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Mississippi
Food List and Shopping Guide

Shopping with WIC EBT

To assure a successful shopping experience at the grocery store, it is important to follow the steps listed below.

EBT stands for Electronic Benefits Transfer. EBT is a simple, secure and convenient way to buy your WIC foods. All of the foods for your family will be together on one card. There will be a begin date and an end date to buy your family’s food each month. You can choose how little or how much you want to buy each time you go grocery shopping with your WIC EBT card. To ensure a successful shopping experience at the grocery store, it is important to follow the steps listed below.

Before you Shop
- Bring your WIC EBT Card and WIC Approved Foods brochure to the store.
- If another person is listed as a proxy and will be using the WIC EBT Card, be sure that person understands how to use it.

As You Shop
- Select the right amount and package size of the WIC foods listed.
- Every store may not carry all WIC approved foods.
- Tell the cashier right away that you will be using the WIC EBT Card.
- Group all WIC approved foods together at checkout for faster service.
- If you have a problem at the store, ask to talk with the store manager.
- If the issue cannot be resolved at the store, call your local WIC agency, or the State WIC Office at 1-800-545-6747 to discuss your concerns.
Infant Meats
*for exclusively breastfed infants*

Includes chicken, turkey, ham, and beef.

Beech-Nut Stage 1
Meat with Broth
2.5 oz. container

Gerber 2nd Foods
Meat with Gravy
2.5 oz. container

No organic, meat and vegetable or meat and pasta mixtures. No DHA. No meat sticks.

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**Fruits & Vegetables**

**Fresh Fruit and Vegetables**

**Allowed:**
- Any variety of whole or cut fresh fruit or vegetables
- Bagged vegetables of any size
  (Example – carrots and salad greens)

**Not Allowed:**
- Items for purchase at a salad bar
- Bagged lettuce/salad greens with dressing, croutons, nuts or dried fruit
- Fruit baskets or party trays
- Peanuts
- Decorative fruits or vegetables
  (Example – painted pumpkins)
- Herbs and spices

**Frozen Fruits**

**Allowed:**
- Any variety of whole or cut frozen fruits

**Not Allowed:**
- Fruit bars, popsicles, fruit smoothies
- With sugar or other sweeteners
  (Example—syrup or Splenda)
Frozen Vegetables

**Allowed:**
- Any size or package type
- Any plain vegetables or plain vegetable mixtures without white potatoes
- Any bean or mixture with beans or peas (for example, mixed vegetables with lima beans)

**Not Allowed:**
- With pasta, noodles, nuts, rice, cheese or meat
- With butter, oil, sauces, or glazes; breaded
- Frozen potatoes, sweet potato fries or french fries, hash browns or shaped potatoes

Canned Fruits

**Allowed:**
- Packed in water, juice or fruit juice concentrate
- Any plain fruit, plain fruit mixture
- Any container type
- Applesauce – no sugar added or unsweetened varieties only

**Not Allowed:**
- Cranberry sauce, pie filling
- With any syrup (heavy, light, naturally light, extra light, etc)
- With added sugar (sweetened juice, fruit gel or nectar)
- With artificial sweetener (Example—Splenda or NutraSweet)

Infant Fruits and Vegetables

Any 2nd stage, single ingredient only in these sizes and brands:
- Beech-Nut Classics – 4 oz. jar
- Gerber: 4 oz. 2-pack

You can buy your baby fruits and vegetables with any combination of packages or jars that add up to the total ounces (oz) you receive per month.

No added sugar, starches, salt, DHA or organic.
**Infants**

**Infant Formula**

Only formula listed on the WIC Shopping List.

WIC Shopping List shows the brand, size, form (powder, concentrate) and quantity to purchase.

No substitutions allowed.

**Dry Infant Cereals**

8 oz. containers of Gerber or Beech-Nut

- Oatmeal
- Rice
- Multigrain
- Whole Wheat

No Organic, DHA, fruit or other additives.

