

2026 Idaho WIC Training Newsletter

SEPTEMBER 2026

Annual WIC Training

Annual WIC training is required and keeps store staff up-to date with the WIC program. Well-trained store staff can help improve the WIC shopping experience for everyone.

What is WIC?

WIC stands for the Special Supplemental Nutrition Program for Women, Infants, and Children. It is the nation's most successful public health nutrition program! It serves women, infants, and children during crucial periods of growth and development. Over one third of all infants born in the U.S. benefit from the WIC program. The Idaho WIC program is funded by the United States Department of Agriculture (USDA).

What does WIC provide?

- Healthy foods (thanks to our partnership with you!)
- Breastfeeding support
- Nutrition education
- Help finding health care and other resources

How do you qualify?

An applicant must meet all of these criteria:

- Live in Idaho
- Be pregnant, breastfeeding, or have a child under age 5
- Have a nutrition need
- Meet income eligibility guidelines



Do you or someone you know qualify?

- Visit signupWIC.com
- Call 211 for the Idaho Careline
- Scan this QR code





Idaho WIC Food List

April 2026



The WIC Food List

The WIC food list shows what foods are WIC approved. Food lists must be kept at all registers for cashier reference.

The WIC food list is also available on the WICShopper app. To use the free app:

- Download it in your app store
- Select Idaho as the WIC agency
- Skip card registration (for store use)
- In addition to accessing the food list, use the app to scan and submit UPCs for review

Did you know there are a few WIC approved items you won't find in the food list? These items are issued only in special circumstances.

They include:

- Meyenberg goat's milk (liquid and canned)
- SunButter sunflower seed butter
- Single-serving juice packs

WIC also provides a variety of infant formula and nutritional drinks, such as Pediasure.

Search the Approved Product List (APL) for specific food items (including size, brand, and UPC) on our food list. Let us know if you have questions about WIC approved foods.

If you are interested in learning more about WIC approved foods, check out the food list training.

Minimum Stock and Infant Formula Suppliers

WIC approved stores must maintain a minimum stock of WIC approved foods. This ensures WIC shoppers can find the healthy foods they need when they shop at your store.

Infant formulas must be purchased through approved sources. This helps ensure a safe supply of formula at your store.

Find these resources on our website. Search "Idaho WIC Vendor"

Cashier Helps



Rain Checks, Coupons, and Incentive Items

- ✓ WIC shoppers can use coupons, discount cards, and store promotions.
- ✗ Items purchased with WIC cannot be returned for cash, credit, or gift cards.
- ✗ Rain checks or IOUs are not allowed.
- ✗ Incentive items offered only to WIC shoppers are not allowed.

Serving WIC Shoppers

- WIC shoppers deserve the same level of customer service and respect as any other shopper in your store.
- Keep WIC status confidential. For example, avoid announcing over the store's loudspeaker the need for assistance with a WIC transaction.
- Do not run a WIC transaction without the physical WIC card. If the card swipe fails, it is okay to manually enter the card number.
- WIC shoppers must know their PIN. If needed, PIN numbers can be reset immediately by calling the number on the back of the card.
- When using multiple forms of payment, WIC cards must always be used first.
- All fresh produce items are approved for WIC. Be prepared to address any issues if an item doesn't ring up. *Hint: In-store mapping is the most common issue.

WIC Receipts

Balance Inquiry:

This receipt tells a WIC shopper the types and amounts of foods in their WIC account. Shoppers may ask you to check their WIC balance. This receipt can be printed without a purchase.

Mid-Purchase Receipt:

When a WIC shopper swipes their card and enters their PIN, a mid-purchase receipt will print. Cashiers are required to offer this receipt to WIC shoppers as soon as it prints. It shows the items WIC will pay for. The shopper may not use the mid-purchase receipt but cashiers must offer it.

Final Receipt:

Once the transaction is finished, the final receipt must be provided to the shopper. This receipt shows what WIC has paid for, the remaining food balance in the shopper's account, and the expiration date of their remaining WIC benefits.

Use the Cashier Training Guide (read or watch) and WIC Quick Tips for cashier training.



Contact us; we are here to help!

Email: WICvendor@dhw.idaho.gov

Call: 208-334-4933



Find resources on our website
Search "[Idaho WIC Vendor](#)"

Program Monitoring, Sanctions, and Claims

To ensure federal program rules are followed, stores are monitored in a variety of ways, including:

- Store visits
- Secret shopping
- Price monitoring

If violations are found and not corrected, stores will be subject to sanctions, claims, or disqualification.

If a store is disqualified from WIC, they are also disqualified from SNAP (Supplemental Nutrition Assistance Program).

For more information, see the [Vendor Agreement](#).

Manager Notes

- Share WIC complaints with us by calling, emailing, or filling out this [form](#).
- Does your store need new WIC door signs or shelf tags? Email us @ WICVendor@dhw.idaho.gov to order free supplies.
- Help us keep the [Approved Product List \(APL\)](#) up to date by submitting updated or missing UPCs. Use the "I Couldn't Buy This" button in the WICshopper app or send the product, nutrition label, and UPC to WICUPC@dhw.idaho.gov. Pictures are always helpful.
- Fresh produce is mapped/linked for WIC at the store level. Does your store have a mapping process in place? Do your cashiers know all fresh fruits and vegetables are WIC approved and what to do if they find one that isn't ringing up? Our [produce mapping guide](#) can help.
- Let us know 60 days ahead of business changes including: change of owner, name change, closure, new store opening, POS updates, etc. We need time to process paperwork, complete testing, and make training/travel arrangements, if needed.