Welcome to... Summer EBT for Children

WHAT IS SUMMER EBT FOR CHILDREN (SEBTC)?

SEBTC helps families feed children healthy meals during the summer months when school meals are not available.

- SEBTC uses a debit-like card for families to **redeem benefits** at ITCA WIC authorized stores.
- Your family will receive **one SEBTC card** with everyone's benefits combined.
- Your benefits will be loaded into your account and on your EBT card on the **15th day of May, June and July**.
- Benefits roll over from month to month. All benefits will **expire on September 15.**

Getting Started with SEBTC

YOUR SEBTC PACKET INCLUDES THIS HANDOUT AND YOUR SEBTC CARD

STEP 1: Activate your card by setting your PIN. Call **1-844-892-2933**, you will be prompted to enter your zip code and the date of birth of the oldest child participating in SEBTC to confirm your identity.

STEP 2: Review this booklet to learn more about SEBTC, how to shop with SEBTC and the Authorized Foods List.

STEP 3: Download the WIC Shopper App on your smart phone and register your SEBTC card.

STEP 4: Check your benefit balance and find ITCA WIC approved stores on the WIC Shopper App.

Approved stores will have the **"We Accept WIC"** decal posted at the store entrance. ***See decal to right →***

STEP 5: You are now ready to shop with SEBTC!

HELPFUL TIPS ABOUT YOUR PIN

- Don't write your PIN on your card or choose a PIN that others might guess.
- Benefits purchased without your consent (stolen) cannot be replaced.
- If you forget your PIN or want to change it, call the number on the back of your card.
- After 4 incorrect PIN tries your account will be locked. To unlock your account, wait until after midnight or contact the ITCA SEBTC program staff by calling 866.359.0007.

SEBTC Food Package

Each child enrolled will receive the following food package loaded on the family account per month.

TYPE OF WIC FOOD	QUANTITY
Milk (Low-fat or Non-fat)	2 Gallons
Cheese	1 Pound
Eggs	1 Dozen
Yogurt (Low-fat or Non-fat)	1 32 oz. Container
Cereal (Hot & Cold)	18 oz.
Beans or Peanut Butter	1 Pound or 1 Jar
Whole Grains	1 16 oz. Package
Fresh & Frozen Fruits & Vegetables	$32.00

Shopping with SEBTC

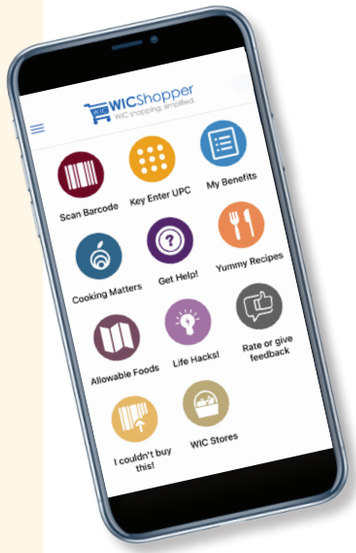
1. **Select an ITCA SEBTC/WIC authorized store.**
2. **Read your benefits carefully** to know which foods are SEBTC authorized foods.

   You can check your balance at the store by:

   - Swiping your card at the checkout stand and entering your PIN
   - Calling the customer service number on the back of your card
   - Using the WIC Shopper app

   You may only buy the foods and quantities listed in your balance. You do not have to buy all your foods at one time.
3. **Select your SEBTC approved foods.** Make sure the foods you buy with your SEBTC card are approved foods by scanning your food item with the WIC Shopper app.
4. **Got Coupons?** Give the cashier your store loyalty card and any coupons you may have.
5. **Pay close attention!** If an item does not ring up as a SEBTC approved food, you may put back any food items you would like to remove or purchase them with another form of payment.
6. **Get a receipt.** The cashier will give you a receipt with the remaining benefit balance and the date your benefits expire. Be sure to keep your receipt for your next visit.

Your SEBTC card may be used at self-check-out at most chain stores. Check the WIC Shopper app for availability.