**Canned Vegetables**

**Allowed:**

- Any size
- Plain vegetables, plain vegetable mixtures including green (sweet) peas, green/snap/wax/yellow beans and sprouts
- Allowed in certain amounts: dried and canned beans and peas are not part of your fruit and vegetable allowance. They are allowed in combination with certain other foods. Please see the section “Beans, Peas, and Peanut Butter” on pages 21 & 22.

**Not Allowed:**

- Pickles and pickled vegetables (Example – sauerkraut)
- Creamed vegetables (Example – cream style corn)
- Baked beans, pork and beans, refried beans
- Chopped garlic in oil
- Soup, ketchup, relishes, olives
- Canned white potatoes

**Canned Tomato Products**

**Allowed:**

- Any size
- Whole, diced, crushed or stewed tomatoes
- Tomato sauce, paste or puree

**Not Allowed:**

- With herbs or seasonings (onions, chilies, garlic)
- Pizza, lasagna or spaghetti sauce
- Soups, salsa, ketchup
- With any oil
Cereals

Select only the cereals pictured: 11 to 36 ounce boxes or bags only.

Buy any combination that does not go over 36 ounces.

Ways to combine 36 ounces of cereal
Choose a combination that does not go over 36 ounces

* whole grain cereals

Fish

For women who exclusively breastfeed

Canned Tuna

Any brand light tuna, chunk style, packed in water.
5, 6 and 7.5 oz. cans.
No smoked, solid white, or with other flavorings.

Canned Salmon

Any brand pink salmon
5, 6, 7.5 and 14.75 oz. cans
No red or sockeye

Ways to Combine Fish

Choose a combination that does not go over 30 ounces

- six 5 oz. cans
- five 6 oz. cans
- four 7.5 oz. cans
- two 14.75 oz. cans
Beans and Peas

Examples include but are not limited to black beans, black-eyed peas, garbanzo beans (chick peas), great northern beans, white beans (navy and pea beans), kidney beans, mature lima (butter beans), fava, mung beans, pinto beans, split peas and lentils.

Dried

16 oz. (1 lb.) bag. May be any brand.

Peanut Butter

16-18 oz. container, any brand. May be creamy, crunchy or extra crunchy.

No whipped, spreads, omega-3, organic or combinations with jelly, honey, marshmallows, chocolate or similar ingredients.
Beans, Peas and Peanut Butter

Ways to combine:

One jar Peanut Butter or one bag of Dry Beans

or 4 cans of beans

Canned

15-16 oz. (1 lb.) can. May be any brand

No organic, added sugar, fat, oil or meat. No soups or baked beans. No immature varieties of legumes such as green peas or snap beans/green beans.
Whole Wheat Pasta

16 oz. package
Any brand or shape

100 per cent whole wheat pasta (macaroni product)
Whole wheat flour and/or whole durum wheat flour must be the only flours listed in the ingredient list.

No organic. No added sugars, fats, oils or salt.
No pasta made from rice, quinoa, flax, corn or vegetable. No gluten free.
**Dairy**

**Milk**

*Approved: Declared store brand available at time of purchase.*

- Fat-free
- One percent lowfat
- Whole (for children 12-23 months only)
- Chocolate
- Lactose free/reduced
- Calcium enriched

Select any combination of gallon and half gallon sizes. Quarts available only if specified on EBT card.

*Approved only when specified on the EBT Card:*

- Evaporated (canned milk), 12 oz. can, Carnation and Pet brands only
- Dry Milk (powdered) 9.6 oz. box
- Ultra high temperature (UHT) milk, quart

No acidophilus treated, condensed, organic, goat, nut, rice or butter milk.

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**Brown Rice**

14-16 oz. bag or box
Any brand regular, instant, or boil-in-bag

No seasoned, white, frozen gourmet blends, or organic

![Brown Rice Image]

**Whole Grain Tortillas**

16 oz. package
Select only the tortillas pictured

- **Celia’s**
  - Corn
  - Whole Wheat
- **La Banderita**
  - Corn
  - Whole Wheat
Whole Grains

Whole Wheat and Whole Grain Breads

- Bimbo 100% Whole Wheat
- Nature’s Own 100% Whole Wheat
- Nature’s Own 100% Whole Wheat With Honey
- Pepperidge Farm 100% Whole Wheat Stone Ground
- Roman Meal 100% Whole Grain
- Sara Lee 100% Whole Wheat Classic
- Wonder 100% Whole Wheat
- Arnold’s 100% Whole Grain Sliced Buns

Soy Milk

Approved only when specified on EBT card.

