, sharp, extra sharp)

Colby

Colby Jack

Monterey Jack

Mozzarella (Whole/Part Skim)

Muenster

Provolone

Swiss

Cheese blends of the types above are allowed.



Mozzarella string style
(16 oz. package only)

CANNOT BUY

- Cream cheese or Parmesan cheese
- Diced, grated, sliced, or shredded cheese
- Organic cheese
- Cheese spread
- Cheese with added hot peppers or spices

TOFU

Any texture (soft, medium firm, firm, or extra firm)

Approved brands: 14 and 16 oz. block, water-packed



Tip: Choose 16 oz. tofu packaging to maximize your full benefits.

CANNOT BUY: Tofu with added fats, sugars, oils or sodium

YOGURT

1% Low Fat or Non-Fat Milk Yogurt (Plain or Flavored)

1% Low Fat or Non-Fat Milk, 32 oz.



Approved brands:

Dannon (Light & Fit Greek Vanilla)
Essential Everyday
Nancy's
Stoney Field
Mountain High
Mountain High, Low Fat Vanilla
Yoplait

Yogurt, 6 oz. single serve



Approved brands:

Yoplait Light Blueberry
Yoplait Light Strawberries & Bananas (nonfat)
Yoplait, Light Strawberry
Yoplait Light Harvest Peach (nonfat)
Yoplait Light, Boston Cream Pie (nonfat)
Yoplait Light Vanilla
Yoplait Light Cherry (nonfat)

Whole Milk Yogurt, 32 oz., plain or flavored

For Children 1 year old only

Approved brands:

Brown Cow (plain)
Karuon (plain)
Mountain High (plain)
Mountain High, Whole Fat Strawberry
Mountain High, Whole Fat Vanilla



Buy the amount shown in your benefits.

One container (or 32 oz) of yogurt could be:

⇒ One (1) 32 oz. yogurt

⇒ Five (5) 6 oz. yogurts single serve = 30 oz.

Tip: if you choose 6 oz yogurt you will only be able to redeem a total maximum of 30 oz. and be short 2 oz of yogurt. Choose 32 oz. container to maximize your full benefits.

CANNOT BUY

- Yogurt mix-ins such as granola, candy pieces, honey, nuts, or fruits
- Yogurt pouches
- Drinkable yogurt

COLD CEREAL



Approved brands:

12 oz. up to 36 oz. containers

Kellogg's

All Bran Complete
Wheat Flakes
Corn Flakes
Mini-Wheats Bite Size
Mini-Wheats Unfrosted
Frosted Mini-Wheats
Original
Frosted Mini Wheats:
•Blueberry Muffin, 14.3 oz.
•Blueberry Muffin, 13.3 oz.
•Little bites, 15.9 oz.
•Strawberry, 14.3 oz.
•Strawberry, 13.3 oz.
Rice Krispies

Sunny Select

Frosted Shredded Wheat
Cereal, Bite Size, 18 oz.

General Mills

Cheerios (whole grain or
multigrain)
Kix (whole grain)
Total (whole grain)
Wheaties

Malt-O-Meal

Blueberry Mini Scoopers,
18 oz.
Strawberry Cream
Mini Scoopers, 18 oz.
Mini Frosted Spooners, 15 oz.

Essential Everyday

Toasted Oats

Post

Bran Flakes
Grape Nut Flakes ,Original
Grape Nuts ,16 oz.
Great Grains, Banana Nut
Crunch, 15.5 oz.
Great Grains Crunchy Pecan

Quaker

Life
Oatmeal Squares
Quaker Essentials Crunchy
Crunch Corn Bran

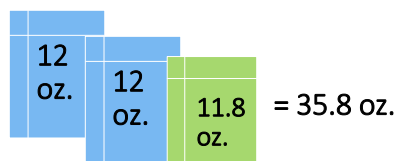
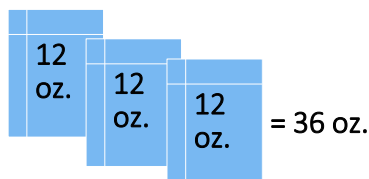
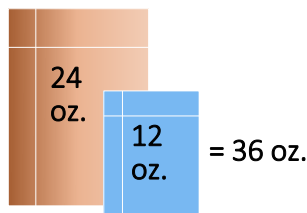
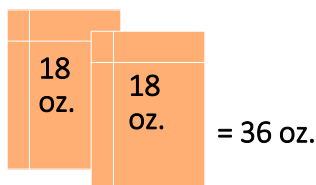
Western Family

Wheat Bran Flakes Fiber Rich

CANNOT BUY :

- Cereal cups
- Variety packs
- Containers smaller than 12 oz.

