



**WOMEN, INFANTS,  
& CHILDREN**

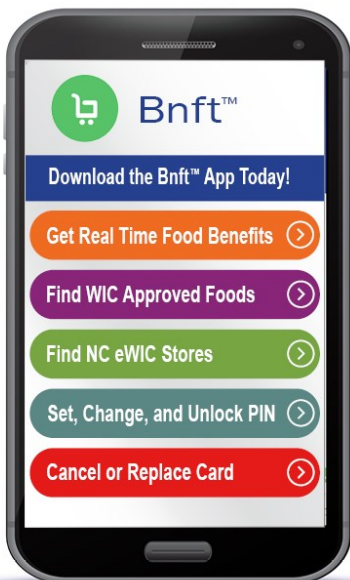
## **Grocery Shopping Tips during COVID-19**

**You may find these tips helpful as you shop:**

- **Go to the store when it opens, if possible. Many stores restock items and sanitize through the night.**
- **Visit a store you wouldn't normally shop at.**
- **Ask store employees when the best time is to shop. Deliveries may vary.**
- **Check with Customer Service Desk if you cannot find an item you really need.**
- **Use the WIC Bfnt app to check your available benefits and scan bar codes to see whether an item is WIC-eligible.**
- **Start shopping on the first date your benefits become available so you have one month to purchase your foods.**

**For more help, call your WIC clinic today.**

**336-401-8450**



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