

Your WIC Shopping Just Got Easier!



Louisiana WIC offers FREE phone apps and websites to help make your WIC shopping easy.

Available Apps



WICShopper



Bnft

The WICShopper App and Bnft App are available for download from the **App Store** and **Google Play**.

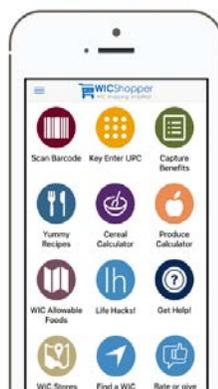
What The Apps Can Do

APP	Show WIC Allowed Foods	Show YOUR WIC Shopping List	Food Benefit Balance	Fruit and Veggie Balance	Recipes and Other Tips
 Bnft	✓	✓	✓	✓	
 WICShopper	✓				✓

How To Use the Apps



The **WICShopper app** makes WIC shopping easy and fun by using a product scanner to verify WIC eligibility as you shop. This app also includes food lists, recipes, and other great resources. You can put in your zip code and the WICShopper app will display an up to date list of WIC vendors closest to your location. It is available in English and Spanish.



WICShopper

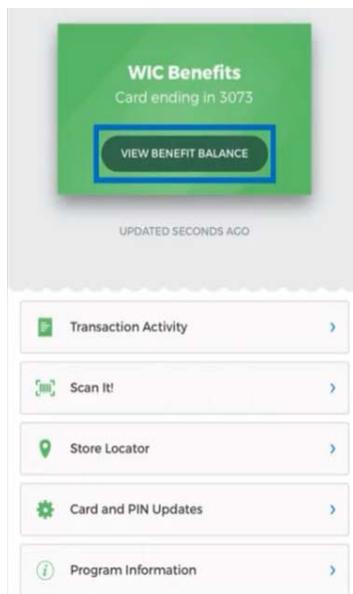
Simplify your WIC shopping!

- 1 Install "WICShopper" from your app store.
- 2 Select Louisiana as your WIC Agency.
- 3 Scan products using the app to verify WIC-eligibility as you shop!
- 4 View your food list, recipes, and more right from the app!

Your WIC Shopping Just Got Easier!



The **Bnft app** connects to your WIC account so that you can view your benefits. This is helpful when you need to go to the store. The Bnft app is available as a phone app or desktop and in English and Spanish.



Using the Bnft® app

1. Follow the prompts to get started.
2. You will need to enter your **19-digit PAN**. These are the 16 digits across the top followed by the 3 digits under those numbers (to the left):



3. Enter your date of birth in **mmddyyyy** format.
4. Enter your **email address** and **create a password** that is easy to remember.
5. Each time you use your app, you will need to re-enter your password. This is to protect you, since your benefit information is linked to the app.
6. If you have problems downloading the app, contact your WIC clinic. They may need to make sure your DOB is entered correctly.
7. Because foster families have multiple cards, they may need to contact WIC State Agency to troubleshoot.

Other Resources



Wichealth.org

You can use this website to complete your required WIC nutrition education in either English or Spanish! After creating an account, you can choose from over 50 lessons from 'Pregnancy, 'Feeding Your 2-5 year old', 'Choosing Healthy Food' and 'Keeping Your Family Healthy'. Families report they enjoy using wichealth.org and many families complete extra lessons.



The Louisiana WIC website provides up-to-date information on clinic locations and hours, a welcome video, contact information and general updates on the Louisiana WIC program.

The Gateway

The next time you have a WIC certification appointment, you can ask your clinic staff to send you an invitation for the Gateway! The Gateway is a WIC portal that you can use to send in your documents, sign your WIC forms and answer some of your health questions ahead of time! You must have an email address to use the Gateway.

This institution is an equal opportunity provider.