Ways you can combine cereal package sizes



HOT CEREAL

Approved brands: 11.8 oz. up to 36 oz. containers

Essential Everyday

Original Flavor Instant Oatmeal, 11.8



Homestead Farms Ltd

Instant Maypo Maple Oatmeal, 14 oz.



Quaker Oats

Original Instant Oatmeal, 11.8 oz



Old- Fashioned
18 oz.



Quick- 1 Minute
18 oz.



Cream of Wheat :

Instant Original Flavor,
12 oz.



1 Minute
Cook Time, 28 oz.



2 1/2 Minute Cook Time,
12 oz. | 28 oz.



Cream of Rice Gluten Free
14 oz. | 28 oz.



Malt-O-Meal Original
Quick Cooking, 36 oz.



CANNOT BUY : Added raisins, fruits , or nuts

PEANUT BUTTER

- Any brand, 16-18 oz. containers
- All textures allowed: creamy, crunchy, extra crunchy

Tip: Buy 18 oz. container to receive maximum benefit.



CANNOT BUY

- Honey roasted
- Peanut butter spreads
- Peanut butter with additives (omega 3 fatty acids)
- Mixtures w/ marshmallows, honey, jelly, chocolate, or similar ingredients.
- Organic peanut butter

DRY BEANS, PEAS, LENTILS



Can buy:

- Approved brand of dried beans, peas, or lentils
- 16 oz. package only

Cannot buy:

- Beans in soups, stews, mixed with meat or added sugar.

CANNED BEANS, 15 OZ. CAN, PLAIN OR LOW SODIUM

1 lb. of dry beans = four (4) cans of beans (15 oz.)



Shopping tip:

Each can of beans counts as 0.25 of a container (CTR).

Approved brand: 16 oz. package (1 lb.) or 15 oz. can

- Black beans
- Black-eyed peas
- Garbanzo (Chickpeas)
- Great Northern
- Kidney (red and white)
- Lentils
- Mongo beans (green or yellow)
- Pinto
- Split peas (green or yellow)
- White beans

CANNOT BUY

- Beans in soups, stews, mixed with meat or added sugar.
- Beans already authorized for CVB

EGGS



Approved brands:

- U.S. grade A or AA
- One (1) dozen white or brown eggs
- Small, medium, or large size
- Must be domestic eggs

CANNOT BUY:

- Extra large eggs or Jumbo size
- Powdered or liquid eggs
- Egg substitutes
- Organic

CANNED FISH (WOMEN & CHILDREN)

Mackerel

Approved brand:

- Bumble Bee, 5 oz. - 15 oz. can
- Packed in water or oil



Pink Salmon

- Any brand
- 5 oz. - 15 oz. can
- Packed in water or oil



Sardines

- Any brand
- 3.75 oz. - 15 oz. can
- Packed in water or oil



Tuna

- Any chunk light brand
- 5 oz. - 6.5 oz. can
- Water packed only



Note: Children are recommended to have only boneless canned fish selections.

Can buy:




- Canned fish with added sauces and flavorings, such as tomato sauce, mustard, and lemon are allowed.

CANNOT BUY

- King mackerel, jack mackerel,
- Red salmon, wild sockeye, blue back salmon
- Prime fillet

INFANT CEREALS

Approved brands: Dry single grain cereal, 8 oz. container only

<u>Gerber</u>		<u>Beech Nut</u>	CANNOT BUY Jar infant cereals
Rice	Oatmeal	Oatmeal	
			

INFANT FRUITS & VEGETABLES (SINGLE FOOD ONLY)

Approved brands: 4 oz. Jars or 2-packs of 4 oz.

<u>Gerber</u>		<u>Beech Nut</u>	<u>Nature's Goodness</u>
			
4 oz. jars	2-packs of 4 oz.	4 oz. jars	4 oz. jars

CANNOT BUY

- Mixtures of meat and vegetables
- Added sugar or salt
- Dinner meals
- Organic infant foods
- Desserts
- Puddings

Infants 6 - 11 months old may receive a cash-value benefit to purchase fresh, canned, or frozen fruits and vegetables instead of the infant fruits and vegetables.

