

# Florida WIC Foods



## Training for WIC Vendors

Welcome to the Florida WIC Foods training for vendors. As a WIC-authorized vendor, your customer service is an important link to the WIC Program. Your role is to make sure your store stocks the required WIC inventory and that WIC customers receive only the approved nutritious foods listed on their WIC check.

## Recent WIC Program changes

### TO ENCOURAGE:

- Eating more fruits and vegetables
- More whole grains
- Lower saturated fat
- Drinking less juice

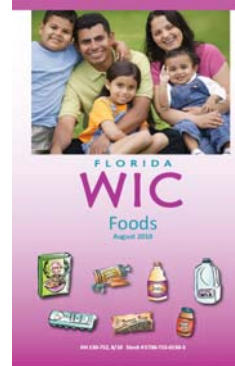


Recently, after more than 30 years the WIC foods changed. These new foods are meant to better meet the nutritional needs of our diverse population and to improve the health of women and children by encouraging food choices that include more fruit and vegetables, more whole grains, lower fat, and less juice.

## Fruit and Vegetable Voucher

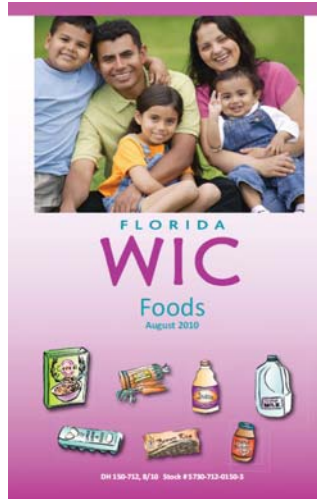
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CHECK NUMBER	AGENCY BR	WIC I.D. NO.	1000	FIRST DAY TO USE	LAST DAY TO USE
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SEE BACK FOR ELIGIBLE FOODS			PAY EXACTLY		
\$6.00 (SIX DOLLARS) FRUITS AND VEGETABLES FRESH, FROZEN, CANNED, PLASTIC OR GLASS CONTAINERS NO POTATOES EXCEPT YAMS AND SWEET POTATOES ARE ALLOWED *PAY EXACTLY* AMOUNT CANNOT BE OVER \$6.00 NO CHANGE GIVEN TO WIC CUSTOMER IF UNDER \$6.00			AMOUNT MUST NOT EXCEED TOTAL PRICE OF ITEMS LISTED		
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## WIC Foods Pamphlet



This presentation will introduce you to the WIC foods, the fruit and vegetable voucher, minimum inventory requirements, and the new Florida WIC Foods pamphlet.

# WIC Foods Pamphlet



Lets start by asking a couple of questions about the foods allowed by WIC.

First, “Why do you need to be able to determine if an item is allowed by WIC or not?”

The answer is that when your store and your WIC customer both know what foods are allowed, it is a better experience for everyone. Cashiers especially need to know how to find out if an item is approved by WIC. If WIC customers purchase items that are not allowed, the store may not receive payment from WIC for those items. If WIC customers are denied items that are allowed, they will likely choose to shop at another store.

So now you may ask, “How do I know if an item **is** allowed?” The WIC Foods pamphlet, along with the customer’s WIC check, will answer your questions about which foods are allowed to be purchased.

# Using the Foods Pamphlet



Because the WIC Foods pamphlet is your main tool for determining whether a food item is allowed, we want you to become familiar with how the pamphlet works and what information it offers.

Each food group will show the sizes, brands, and types allowed and not allowed. In some cases, it will offer examples of sizes to purchase to match the amounts allowed on a WIC check.

We suggest that you keep a copy of the WIC Foods pamphlet at each check out station to refer to when questions arise.



# Florida WIC Foods

Let's take a look at what foods are allowed.

# Milk



- Quart size may only be purchased when "QT" is listed on the front of the check.
- Must purchase the type of milk specified on the front of the check
- Lactose-free, Lactose-reduced, and Soy milk are allowed only when listed on the front of the WIC check

Milk will be listed on the front of the WIC check in the number of gallons, half-gallons or quart sizes allowed. When gallons or half-gallons are listed on the front of the check, the WIC customer may buy any combination of gallon and half-gallon sizes of milk. For example, if the WIC check allows two gallons, the customer may select two one-gallon containers OR one gallon and two half-gallons OR they may select four half-gallons.