These brands and varieties in half gallon refrigerated carton:

- 8th Continent (Original or Vanilla only)
- Silk (Original only)

No complete, DHA omega-3, fat free, light, or organic. No quarts or twin packs.

Cheese

Approved: Declared store brand of any of the following at time of purchase 16 oz. package, domestic only

- Processed American
- Cheddar
- Colby
- Monterey Jack
- Colby Jack
- Mozzarella
- Swiss
Cheese, continued
May be lowfat, low cholesterol, low sodium, sliced, hoop, string, shredded, cubed or block.

No cheese food, spread, cheese product or imitation, mixes, sticks, crumbles or cheese from a deli.
No peppers or other added ingredients.

Eggs
Approved: Declared store brand, Grade-A, Large, one dozen carton

No brown eggs, specialty eggs or Eggland’s Best.

Yogurt
Approved: Choose from the following brands and flavors only.
- 32 oz. container
- See approved sizes for Yoplait Gogurt and Yoplait Gogurt XL

64 oz. Containers
Select only the brands and flavors pictured. All flavors of Juicy Juice and Northland Cranberry Juice Blends are approved.

64 oz. Refrigerated Containers
100 percent orange juice only.
48 oz. Containers
Select only the brands and flavors pictured.
All flavors of Juicy Juice are approved.

No organic yogurts, drinkable yogurts or yogurts with mix-in ingredients (granola, candy pieces, honey, nuts or similar ingredients).

Whole Milk Yogurt (for children one year of age)
- CHOBANI
  - Plain Whole Milk Greek
- DANNON
  - All Natural Plain Whole
- DANNON OIKOS
  - Plain Whole Milk Greek
- KROGER
  - Whole Milk Plain
  - Whole Milk Vanilla

Nonfat or Lowfat Yogurt (0-2% fat) for women and children two years of age or older
- CHOBANI
  - Plain Nonfat Greek
  - Strawberry Blended Greek Nonfat
  - Vanilla Blended Greek Nonfat
  - Peach Blended Greek Nonfat
- DANNON
  - Strawberry Lowfat
  - Strawberry Banana Nonfat
  - Plain Lowfat
  - Vanilla Lowfat
- DANNON OIKOS
  - Plain Greek Nonfat
  - Vanilla Greek Nonfat
  - Triple Zero Blended Greek Vanilla
DANNON LIGHT & FIT
- Vanilla Nonfat
- Strawberry Nonfat
- Greek Vanilla Nonfat
- Greek Plain Nonfat

YOPLAIT
- Original Strawberry Lowfat
- Original Vanilla Lowfat
- Original Harvest Peach Lowfat
- Original Strawberry Banana Lowfat

YOPLAIT GOGURT
- Any flavor
- Approved size – may choose either:
  - 1 - 16 pack (2 oz. servings)
  - 2 - 8 pack (2 oz. servings)

YOPLAIT GOGURT XL
- Any flavor
- Approved size: 1 - 8 pack (4 oz. servings)

KROGER
- Nonfat Plain
- Blended Lowfat Vanilla
- Blended Lowfat Plain

GREAT VALUE
- Original Vanilla Lowfat
- Original Strawberry Lowfat
- Original Strawberry Banana Lowfat
- Original Plain Nonfat Yogurt

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**Juices**

Select only the following size(s).
Must be 100 percent juice without added sweeteners.
May contain added calcium.
No fruit punch, fruit drink or drink ades.

11.5 oz. - 12 oz. Frozen
Select only the brands and flavors pictured. All flavors of Old Orchard Juice (green lid only) are approved.