Due to potential choking hazard, dried fruits are not recommended for infants and young children.

INFANT FORMULA

Only the brand, type, and size as shown on your WIC benefits.

INFANT MEATS

(Only for fully breastfeeding infants 6-11 months old)

Approved brands:

- Single ingredient infant meat
- 2.5 oz. containers

<u>Gerber</u>	<u>Beech Nut</u>	<u>Nature's Goodness</u>
		

CANNOT BUY

- Mixtures of meat and vegetables
- Added sugar or salt
- Dinner meals
- Organic infant foods

TIPS FOR BUYING INFANT FOODS

8 oz. Infant cereal
you can buy



One (1) 8 oz. container



128 oz. Infant fruit
& vegetable
you can buy



32
4 oz. jars

OR



16
2-packs of 4 oz.

64 oz. Infant fruit
& vegetable
you can buy



16
4 oz. jars

OR



8
2-packs of 4 oz.

40 oz. Infant meats
you can buy
(only for fully breastfeeding
infants 6-11 months old)



16
2.5 oz. jars



100% WHOLE WHEAT BREAD

Approved brands in 16 oz. package:



Approved brands in 24 oz. package:



100% Whole Wheat Dinner Rolls

Approved brand: Rainbo

16 oz. or 24 oz. packages



100% Whole Wheat Hotdog Bun

Approved brand: Oroweat

16 oz. or 24 oz. packages



Tip: Choose the 24 oz. package to maximize your full benefits.

Cannot Buy:

- Bread when 1st ingredient is not 100% whole wheat or 100% whole grain on the label.
- English muffins or bagels

BROWN RICE



Approved brands in 16 oz. package

Cannot buy: Seasoned or wild rice, brown rice mixtures, jasmine rice, packages in other sizes

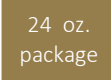
100% WHOLE WHEAT TORTILLAS

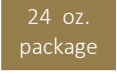
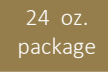


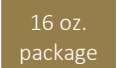
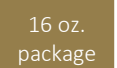
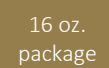
Approved brand: Ortega, 16 oz.

Cannot buy: flavored tortillas (such as spinach or tomato)

TIPS FOR BUYING WHOLE GRAINS

24 oz.
you can buy → (One) 1 

48 oz.
you can buy → (Two) 2  

OR
→ (Three) 3   

100% WHOLE WHEAT PASTA

Approved brands: 16 oz. package only

Barilla

Linguine



Spaghetti



Thin Spaghetti



Penne



Rotini



Essential Everyday

Thin Spaghetti



Elbow Macaroni



Rotini



Spaghetti



Ronzoni

Lasagna



Ronzoni

Rotini Penne Rigate



Bionaturae

Rigatoni



Delallo

Spaghetti



Good & Gather

Spaghetti



CANNOT BUY

- Pastas that list any other flours besides whole wheat and/ or whole grain durum wheat flour in the ingredients.
- Added sugars, fats, oils, or salt

FRUITS & VEGETABLES

Cash value up to the amount indicated on your cash value benefits.

FRUITS

FRESH FRUIT



Can buy:

- Any variety of fresh fruit , local or imported
- Cello bag of fruits
- Organic

Cannot buy:

- Salad bar fruits
- Fruit baskets
- Fruit & nut mixes
- Ornamental and decorative fruits

FROZEN FRUIT



Can buy:

- Any brand , single or mixed variety
- Organic

Cannot buy:

- Added salt, fat, or oil
- Added sugar or artificial sweeteners such as Splenda ,aspartame, or stevia
- Single serving packages

CANNED FRUIT



Can buy:

- Any brand, single & mixed variety of canned fruit packaged in 100% juice
- Organic

Cannot buy:

- Fruit packaged in heavy, light, or extra light syrup
- Added sugar or artificial sweeteners such as Splenda, stevia, or aspartame

DRIED FRUIT



Can buy:

- Any brand
- Organic

Cannot buy:

- Added fats, oils, or sodium
- Added sugar or artificial sweeteners such as Splenda, stevia, or aspartame

Note: Dried fruit not recommended for children due to the choking hazard.