The **QUART** size is only allowed when specifically listed on the front of the WIC check. When 1 quart is listed on the front of the WIC check, the customer may buy 1 quart of fresh milk, 1 quart of UHT milk, or 1 can of evaporated milk.

In addition to the size, the WIC check will also list the type of milk that must be purchased, such as whole milk OR 2% reduced fat milk OR 1% lowfat or fat-free milk. The type of milk is always listed on the first line of a WIC check for milk. Make sure the type of milk the WIC customer has selected is the same as the type of milk listed on the front of the check. Some customers are allowed to purchase lactose-free, lactose-reduced, or soy milk only when listed on the front of the WIC check. As shown in the Foods pamphlet, **8th Continent Soymilk Original** in a half-gallon carton is the only brand and size of allowed soy milk.

WIC customers **MUST** still buy the least expensive milk available on the shelf of the type and size they select unless an exception is printed on the **FRONT** of the WIC check. Some WIC customers have special milk needs. They are issued checks that do not require them to purchase the least expensive brand or type of milk. Printed on the front of their checks is the statement "**ANY BRAND. ANY TYPE. LEAST EXPENSIVE BRAND IS NOT REQUIRED.**"

# Fruit Juice

## Not allowed

- 46 oz. size can or bottle
- Tomato juice and V8 juice
- Blended juices

Beginning October 1<sup>st</sup>, 2009, the 46 oz. size can or bottle is not allowed. Tomato juice is not allowed. Blended juices are not allowed.

All flavors of Juicy Juice except Apple Juice are blended juices. The only Juicy Juice that is allowed is Juicy Juice Apple Juice.

# Fruit Juice

## NOT ALLOWED

- No juice blends
- No cartons
- No juice drinks
- No beverages
- No cocktails
- No light juice
- No apple cider
- No organic products

In addition to prohibiting blended juices, WIC customers may not purchase juice in cartons, juice drinks, juice beverages, cocktails, light juice, apple cider, or organic juice products. Juice restrictions are listed in your Florida WIC Foods pamphlet.

## Plastic Juice Bottles or Jugs

Does NOT have to be least expensive available

### Allowed

- Allowed sizes are 48 oz, 64 oz, 96 oz, and 1 gallon (128 oz)
- Any brand and flavor listed in the WIC Foods pamphlet may be purchased



Your WIC Foods pamphlet lists the specific brands, sizes, and flavors of non-refrigerated juices in plastic bottles and jugs that WIC customers may purchase.

The allowed sizes are 48 oz, 64 oz, 96 oz, and 1 gallon, and allowed flavors are listed in the pamphlet. Most brands of juices are allowed, and the customer may purchase any allowed brand. The customer does not have to purchase the least expensive brand of the flavor and size they choose. Refer to the pamphlet for information on specific juice restrictions.

## Refrigerated Plastic Jugs

- Gallon (128 oz)  
Orange Juice only
- 96 oz (3 qt)  
Orange Juice only
- Half-gallon (64 oz)  
Orange Juice, Pink Grapefruit,  
Ruby Red Grapefruit, and White Grapefruit Juice



**MUST buy least expensive brand available**

Refrigerated orange juice and grapefruit juices are allowed in three container sizes: the half-gallon size, 96 ounce size, and gallon size. 100% Orange Juice is allowed in all three sizes. 100% Grapefruit Juice in Pink, Ruby Red, and White is **only** allowed in the half-gallon size. Refrigerated juices in cartons are **NOT** allowed.

WIC customers must purchase the least expensive brand of the size and flavor they choose that is on the shelf at the time of purchase. They may purchase juice that has added calcium, vitamin D, and pulp as long as it is the least expensive of that size and flavor.

## Frozen Concentrate Juice

Must buy least expensive brand available

### Allowed Sizes

- 11.5 oz & 12 oz
- 16 oz



### Allowed Flavors

- Grape (purple & white)
- Pineapple
- Apple
- Orange
- Pink, Ruby Red and White Grapefruit

The minimum allowed can size of frozen juice is 11.5 oz. Note that the 11.5 and 12 oz sizes are considered to be the same when comparing prices for the least expensive available because both of these sizes make 48 oz of juice. The three allowed sizes of frozen concentrate are 11.5, 12, and 16 ounce sizes.

