

# Shopping for Summer Nutrition Foods

## USING YOUR CHEROKEE NATION SUMMER NUTRITION CARD

The Cherokee Nation Summer Nutrition card works just like a debit card and keeps track of the food benefits you get each month.

Remember to store your card in a safe location when it is not being used.

## TIPS FOR USING YOUR SUMMER NUTRITION CARD

**SAFEGUARD** your personal identification number (PIN), which only you know. This PIN makes your card work in the store and keeps your benefits safe. Your PIN is printed on the Personal Shopping list you received with your Summer Nutrition card.

**YOUR SUMMER NUTRITION CARD** is good at most grocery stores. Ask the Summer Nutrition Program staff for a current list of stores that accept the Cherokee Nation Summer Nutrition card.

**USE ALL YOUR BENEFITS** before the end of the month because food benefits don't roll over to the next month. You will lose any foods you don't buy during the current month.



**IF YOUR SUMMER NUTRITION CARD IS LOST, STOLEN OR DOESN'T WORK AS EXPECTED** report it by email to [wicsebtc@cherokee.org](mailto:wicsebtc@cherokee.org) or call 539-234-3265 so the Summer Nutrition Program staff can cancel your card and protect your benefits. It can take up to 3 business days for the Summer Nutrition Program to get you a new card.

## SHOPPING FOR SUMMER NUTRITION FOODS

### BEFORE YOU SHOP

When you received your Summer Nutrition Program card it was attached to your Summer Nutrition Program Shopping List. The shopping shows all the Summer Nutrition Program foods that have been loaded onto your Summer Nutrition Card for each month.

Every time you buy Summer Nutrition foods, you will get a new store receipt with an ending balance that shows the food benefits left on your card for that month. Here are two ways to keep track of what is left on your card:

**SAVE** your store receipt. It will show what you bought and what's still on your Summer Nutrition card.

**REPRINT** your receipt at one of the card readers at a grocery store or by asking a cashier for help to get a new shopping list. Putting your card in a card reader is the only way to tell what benefits are left.



# WHILE YOU SHOP

You can use as much or as little of your food benefits as you want at each shopping trip. When you use your Summer Nutrition card for the first time, it may be easier to shop for a few things when the store is not busy.

## TIPS FOR SUCCESSFUL SHOPPING

**LOOK OVER** your last Summer Nutrition receipt before shopping. It will tell you how much you have left for each type of food benefit.

**TAKE YOUR** Summer Nutrition Program Approved Foods Shopping Guide to the store with you.

**MAKE SURE YOU** choose the food and package size the Summer Nutrition Program allows in your personal food package. Look at your shopping list that came with your Summer Nutrition card and your shopping guide.

**WHILE SHOPPING** look for the green WIC sticker for milk, juice, cheese, cereal, and whole grains. Each store approves different WIC allowed brands for these foods. Check with the staff at your store or look at your shopping guide for details.

**CHOOSE YOUR** foods carefully. Once you buy your Summer Nutrition foods, you can't return them to the store for money, and you can't sell Summer Nutrition foods you don't want.

**ALWAYS CHECK** your store receipt before leaving the checkout lane to make sure it matches your purchase.



## BUYING FRUITS & VEGETABLES

Buying fruits and vegetables with the Summer Nutrition card is a little tricky. You get a “dollar” amount every month to spend on fruits and vegetables. Think of it like your fruit and vegetable “budget.”

## HERE ARE SOME TIPS FOR STAYING IN YOUR FRUIT AND VEGETABLE BUDGET

**KEEP IT SIMPLE.** Look for prices that make shopping easy, like “4 for a \$1.00.”

**LOOK FOR DEALS.** When fruits and vegetables are in season, they're cheaper, fresher, and taste better.

**WEIGH YOUR PRODUCE** and add it up so you know how much it will cost before you get to the checkout line.

**CHECK YOUR BALANCE** on your receipt after you shop, so you know how much you have left in your “budget.”

**USE COUPONS** and store “reward” cards.



## AT THE CHECKOUT

### USING THE CARD READER

**TELL THE CASHIER** you are going to use a Summer Nutrition Card.

**THE CASHIER WILL TELL YOU** when to insert your card into the card reader and enter your PIN.

**LEAVE YOUR CARD** in the card reader until the cashier says it's okay to take it out.

### CHECK AND SAVE YOUR RECEIPT

**THE CASHIER** will ask you to check the “Items Purchased” on your receipt.

**MAKE SURE** all the Summer Nutrition foods you bought are on it.

**ACCEPT** the purchase by pressing the approval button.

**YOUR RECEIPT** will show you what you have left on your card for that month — save this receipt.

### WHAT IF A FOOD DOESN'T SCAN?

It's okay! Talk to your cashier or check your shopping guide for options.

1. Is it the wrong size or wrong brand?
2. Are there enough benefits on your card? If not, you can tell the cashier you'll pay for it with your other groceries or you can put the food back.
3. If you have any problems at the grocery store email [wicsebt@cherokee.org](mailto:wicsebt@cherokee.org) or 539-234-3265 .