VEGETABLES

FRESH VEGETABLES



Can buy:

- Any variety of fresh vegetables, local or imported
- Bagged vegetables and pre-packaged
- Organic
- Potatoes
- Garlic, onions, peppers, and ginger root
- Fresh herbs with or without roots such as:



- | | |
|--------------|------------|
| • Basil | • Marjoram |
| • Bay Leaves | • Mint |
| • Chives | • Oregano |
| • Cilantro | • Parsley |
| • Dill | • Rosemary |
| • Fennel | • Sage |
| • Lemongrass | |

Cannot buy:

- Salad bar vegetables
- Nuts (including peanuts)
- Ornamental vegetables such as "chili peppers on a string", "garlic on a string".
- Kits with dressings or dipping sauces
- Dried herbs and spices
- Potted herb plants

DRIED VEGETABLES



Can buy:

- Any brand
- Potatoes are allowed (instant mashed potatoes with no added ingredients)
- Organic

Cannot buy:

- Dried vegetables with added sugars, fats, oils, or sodium.

Note: Dried vegetables are not recommended for children due to choking hazard.

VEGETABLES

FROZEN VEGETABLES



Can buy:

- Any brand, single or mixed variety
- Organic
- Potatoes

Cannot buy:

- Added fat or oil
- Added sauces, cheese or butter
- Added pasta, or rice, or meat
- Breaded or seasoned vegetables
- French fries, hash browns, tater tots
- Frozen beans

CANNED VEGETABLES



Can buy:

- Any brand, single or mixed variety
- Regular or low sodium
- Sweet peas or corn with added sugar
- Organic

Cannot buy:

- Added fat or oil
- Added pasta or rice
- Added sugar other than sweet peas or corn
- Added sauce or soups
- Pickled or creamed vegetables

Note: Frozen or canned beans or peas allowed, unless already authorized under the legume category. See DRY BEANS & CANNED BEANS LIST (p.) 10.

MILK (WHOLE or FULL CREAM)

CHILDREN (1 YEAR OLD)

Gallon (Shelf stable or chilled)

Approved brands:

Anchor



Dairy Pure



Devondale



Foremost



Gossner



Freedom's Choice (gallon milk jug)



Buy only if shown on your WIC food benefits

Half-Gallon , 64 fl. oz.

California Sunshine
Rockview (Family Farms)



Quart, 32 fl. oz.

Anchor
Dairy Pure
Devondale
Gossner
Foremost
Real Fresh
Parmalat



8 fl. oz.

Foremost
Real Fresh



Note: 4 (8 fl. oz.) = 1 quart

CANNOT BUY

- Flavored milk
- Filled milk
- Pint size
- Organic milk
- Raw unpasteurized milk

MILK (1% Low Fat or Fat-Free)

WOMEN & CHILDREN (2-4 YEARS OLD)

Gallon (shelf stable or chilled)

Approved brands:

Anchor



Dairy Pure



Devondale



Dairy Pure



Foremost



Gossner



Buy only if shown on your WIC food benefits

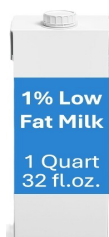
Half-Gallon , 64 fl. oz.

California Sunshine
Rockview
(Family Farms)



Quart, 32 fl. oz.

Anchor
Dairy Pure
Devondale
Gossner
Foremost
Real Fresh
Parmalat



8 fl. oz.

Foremost
Real Fresh
Dairy Pure



Note: 4 (8 fl. oz.) = 1 quart

CANNOT BUY

- Flavored milk
- Filled milk
- Pint size
- Organic milk
- Raw unpasteurized milk

Other Milk Types

(Buy only if shown on your WIC food benefits)

Dry Powdered Milk

Nestle Carnation (9.6 oz.)



Evaporated Milk, Whole

12 fl. oz.

(Children 1 year old)

Essential Everyday
Nestle Carnation
Western Family



Evaporated Milk, 1% Low

Fat or Non-fat, 12 fl. oz.

(Women & Children 2-4 years old)

Essential Everyday
Nestle Carnation
Western Family



CANNOT BUY

- Flavored milk
- Filled milk
- Sweetened condensed milk
- Organic milk
- Raw unpasteurized milk

LACTOSE-FREE MILK

(Buy only if shown on your WIC food benefits)

Approved brands: Half-gallon size, 64 fl. oz.