Purple and White Grape Juice and Pineapple Juice are also allowed flavors in the frozen concentrate juice category. Note that only the Welch's frozen Purple and White Grape juice with a yellow top are allowed. This is because the other Welch's frozen concentrates are juice cocktails, which are not allowed.

The WIC customer must purchase the least expensive brand of the size and flavor they choose that is on the shelf at the time of purchase.

The customer may buy juice that has added calcium, vitamin D, and pulp as long as it is the least expensive of that size and flavor.

## Non-Frozen Concentrate

Does NOT have to be least expensive available

### Allowed

- 11.5 oz Juicy Juice Apple
- 11.5 oz Welch's Apple
- 11.5 oz Welch's Grape
- 11.5 oz Welch's White Grape



**NOTE:** All Welch's frozen and non-frozen concentrate juices must have yellow top.

Non-frozen Concentrate Juice is also a category of WIC-eligible juice. Only four flavors of 11.5 oz. non-frozen concentrate are allowed. They are Juicy Juice Apple and Welch's Apple, Grape and White Grape juice.

WIC customers may buy either brand of any allowed flavor – they do not have to buy the least expensive. Also note that just as with the frozen concentrates, Welch's Non-frozen concentrate juices must have a yellow top.

## Breakfast Cereal & Baby Cereal



### ALLOWED

- 11 oz size or larger for breakfast cereal
- 8 oz or 16 oz box or carton for baby cereal
- Allowed cereals are only those listed in the WIC Foods pamphlet

12 oz + 12 oz + 12 oz = 36 oz

18 oz + 18 oz = 36 oz

24 oz + 12 oz = 36 oz

Many breakfast cereals are WIC eligible. The minimum package size for breakfast cereals is 11 ounces. Baby cereals are allowed in the 8 oz or 16 oz box or carton.

WIC customers must choose either all breakfast cereal or all baby cereal when both types are listed on the front of the WIC check. The WIC customer cannot purchase both types with one check.

Your Florida WIC Foods pamphlet contains a complete list of the allowed breakfast cereals and baby cereals. Breakfast cereals that meet the federal whole grain requirement are identified by a star beside their name. At least four of the WIC-eligible breakfast cereals that you stock must meet the whole grain requirement.

The WIC customer may buy any combination of breakfast cereals up to the number of ounces of breakfast cereal listed on the front of the WIC check. The cereal section of the WIC Foods pamphlet contains a guide to assist customers and cashiers to determine the various combinations of breakfast cereal sizes that can be purchased with one WIC check.

For example, if the WIC check allows the customer to buy 36 oz of breakfast cereal, the customer may buy three 12 oz packages, or two 18 oz packages, or one 24 oz and one 12 oz package. These all add up to 36 oz. The WIC customer does not have to purchase exactly 36 ounces of cereal. There will be instances when the customer chooses to purchase cereal in sizes that are less than 36 ounces. For example, they may choose one 14 oz package and one 19 oz package. This equals 33 ounces of cereal.

# Cheese



**Must buy least expensive available brand of the type of cheese selected**

- 16 oz (1 lb) size only
- **Deluxe American Slices 16 oz package** – No “Singles,” or individually wrapped slices, reduced fat, or fat free
- **Mild Cheddar 16 oz block** – No reduced fat, fat free, White, Regular, Sharp, Extra Sharp, or coated with wax
- **Part Skim Mozzarella 16 oz block or round** – No whole milk or fat free

The size and types of cheese that may be purchased are Deluxe American slices, Mild Cheddar and Part Skim Mozzarella. These are the only types of cheeses allowed.

WIC customers **must** purchase the least expensive available brand of the type of cheese they select.

Cheese may only be purchased in a 16 oz (1 lb) package.

WIC customers are NOT allowed to buy American “Singles,” individually wrapped slices, reduced fat or fat-free American cheese.

Mild Cheddar cheese may only be purchased in a 16 oz block. WIC customers cannot purchase cheddar cheese that is fat free, reduced fat, White, Regular, Sharp, Extra Sharp, or coated with wax.

Part Skim Mozzarella cheese must be purchased in a 16 oz block or round. No whole milk or fat free Mozzarella is allowed.