WIC SHOPPER APP INFORMATION

1. Download the Free WICShopper app from your app store or by scanning the QR code below.
2. Select Inter Tribal Council of Arizona, Inc. as your WIC agency.
3. Register your SEBTC card in the Manage Cards tab.
4. Scan product barcodes to verify WIC allowed foods as you shop.
5. View your eWIC card balance, the ITCA Authorized Food list, recipes, store locations, and more!

To help track your account balance download the free WIC Shopper App by scanning the QR code above!

IF YOU HAVE PROBLEMS AT THE STORE

- Talk to the store manager
- If you are unable to purchase an item that is included in the list, send the information to **WICUPC@itcaonline.com** or submit on the WIC Shopper app by clicking the "I Couldn't Buy This" icon.
- Complaints can be submitted online: **www.itcaonline.com/programs/wic-program/vendor-complaint-form/**
- Report the date, time, and names of store staff involved to the ITCA SEBTC staff by calling: **866.359.0007**
  Or emailing: **SEBTC@itcaonline.com**

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AUTHORIZED FOODS LIST

Milk (Nonfat and Low-Fat)

CAN BUY

Any brand, refrigerated milk in container sizes as specified on your WIC benefits

- Pasteurized fluid cow's milk
  - Fat-free (Skim)
  - Low-fat (1%)

Call the SEBTC Program if your child needs lactose free milk. It cannot be purchased with the standard milk benefit.

- Lactose-free cow's milk (1/2 gallon container)

CANNOT BUY

- Reduced-fat (2%) or whole milk
- Flavored milk, including chocolate milk
- Buttermilk
- Acidophilus milk
- Half and half
- Raw milk
- Sweetened condensed milk
- Creamers
- Filled milk
- Organic milk
- Nut or grain milk (like almond, rice or oat milk)
- Coconut milk

Cheese

CAN BUY

Any brand of pasteurized, pre-packaged, block and shredded cheese, 1 lb. (16 oz.), regular, reduced fat, and low sodium

- Cheddar (mild, medium, sharp, extra sharp, longhorn, and white)
- Colby
- Monterey Jack
- Mozzarella (Includes string cheese)
- Muenster
- Provolone
- Swiss
- Blended cheese (blend of any types listed above)

CANNOT BUY

- Diced or sliced
- Cheese from the deli counter
- Random weight cheese
- Cheese with added peppers or other ingredients
- Imported cheese
- Processed American cheese, processed cheese food, cheese product, or cheese spread
- Cream cheese
- Cheese sticks (except mozzarella string cheese)
- Packages less than 16 oz.
- Organic cheese

Yogurt (Nonfat and Low-fat)

CAN BUY

Any of the following brands of nonfat, low-fat and Greek yogurt in any flavor 32 oz. container or 4 oz. packs.

Chobani

Dannon

Dannon Light & Fit

Dannon Oikos

Dannon Oikos Triple Zero

Greek Gods

Mountain High

Tillamook

United Store Brands

Yoplait

Zoi

Allowable brands:

- Food Club
- Great Value
- Kroger
- Lucerne
- Open Nature
- Simple Truth
- Simply Balanced
- WinCo.

Packs (any flavor)

Dannon Activia 4 oz. 4-packs (includes Regular, Lactose Free, Fruit on the Bottom, and Light

Yoplait 4 oz. 8-packs

Yoplait Go-Gurt Tubes 2 oz. 16-packs

Yoplait Go-GurtTubes 2 oz. 8-packs

CANNOT BUY

- Yogurt with mix-ins such as granola, candy pieces, nuts, or similar ingredients
- Organic yogurt
- Drinkable
- Whole milk yogurt
- Go-Gurt Slushies

Cereal (Hot)

CAN BUY

- 11.8 to 36 oz. boxes
- Cream of Rice
- Cream of Wheat Original (1 and 2.5 minutes)
- Cream of Wheat Original Instant Packets
- Malt O Meal Original
- Quaker Instant Grits Original
- Quaker Instant Oatmeal Original

Cream of Rice

Cream of Wheat Original 1 Minute

Cream of Wheat Original 2.5 Minutes

Cream of Wheat Original Instant Individual Packets

Malt O Meal Original

Quaker Instant Grits Original

Quaker Instant Oatmeal Original

CANNOT BUY

- Hot cereals less than 11.8 oz.
- Added raisins, fruit, or nuts
- Variety packs
- Organic cereals

AUTHORIZED FOODS LIST

Cereal (Cold)

CAN BUY

You may purchase boxes or bags of cereal up to 36 oz.

