

## Fruit and Vegetable Voucher

## WIC Check with Beans

CHECK NUMBER	AGENCY SITE	WIC I.D. NO.	FIRST DAY TO USE	LAST DAY TO USE
00001001	12 1	1234567 1000	OCT 14, 2009	NOV 13, 2009

00001001

SEE BACK FOR ELIGIBLE FOODS

**\$6.00 (SIX DOLLARS) FRUITS AND VEGETABLES**  
 FRESH, FROZEN, CANNED, PLASTIC OR GLASS CONTAINERS  
 NO WHITE POTATOES  
 "PAY EXACTLY" AMOUNT CANNOT BE OVER \$6.00  
 NO CHANGE GIVEN TO WIC CUSTOMER IF UNDER \$6.00

PAY EXACTLY

AMOUNT MUST NOT EXCEED TOTAL PRICE OF ITEMS LISTED

NAME OF PARTICIPANT: PARTICIPANT PATTY

AUTHORIZED SIGNATURE: X

CHECK NUMBER	AGENCY SITE	WIC I.D. NO.	FIRST DAY TO USE	LAST DAY TO USE
00001001	12 1	1234567 1004	OCT 14, 2009	NOV 13, 2009

00001001

SEE BACK FOR ELIGIBLE FOODS

1% LOWFAT OR FAT FREE MILK ONLY\*\*\*COW'S MILK ONLY  
 MILK\*TWO GALLONS OR 10 CANS EVAPORATED OR 8 QTS DRY  
 ONE DOZEN\*LEAST EXPENSIVE LARGE, WHITE CHICKEN EGGS  
 JUICE\*ONE 96 OZ OR TWO 48 OZ OR TWO 11.5-12 OZ CONC  
**BEANS\*ONE 16 OZ BAG DRY OR 4 CANS IN 15-16 OZ SIZE**

PAY EXACTLY

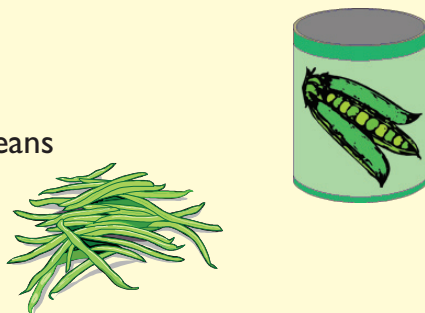
AMOUNT MUST NOT EXCEED TOTAL PRICE OF ITEMS LISTED

NAME OF PARTICIPANT: PARTICIPANT PATTY

AUTHORIZED SIGNATURE: X

The types of beans and peas allowed on the Fruit and Vegetable Voucher include:

- Fresh or canned:
  - green beans
  - wax (yellow) beans
  - snap beans
  - snap peas
  - green peas
- Canned mixed vegetables that contain any type of bean such as mixed vegetables with lima beans or mixed vegetables with kidney beans.
- Any type of frozen beans or peas including such beans as green beans, sugar snap peas, lima beans, blackeye peas, and green peas.



The types of dry or canned beans or peas that can be purchased with a WIC check that lists beans include, but are not limited to, the following:

- black beans
- blackeye peas
- garbanzo beans (chickpeas)
- great northern beans
- kidney beans (red beans)
- lentils
- lima beans
- navy beans
- pinto beans
- pigeon peas
- soybeans
- split peas



These types of beans and peas, often referred to as legumes, are excellent sources of protein. These types of beans or peas are available both as dry beans and as canned beans.