# Peanut Butter



## ALLOWED

- 16 to 18 oz jar only

The sizes allowed are 16 to 18 oz jars only. No other sizes may be purchased.

Any store brand of creamy, crunchy, or natural peanut butter is allowed. Other brands are allowed, and listed in the Florida WIC Foods pamphlet.

Restrictions such as no added artificial sweeteners, honey, marshmallow, chocolate, or jelly, and no spreads, whipped, reduced fat, or organic peanut butter are allowed. See the WIC Foods pamphlet for additional restricted brands and types.

## Canned Beans

- 15 to 16 oz can only
- Any brand of canned beans is allowed



Another food category that is allowed is CANNED BEANS in 15 to 16 ounce cans. Some types of canned beans can only be purchased with the regular WIC check.

Examples of canned beans that can only be purchased with a regular WIC check include, but are not limited to: black beans, blackeye peas, garbanzo beans (also known as chickpeas), great northern beans, kidney beans, lentils, lima beans, navy beans, and pinto beans.

Any brand is allowed.

Other types of canned beans can only be purchased with the Fruit and Vegetable Voucher. They will be discussed later in this presentation.

## Dry Beans, Peas, and Lentils

- 16 oz bag only

Any kind allowed



The only package size allowed for dry beans, peas, and lentils is 16 ounces. No smaller sizes are allowed. Any kind of bean, pea, or lentil is allowed. WIC customers do not have to purchase the least expensive brand.

Restrictions are no flavored, seasoned, gourmet, soup mixes, or organic products.

## Canned Fish

5 oz can or larger of light tuna and/or pink salmon

WIC customer can select all light tuna, all pink salmon, or **any combination** of canned light tuna and pink salmon up to the total number of ounces listed on the front of the WIC check



Under special circumstances some women can purchase canned fish. Pink salmon and light tuna are allowed canned fish choices. Sockeye and red salmon are not allowed. Other restrictions for tuna and salmon are listed in the WIC Foods pamphlet.

The WIC check will list the number of ounces of canned fish that the WIC customer may purchase. The customer may select all light tuna, all pink salmon, or **any combination** of canned light tuna and canned pink salmon up to the total number of ounces listed on the front of the WIC check.

The canned fish section of the WIC Foods pamphlet contains guidance for cashiers on the number and sizes of cans that can be purchased and not exceed the amount allowed on WIC checks.

# Whole Grains

- 100% Whole Wheat Bread
- Brown Rice
- Corn Tortillas



A new category of allowed foods is whole grains. When the front of a WIC check specifies "WHOLE GRAINS," the customer may choose one of the following items: 100% whole wheat bread or brown rice or corn tortillas.

## Whole Grains

### 100% Whole Wheat Bread

- Allowed brands are listed in the WIC Foods pamphlet
- 16 oz (1 lb) loaf only



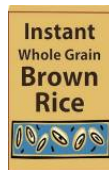
WIC customers may select only the specific brands of 100% whole wheat bread listed in the WIC Foods pamphlet. The only allowed size is a 16 oz (1 lb) loaf. No added ingredients are allowed, such as raisins, other dried fruits, or nuts.

# Whole Grains

## Brown Rice

- Regular, Instant, or Boil-in-Bag
- Any brand
- 14 to 16 oz bag or box

Label may read “brown rice” or “whole grain brown rice”



Any brand of regular, instant, or boil-in-bag brown rice in a 14 to 16 oz bag or box is allowed. The label should identify the product as either Brown Rice or Whole Grain Brown Rice.

## Whole Grains

### Corn Tortillas

- Allowed brands are listed in the WIC Foods pamphlet
- 16 oz package only



WIC customers may select only the specific brands and sizes of corn tortillas listed in the WIC Foods pamphlet.

No flour or wheat tortillas are allowed, and no taco shells or tortilla chips.

## Baby Food Fruits & Vegetables

- Allowed brands are only those listed in the WIC Foods pamphlet
- Allowed sizes are:
  - 4 oz jars
  - 7 oz packages with 2 – 3.5 oz size containers
  - 8 oz packages with 2 – 4 oz size containers



Another food group is baby food fruits, vegetables, and meats. Baby food is listed on the WIC check by number of jars, ounces or packages. Allowed brands are only those listed in the WIC Foods pamphlet. Restrictions on additives, added ingredients, and types of baby food are listed in the Foods pamphlet.

