



### WIC SHOPPING TIPS DURING COVID-19 PUBLIC EMERGENCY

There may be gaps in what you can find at the store. Stores report that they are getting shipments and filling shelves as fast as they can. Shoppers are also buying larger quantities than usual so it is taking longer to get food and infant formula onto shelves. Here are some tips to help shop for those needed supplies.

- Go as early in the month as possible and shop early in the day when shelves are freshly stocked.
- If you can't find your regular food items, look at the COWIC Foods List or the WICShopper app to see if there are other choices to substitute (e.g., powdered or canned milk instead of fresh, brown rice instead of bread, medium eggs instead of large eggs, 100% whole wheat hamburger or hotdog buns instead of loaves).
- You may want to go to another store or plan a trip back to the store later. You can use just part of your benefit at a time with your eWIC card.
- If formula shelves are empty, ask a store employee if they know when it will be available or if there is additional stock in the back.
- You may have heard through social media that eWIC cards are being locked and WIC clients need to use their remaining benefits by a certain date. This is not the case. The Colorado WIC Program is still serving clients and clients can continue to purchase foods at grocery stores with their current eWIC card. We are not issuing "disaster relief" cards. For the most accurate information, please follow ColoradoWIC on Facebook.
- Due to federal regulations, food benefits that have not been spent **do not** carry over to the next month. Your food benefits become available on the first day of the month at 12:01 am and expire at midnight on the last day of the month.
- Some grocery stores are setting purchase limits for customers on certain items, such as bread, eggs, and milk. WIC families can still get their full benefit amount. For example, if you have three gallons of milk on your WIC benefits, you may use your benefits to purchase three gallons of milk at one time even though the store may have a purchase limit of one gallon of milk.
- Grocery pick-up/delivery of WIC food purchases is not available. You may want to go to the store early when there may be fewer crowds and a greater likelihood of items being in stock.