11.5 oz. - 12 oz. Non-Frozen Pourable Concentrate
Select only the brands and flavors pictured.
DANNON LIGHT & FIT
- Vanilla Nonfat
- Strawberry Nonfat
- Greek Vanilla Nonfat
- Greek Plain Nonfat

YOPLAIT
- Original Strawberry Lowfat
- Original Vanilla Lowfat
- Original Harvest Peach Lowfat
- Original Strawberry Banana Lowfat

YOPLAIT GOGURT
- Any flavor
- Approved size – may choose either:
  - 1 - 16 pack (2 oz. servings)
  - 2 - 8 pack (2 oz. servings)

YOPLAIT GOGURT XL
- Any flavor
- Approved size: 1 - 8 pack (4 oz. servings)

KROGER
- Nonfat Plain
- Blended Lowfat Vanilla
- Blended Lowfat Plain

GREAT VALUE
- Original Vanilla Lowfat
- Original Strawberry Lowfat
- Original Strawberry Banana Lowfat
- Original Plain Nonfat Yogurt

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Juices

Select only the following size(s).
Must be 100 percent juice without added sweeteners.
May contain added calcium.
No fruit punch, fruit drink or drink ades.

11.5 oz. - 12 oz. Frozen
Select only the brands and flavors pictured.
All flavors of Old Orchard Juice (green lid only) are approved.

11.5 oz. - 12 oz. Non-Frozen Pourable Concentrate
Select only the brands and flavors pictured.
48 oz. Containers
Select only the brands and flavors pictured. All flavors of Juicy Juice are approved.

No organic yogurts, drinkable yogurts or yogurts with mix-in ingredients (granola, candy pieces, honey, nuts or similar ingredients).

Whole Milk Yogurt (for children one year of age)

- **CHOBANI**
  - Plain Whole Milk Greek

- **DANNON**
  - All Natural Plain Whole

- **DANNON OIKOS**
  - Plain Whole Milk Greek

- **KROGER**
  - Whole Milk Plain
  - Whole Milk Vanilla

Nonfat or Lowfat Yogurt (0-2% fat) for women and children two years of age or older

- **CHOBANI**
  - Plain Nonfat Greek
  - Strawberry Blended Greek Nonfat
  - Vanilla Blended Greek Nonfat
  - Peach Blended Greek Nonfat

- **DANNON**
  - Strawberry Lowfat
  - Strawberry Banana Nonfat
  - Plain Lowfat
  - Vanilla Lowfat

- **DANNON OIKOS**
  - Plain Greek Nonfat
  - Vanilla Greek Nonfat
  - Triple Zero Blended Greek Vanilla
Cheese, continued
May be lowfat, low cholesterol, low sodium, sliced, hoop, string, shredded, cubed or block.

No cheese food, spread, cheese product or imitation, mixes, sticks, crumbles or cheese from a deli.
No peppers or other added ingredients.

Eggs
Approved: Declared store brand, Grade-A, Large, one dozen carton

No brown eggs, specialty eggs or Eggland’s Best.

Yogurt
Approved: Choose from the following brands and flavors only.

- 32 oz. container
- See approved sizes for Yoplait Gogurt and Yoplait Gogurt XL

64 oz. Containers
Select only the brands and flavors pictured.
All flavors of Juicy Juice and Northland Cranberry Juice Blends are approved.

64 oz. Refrigerated Containers
100 percent orange juice only.
Whole Grains

Soy Milk

Approved only when specified on EBT card.

These brands and varieties in half gallon refrigerated carton:

- 8th Continent (Original or Vanilla only)
- Silk (Original only)

No complete, DHA omega-3, fat free, light, or organic. No quarts or twin packs.

Cheese

Approved: Declared store brand of any of the following at time of purchase 16 oz. package, domestic only

- Processed American
- Cheddar
- Colby
- Monterey Jack
- Colby Jack
- Mozzarella
- Swiss

Whole Wheat and Whole Grain Breads

- Bimbo 100% Whole Wheat
- Nature's Own 100% Whole Grain
- Nature's Own 100% Whole Wheat With Honey
- Pepperidge Farm 100% Whole Wheat Stone Ground
- Roman Meal 100% Whole Grain Sungrain
- Sara Lee 100% Whole Wheat Classic
- Wonder 100% Whole Wheat
- Arnold's 100% Whole Grain Sliced Buns
Dairy

Milk

Approved: Declared store brand available at time of purchase.