The only allowed sizes of baby food fruits and vegetables are 4 ounce jars, 7 ounce packages of 2 – 3.5 ounce containers, and 8 ounce packs of 2 – 4 ounce containers.

## Baby Food Meats

- Allowed brands are only those listed in the WIC Foods pamphlet
- 2.5 oz jar only
- Meats in broth or gravy



Some WIC checks also list Baby Food Meats. The allowed brands are listed in the WIC Foods pamphlet. The only allowed size is 2½ ounces and can only contain meat ingredients in broth or gravy. Restrictions on additives, additional ingredients, and types of baby food meat products are listed in the WIC Foods pamphlet.

# FRUIT AND VEGETABLE VOUCHER

CHECK NUMBER		AGENCY SITE		WIC I.D. NO.	FIRST DAY TO USE	LAST DAY TO USE	63-08 031	
00001001		12 1		1234567	1000	OCT 14, 2010	NOV 13, 2010	
SEE BACK FOR ELIGIBLE FOODS							PAY EXACTLY	AMOUNT MUST NOT EXCEED TOTAL PRICE OF ITEMS LISTED
\$6.00 (SIX DOLLARS) FRUITS AND VEGETABLES FRESH, FROZEN, CANNED, PLASTIC OR GLASS CONTAINERS NO POTATOES EXCEPT YAMS AND SWEET POTATOES ARE ALLOWED "PAY EXACTLY" AMOUNT CANNOT BE OVER \$6.00 NO CHANGE GIVEN TO WIC CUSTOMER IF UNDER \$6.00							VENDOR MUST DEPOSIT WITHIN 45 DAYS OF FIRST DAY TO USE	
NAME OF PARTICIPANT				AUTHORIZED SIGNATURE		PRESENT I.D.		
LAST PARTICIPANT		FIRST PARTICIPANT		X <i>Patty Participant</i>				
CAPITAL CITY BANK, TALLAHASSEE, FLORIDA ⑆0000 100 ⑆⑆ ⑆063 100688⑆ ⑆011855370 ⑆⑆								

One of the most significant program changes is the addition of fresh, frozen, and canned fruits and vegetables as allowed WIC foods. The purchase of these foods by WIC customers requires the use of a WIC check that is called a **Fruit and Vegetable Voucher**. Most women and children will each be issued one fruit and vegetable voucher per month.

The voucher information sheet provides guidance on accepting and redeeming fruit and vegetable vouchers. The information sheet can be found at our website: [floridawic.org](http://floridawic.org).

With the next few slides, we will review how cashiers should transact vouchers for WIC payment. We will then present information about allowed fruits and vegetables.

# Fruit & Vegetable Voucher

CHECK NUMBER		AGENCY SITE		WIC I.D. NO.	FIRST DAY TO USE	LAST DAY TO USE
00001001		12 1		1234567	1000	OCT 14, 2010
<p>SEE BACK FOR ELIGIBLE FOODS</p> <p><b>\$6.00 (SIX DOLLARS)</b> FRUITS AND VEGETABLES            FRESH, FROZEN, CANNED, PLASTIC OR GLASS CONTAINERS            NO POTATOES EXCEPT YAMS AND SWEET POTATOES ARE ALLOWED            "PAY EXACTLY" AMOUNT CANNOT BE OVER \$6.00            NO CHANGE GIVEN TO WIC CUSTOMER IF UNDER \$6.00</p>						
<p>PAY EXACTLY</p> <p>AMOUNT MUST NOT EXCEED TOTAL PRICE OF ITEMS LISTED</p>					<p>FRESH FRUIT OR VEGETABLES ONLY FL. WIC</p> <p>VENDOR MUST DEPOSIT WITHIN 45 DAYS OF FIRST DAY TO USE</p>	
<p>NAME OF PARTICIPANT</p> <p>LAST PARTICIPANT FIRST PATTY</p>				<p>AUTHORIZED SIGNATURE</p> <p>X</p>		
<p>CAPITAL CITY BANK, TALLAHASSEE, FLORIDA</p> <p>00001001 063100688 01855370</p>						

There is a dollar limit printed on each voucher. The amount will not exceed \$15.