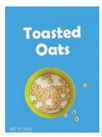
- Any of the following brands of cold cereal. You may combine several sizes of containers to equal up to 36 oz.

CANNOT BUY

- Cold cereals less than 12 oz.
- Variety Packs
- Frosted cereals except those listed as allowable
- Organic cereals

Any of the following store brands of Crispy Rice:

Best Yet, First Street, Food Club, Great Value, Kroger, Market Pantry, Shurfine, Signature Select and WinCo



Any of the following store brands Toasted Oats:

First Street, Food Club, Kroger, Shurfine, Signature Select, and WinCo

All Bran Complete Wheat Flakes

Banana Nut Crunch

Cheerios Multi-Grain

Cheerios Plain

Chex-Corn

Chex-Rice

Chex-Wheat

Corn Flakes

Malt o Meal Crispy Rice

Frosted Mini Wheats Original

Grape Nuts Flakes

Grape Nuts Original

Honey Bunches of Oat-Almond

Honey Bunches of Oats-Honey Roasted

Honey Bunches of Oats-Whole Grain Almond Crunch

Honey Bunches of Oats-Whole Grain Honey Crunch

Honey Bunches of Oats-Whole Grain Vanilla Bunches

Kix Plain

Life Original

Quaker Oatmeal Squares Brown Sugar

Quaker Oatmeal Squares Cinnamon

Rice Krispies

Special K Original

Total Whole Grain

Dry Beans, Peas, and Lentils

CAN BUY

Any brand, any variety (including organic)

- 16 oz. package size

CANNOT BUY

- Green, yellow, or wax beans
- Fresh or frozen beans
- Refried beans
- Bean soup mixes with flavoring packets/spices
- Bulk

Canned Beans

CAN BUY

Any brand, any variety (including organic), plain, or low sodium in up to 16 oz. size. Varieties such as:

- Black
- Garbanzo (Chickpeas)
- Kidney (red and white)
- Pinto
- Cannellini

For each container of dry beans/peas/lentils on your SEBTC card, you can buy either a 16 oz. container of dry beans/peas/lentils or 4 cans (up to a 16 oz. size each).

CANNOT BUY

- Refried beans
- Green, yellow, or wax beans
- Pork and beans
- Chili beans
- Baked, Cajun, BBQ or ranch style beans
- Beans with added fat, oils, meat, fruits or vegetables

Each can of beans counts as 0.25 of a container

0.25 container	=	1 can
0.50 container	=	2 cans
0.75 container	=	3 cans
1.00 container	=	4 cans
1.25 container	=	5 cans
1.50 container	=	6 cans
1.75 container	=	7 cans
2.00 container	=	8 cans

Peanut Butter

CAN BUY

Any brand 16 to 18 oz.

- Plain, creamy, crunchy, chunky, and super chunky styles
- Low sodium
- Low sugar
- Natural

CANNOT BUY

- Peanut butter spread
- Peanut butter with added jams, jellies, chocolate, marshmallows, DHA, omega-3 or honey
- Peanut butter in tubes
- Organic peanut butter

AUTHORIZED FOODS LIST

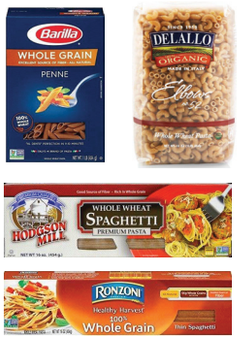
Whole Grains

100% WHOLE WHEAT PASTAS

CAN BUY

Any of the following brands of whole wheat pasta in a 16 oz. package only

- Barilla
- Delallo
- Hodgson Mill
- Ronzoni



Any of the following store brands:

- Food Club, Full Circle, Great Value, Kroger, O Organics, P$$t, Shurfine, Signature Select, Simple Truth Organics, Simply Balanced, Sun Harvest, and WinCo

CANNOT BUY

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

BROWN RICE

CAN BUY

Any brand of brown rice (long and short grain) in a 16 oz. bag only.