- Fat-free
- One percent lowfat
- Whole (for children 12-23 months only)
- Chocolate
- Lactose free/reduced
- Calcium enriched

Select any combination of gallon and half gallon sizes. Quarts available only if specified on EBT card.

Approved only when specified on the EBT Card:

- Evaporated (canned milk), 12 oz. can, Carnation and Pet brands only
- Dry Milk (powdered) 9.6 oz. box
- Ultra high temperature (UHT) milk, quart

No acidophilus treated, condensed, organic, goat, nut, rice or butter milk.

Brown Rice

14-16 oz. bag or box
Any brand regular, instant, or boil-in-bag

No seasoned, white, frozen gourmet blends, or organic

Whole Grain Tortillas

16 oz. package
Select only the tortillas pictured

Celia’s
- Corn
- Whole Wheat

La Banderita
- Corn
- Whole Wheat
Whole Wheat Pasta

16 oz. package
Any brand or shape
100 per cent whole wheat pasta (macaroni product)
Whole wheat flour and/or whole durum wheat flour must be the only flours listed in the ingredient list.

No organic. No added sugars, fats, oils or salt.
No pasta made from rice, quinoa, flax, corn or vegetable. No gluten free.

Hot Cereals
Packets only
CREAM OF WHEAT INSTANT® Original Flavor Whole grain
QUAKER INSTANT GRITS® Original Flavor
QUAKER INSTANT OATMEAL® Original Flavor
Beans, Peas and Peanut Butter

Ways to combine:

One jar Peanut Butter or one bag of Dry Beans

or 4 cans of beans

Canned

15-16 oz. (1 lb.) can. May be any brand

No organic, added sugar, fat, oil or meat. No soups or baked beans. No immature varieties of legumes such as green peas or snap beans/green beans.
Beans and Peas
Examples include but are not limited to black beans, black-eyed peas, garbanzo beans (chick peas), great northern beans, white beans (navy and pea beans), kidney beans, mature lima (butter beans), fava, mung beans, pinto beans, split peas and lentils.

Dried
16 oz. (1 lb.) bag. May be any brand.

Peanut Butter
16-18 oz. container, any brand. May be creamy, crunchy or extra crunchy.

No whipped, spreads, omega-3, organic or combinations with jelly, honey, marshmallows, chocolate or similar ingredients.
Cereals

Select only the cereals pictured: 11 to 36 ounce boxes or bags only.

Buy any combination that does not go over 36 ounces.

Ways to combine 36 ounces of cereal
Choose a combination that does not go over 36 ounces

<table>
<thead>
<tr>
<th>36 oz</th>
<th>24 oz</th>
<th>18 oz</th>
<th>15 oz</th>
<th>12 oz</th>
<th>11 oz</th>
<th>10 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz</td>
<td>12 oz</td>
<td>12 oz</td>
<td>11 to 21 oz</td>
<td>11 to 20 oz</td>
<td>11 to 18 oz</td>
<td>11 to 15 oz</td>
</tr>
</tbody>
</table>

* whole grain cereals

General Mills:

**CHEERIOS**
- Regular*
- Multigrain*

**CHEX**
- Corn
- Rice

**KIX**
- Regular*
- Honey*
- Berry Berry*

**Dora The Explorer**
11-36 ounces

Fish

*For women who exclusively breastfeed*

**Canned Tuna**
Any brand light tuna, chunk style, packed in water.
5, 6 and 7.5 oz. cans.
No smoked, solid white, or with other flavorings.

**Canned Salmon**
Any brand pink salmon
5, 6, 7.5 and 14.75 oz. cans
No red or sockeye

Ways to Combine Fish
Choose a combination that does not go over 30 ounces

<table>
<thead>
<tr>
<th>six 5 oz. cans</th>
<th>five 6 oz. cans</th>
<th>four 7.5 oz. cans</th>
<th>two 14.75 oz. cans</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 oz 5 oz 5 oz</td>
<td>6 oz 6 oz 6 oz</td>
<td>7.5 oz 7.5 oz 7.5 oz</td>
<td>14.75 oz 14.75 oz</td>
</tr>
<tr>
<td>5 oz 5 oz 5 oz</td>
<td>6 oz 6 oz 6 oz</td>
<td>7.5 oz 7.5 oz 7.5 oz</td>
<td>14.75 oz 14.75 oz</td>
</tr>
</tbody>
</table>
Infants

Infant Formula

Only formula listed on the WIC Shopping List.