Whole Milk (1 year old children)

Lactaid

Darigold



Lactaid: 1% Low-fat or Fat-Free
(Women & children 2-4 years old)



GOAT MILK

(Buy only if shown on your WIC food benefits)

Approved brand: Meyenberg, 12 oz. evaporated, whole
(Children 1 year old)



SOY MILK

(Buy only if shown on your WIC food benefits)

Approved brands: (Original, plain flavors)

<p>Silk Original Half-Gallon (64 fl. oz)</p> 	<p>Silk Original Quart (32 fl. oz.)</p> 	<p>Pacific Ultra Soy Quart (32 fl. oz.)</p> 
---	--	--

Note: Soymilk will be issued in gallons on your food benefits. Ways to buy 1 gallon.

Two (2) Half- Gallons

One (1) Half- Gallon + 2 Quarts



=



OR



OR

Four (4) Quarts



100% JUICE, 64 fl. oz. (SHELF-STABLE)

Approved brands of the following flavors :

Apple

Essential Everyday
Hansen's
IGA
Juicy Juice (Nestle)
Langers
Mott's
Ruby Kist
Seneca Red
Springfield
Treetop
Harvest Classic



Grape & White Grape Juice

Donald Duck
Hansen's
IGA (red or white grape)
Juicy Juice (Nestle)
Langers
Old Orchard
Ruby Kist
Springfield
Welch's (grape; concord, or white)
Harvest Classic



Pineapple

Dole
Hansen's
IGA
Langers
Raley's
Springfield
Sunny Select



Grapefruit

Donald Duck
Flavorite
Ruby Kist



Orange

Cal-Maid
Flavorite
Hansen's
Langers
Ruby Kist
Texsun
Tropicana
Harvest Classic



Tomato

Campbell's
Campbell's Low Sodium
IGA
Red Gold



Vegetable

IGA
Springfield
V8 Original
V8 Spicy Hot



WIC participants can get cash value benefits for fresh, frozen, or canned fruits and vegetables instead of juice. Ask WIC staff for more information.

Juice Packs

(only if shown on your food benefits)



6.75 oz. 8-pack

Note: If you buy a juice pack, the total number of ounces is deducted from your benefits. For example: 6.75 oz. 8-pack will total only **54 ounces**. You will be short of 10 oz. Choose the 64 oz. to maximize your full benefits.

100% JUICE, (FROZEN CONCENTRATE)

11.5 – 12 fl. oz. Or 16 fl. oz.

Approved brands of the following flavors :

Apple Juice



Essential Everyday
IGA
Old Orchard
Seneca Red
Springfield
Treetop
Western Family

Grape Juice and White Grape Juice

Old Orchard
Welch's
Western Family



Orange Juice

Any brand



Pineapple Juice

Dole



Added calcium & Vitamin D allowed

Note: One (1) 16 fl.oz. frozen concentrate juice= 64 fl. oz.

One (1) 12 fl.oz. frozen concentrate juice= 48 fl.oz.

CANNOT BUY

- Fruit punch
- Juice drinks that are not 100% juice
- Mixed juice
- Organic juice
- Juices with added sugar

Parenting Tips:

Offer no more than
4 fl.oz (1/2 cup) of
juice per day for
children 1-5 years old.

WIC Tips:

Add chopped fresh fruits such as
apples, grapes, peaches and freeze
in ice-cube trays to make fun fruit
popsicles for healthy snacks!

Use the Shopping Guide to choose the approved foods, brands, types, and sizes in your food package. Get a current copy from your WIC clinic.

Tiyan: (671) 475-0295/6 | Mon-Sat 8:00 am – 5:00 pm

Dededo: (671) 635-7471/2 | Mon-Sat 8:00 am – 5:00 pm

Santa Rita: (671) 565-3537 | Mon-Wed-Friday 8:30 am - 4:30 pm

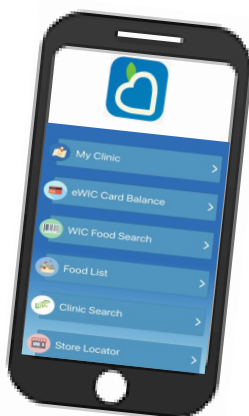
Inarajan: (671) 828-7550 | Tuesday & Thursday 8:30 am - 4:30 pm