CANNOT BUY

- Instant brown rice
- Rice in plastic containers
- Seasoned or flavored rice
- White rice
- Basmati or jasmine rice
- Organic Rice

100% WHOLE WHEAT BREADS

CAN BUY

Any of the following brands 100% whole wheat bread in a 16 oz. loaf only

- Any store brand
- Nature's Own
- Ozark Hearth
- Sara Lee
- Wonder

CANNOT BUY

- Gluten free
- Diet, light, or low carb
- Organic
- Mini Loaves
- Pita or flat bread
- English muffins
- Sandwich thins or rounds
- Bagels, buns or rolls

SOFT CORN TORTILLAS

CAN BUY

Any of the following brands of yellow and white soft corn tortillas in a 16 oz. package only.

- Don Poncho
- Dos Ranchitos
- El Super
- Food Club
- Guerrero
- Kroger
- La Banderita
- La Burrita
- Mama Lola's
- Mission
- Santa Fe Tortilla Company

CANNOT BUY

- Tortilla Chips
- Tostada or taco shells
- White flour tortillas
- Flavored tortillas (such as spinach or tomato)
- Organic tortillas

WHOLE WHEAT FLOUR TORTILLAS

CAN BUY

Any of the following brands whole wheat tortilla in a 16 oz package only

- Don Poncho
- Food Club
- Great Value
- Kroger
- Mission
- Guerrero Tortillas de Harina Integral
- La Banderita
- Santa Fe Tortilla Company

CANNOT BUY

- Tortilla chips
- Tostada or taco shells
- White flour tortillas
- Flavored tortillas (such as spinach or tomato)
- Organic tortillas

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Fruits (Fresh & Frozen)

CAN BUY

Any variety of fresh fruit

- Whole
- Cut-up
- Single pieces
- Bagged and pre-packaged
- Organic

CANNOT BUY

- Dried fruit
- Fruit-nut mixtures
- Fruit with dipping sauce
- Fruit for purchase on salad bars
- Ornamental fruits
- Party trays
- Items such as blueberry muffins
- Fruit with added sugar, fat, oil, or salt
- Canned fruit

Vegetables (Fresh & Frozen)

CAN BUY

Any variety of fresh vegetables

- Whole
- Cut-up
- Single pieces
- Bagged and pre-packaged
- Inkling lettuce
- Organic

CANNOT BUY

- Kits with dressings or dipping sauces
- Herbs or spices
- Edible blossoms such as squash blossoms (broccoli, cauliflower, and artichokes are allowed)
- Creamed or sauced vegetables
- Vegetable-grain mixtures
- Breaded vegetables
- Vegetables for purchase on salad bars
- Salad kits
- Ornamental vegetables, such as chilies on a string
- Painted pumpkins
- Party trays
- Vegetables with added sugar, fat, oil, or salt

Who to Contact

Contact the eWIC/SEBTC Automated Customer Service if you need help with any of the following:

- My card was lost, stolen, or damaged
- I need to set or change my PIN
- I need to check my benefit balance

For eWIC/SEBTC Automated Customer Service:

Call **844.892.2933**

Note that SEBTC shares the customer service line with WIC so the messages may say WIC but are also for SEBTC.

Contact the ITCA SEBTC program staff if you're experiencing any of the following issues:

- I need a replacement card
- I've locked my account and need it unlocked
- I don't think my receipt matches what I bought
- I wasn't able to buy a food I think is WIC/SEBTC approved
- I need help finding a store that accepts SEBTC benefits
- I have questions about my SEBTC benefits

For ITCA SEBTC program staff customer service:

Call **866-359-0007** or email **SEBTC@itcaonline.com**

For more information:

Visit **www.itcaonline.com/programs/summer-ebt-for-children**

Or contact the SEBT program staff at: **866.359.0007**