WIC Shopping List shows the brand, size, form (powder, concentrate) and quantity to purchase.

No substitutions allowed.

Dry Infant Cereals

8 oz. containers of Gerber or Beech-Nut

- Oatmeal
- Rice
- Multigrain
- Whole Wheat

No Organic, DHA, fruit or other additives.

Canned Vegetables

Allowed:

- Any size
- Plain vegetables, plain vegetable mixtures including green (sweet) peas, green/snap/wax/yellow beans and sprouts
- Allowed in certain amounts: dried and canned beans and peas are not part of your fruit and vegetable allowance. They are allowed in combination with certain other foods. Please see the section “Beans, Peas, and Peanut Butter” on pages 21 & 22.

Not Allowed:

- Pickles and pickled vegetables (Example – saurkraut)
- Creamed vegetables (Example – cream style corn)
- Baked beans, pork and beans, refried beans
- Chopped garlic in oil
- Soup, ketchup, relishes, olives
- Canned white potatoes

Canned Tomato Products

Allowed:

- Any size
- Whole, diced, crushed or stewed tomatoes
- Tomato sauce, paste or puree

Not Allowed:

- With herbs or seasonings (onions, chilies, garlic)
- Pizza, lasagna or spaghetti sauce
- Soups, salsa, ketchup
- With any oil
Frozen Vegetables

Allowed:
- Any size or package type
- Any plain vegetables or plain vegetable mixtures without white potatoes
- Any bean or mixture with beans or peas (for example, mixed vegetables with lima beans)

Not Allowed:
- With pasta, noodles, nuts, rice, cheese or meat
- With butter, oil, sauces, or glazes; breaded
- Frozen potatoes, sweet potato fries or french fries, hash browns or shaped potatoes

Canned Fruits

Allowed:
- Packed in water, juice or fruit juice concentrate
- Any plain fruit, plain fruit mixture
- Any container type
- Applesauce – no sugar added or unsweetened varieties only

Not Allowed:
- Cranberry sauce, pie filling
- With any syrup (heavy, light, naturally light, extra light, etc)
- With added sugar (sweetened juice, fruit gel or nectar)
- With artificial sweetener (Example—Splenda or NutraSweet)

Infant Fruits and Vegetables

Any 2nd stage, single ingredient only in these sizes and brands:
- Beech-Nut Classics – 4 oz. jar
- Gerber: 4 oz. 2-pack

You can buy your baby fruits and vegetables with any combination of packages or jars that add up to the total ounces (oz) you receive per month.

No added sugar, starches, salt, DHA or organic.
Fresh Fruit and Vegetables
Allowed:
- Any variety of whole or cut fresh fruit or vegetables
- Bagged vegetables of any size
  (Example – carrots and salad greens)

Not Allowed:
- Items for purchase at a salad bar
- Bagged lettuce/salad greens with dressing, croutons, nuts or dried fruit
- Fruit baskets or party trays
- Peanuts
- Decorative fruits or vegetables
  (Example - painted pumpkins)
- Herbs and spices

Frozen Fruits
Allowed:
- Any variety of whole or cut frozen fruits

Not Allowed:
- Fruit bars, popsicles, fruit smoothies
- With sugar or other sweeteners
  (Example—syrup or Splenda)

Infant Meats
for exclusively breastfed infants

Includes chicken, turkey, ham, and beef.

Beech-Nut Stage 1
Meat with Broth
2.5 oz. container

Gerber 2nd Foods
Meat with Gravy
2.5 oz. container

No organic, meat and vegetable or meat and pasta mixtures. No DHA.
No meat sticks.
WIC
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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

2. Fax: (202) 690-7442

3. Email: program.intake@usda.gov

This institution is an equal opportunity provider.