Email: guamwic@dphss.guam.gov

Or download a current copy at the Guam WIC web site:

<https://guamwic.guam.gov>

To check your family balance, search the Food List and more, download the free Guam EzWIC app



To set up, change, or reset your PIN, check your transaction history and other information, go to:

www.ebtEDGE.com

Or, call eWIC Customer Service toll-free 24/7 at: 1(877)216-3082

For vendor issues call: 671 475-0300 | 671 475-0291 | 671 475-0292



@GuamWICProgram

Listing of Authorized Retail Food Vendors October 1, 2024- September 30, 2027)

North

American Grocery (Dededo) 148 E Marine Corps Drive, Dededo Andersen Commissary Bld. 22021 Andersen AFB Yigo (Military and authorized personnel only) New Macheche Market 420 Macheche Avenue, Dededo Onedera Retail Store 159 Redondo Luchan Street Dededo Payless Supermarkets, Dededo 214 West Marine Corps Dr. Rt.1 Dededo Payless Supermarkets, Micronesia Mall 1088 West Marine Corps Drive, Ste. 200 Route 1 , Dededo	Payless Supermarkets– Yigo 525 Chalan Pale Ramon Haya, Yigo SJ Market 413 Sanchez St., Dededo UR Market 111 Chalan Balako, Machanao, Dededo Kimi Market 138 Chalan Katne, Dededo Hills Market 354 Chalan Pale, Ramon Lagu, Yigo Papa Store 127 San Antonio Court, Dededo Ritidian Market 700A Wusstig Road, Dededo
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Central

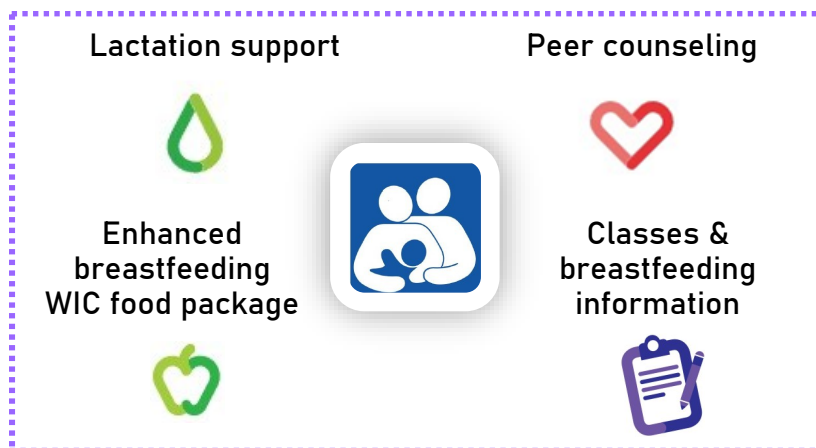
Don Don Donki 120 Route 10 A, Tamuning Kimi Market 2 Lot 1-2 Route 15, Pagat, Mangilao Payless Supermarkets, Mangilao 121 Jesus Mariano St., Mangilao Payless Supermarkets, Maite 751 Chacan Machaute, Maite	Payless Supermarkets, Tamuning (Oka) 291 Farenholt Avenue, Tamuning Payless Supermarkets, Sinajana 128 Pale Kieran Hickey Drive, Sinajana Super Happy Mart Cool Spot Bldg. Route 16. Barrigada Super Happy Mart Route 10, Mangilao
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South

Agat Kim Chee Store 454 North Route 2, Hågat Day Buy Day Market (Piti) 444 Marine Corps Drive, Piti Day Buy Day Market (Yona) 950 Chalan Kanton Tasi, Yona Dandan Shopette 1048 A Malojloj Highway, Inalåhan	Orote Commissary Bldg. 275 Camp Bright, Sumay Sânta Rita (Military and authorized personnel only) Payless Supermarkets, Sumay 137 Pedro LG Roberto Drive Sânta Rita - Sumai Toves Store 141 San Miguel St., Talo'fo'fo
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WIC promotes breastmilk as the ideal food for your baby.

WIC provides:



24 Hour Breastfeeding Hotline: (671) 488-5171

For more information call your local WIC clinic.

Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

2. fax: (833) 256-1665 or (202) 690-7442;

3. email: Program.Intake@usda.gov.

This institution is an equal opportunity provider.