The WIC Program will pay up to the dollar limit printed on the voucher for WIC eligible fruits and vegetables selected by the WIC customer. You are looking at a sample voucher with a \$6 WIC payment limit.

If the total price of the eligible fruits and vegetables selected by the WIC customer is more than the dollar limit on the voucher, the customer can choose to pay the difference with cash. If your store is Food Stamp EBT authorized, accepts personal checks, or accepts credit or debit cards from non-WIC customers, the WIC customer may choose these forms of payment instead of cash when the price of the fruits and vegetables exceeds the dollar limit on a voucher.

**Or**, the WIC customer can remove some of the items from the purchase so that the cost is equal to or less than the dollar limit of the voucher. When the customer uses more than one voucher, each voucher should be transacted separately just like other WIC checks.

# Fruit & Vegetable Voucher

CHECK NUMBER		AGENCY S/F		WIC I.D. NO.		FIRST DAY TO USE		LAST DAY TO USE	
00001001		12 1		1234567 1000		OCT 14, 2010		NOV 13, 2010	
<small>SEE BACK FOR ELIGIBLE FOODS</small>									
\$6.00 (SIX DOLLARS) FRUITS AND VEGETABLES FRESH, FROZEN, CANNED, PLASTIC OR GLASS CONTAINERS NO POTATOES EXCEPT YAMS AND SWEET POTATOES ARE ALLOWED "PAY EXACTLY" AMOUNT CANNOT BE OVER \$6.00 NO CHANGE GIVEN TO WIC CUSTOMER IF UNDER \$6.00						<b>PAY EXACTLY</b> <span style="font-size: 2em; font-weight: bold;">6 00</span>		<small>AMOUNT MUST NOT EXCEED TOTAL PRICE OF ITEMS LISTED</small>	
<small>NAME OF PARTICIPANT</small> LAST: PARTICIPANT      FIRST: PATTY					<small>AUTHORIZED SIGNATURE</small> <i>X Patty Participant</i>				
<small>CAPITAL CITY BANK, TALLAHASSEE, FLORIDA</small> ⑆0000 100 1⑆ ⑆063 100688⑆      0 1 1855370 1⑆									

The highlighted area on the sample voucher is the “pay exactly” box. The amount the cashier enters in the pay exactly box should never exceed the dollar limit printed on the voucher or the voucher will not be paid by WIC.

If the total price of the eligible fruits and vegetables selected by the WIC customer is more than the dollar limit on the voucher, the cashier should only enter the dollar limit of the voucher in the pay exactly box. For example, if the voucher limit is \$6.00 and the customer purchases \$7.53 of eligible fruits and vegetables, the cashier will only enter \$6.00 in the pay exactly box.

If the total price of the eligible fruits and vegetables selected by the WIC customer is less than the dollar limit on the voucher, the cashier will enter the actual price of the items purchased. For example, if the voucher limit is \$6.00 and the customer purchases \$5.33 of eligible fruits and vegetables, the cashier will enter \$5.33 in the pay exactly box. No change or credit is to be given to the customer when the purchase price is less than the dollar limit on the voucher.

# Fruit & Vegetable Voucher

HEALTH		FLORIDA WIC PROGRAM DEPARTMENT OF HEALTH		00001001	
CHECK NUMBER	AGENCY SITE	WIC ID. NO.		FIRST DAY TO USE	LAST DAY TO USE
00001001	12 1	1234567	1000	OCT 14, 2010	NOV 13, 2010
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			AMOUNT MUST NOT EXCEED TOTAL PRICE OF ITEMS LISTED		
NAME OF PARTICIPANT			AUTHORIZED SIGNATURE / PRESENT I.D.		
LAST FIRST			X <i>Patty Participant</i>		
PARTICIPANT PATTY					
CAPITAL CITY BANK, TALLAHASSEE, FLORIDA ⑆0000100⑆ ⑆063100688⑆ 011855370⑆					

After entering the WIC payment amount on the voucher, the cashier will request the customer's WIC ID card and have the customer sign the voucher. The customer's signature must match a signature on the ID card or the voucher cannot be accepted by the store.

# Fruit & Vegetable Voucher

CHECK NUMBER		AGENCY SITE		WIC I.D. NO.	FIRST DAY TO USE	LAST DAY TO USE	63-48 631	
00001001		12 1		1234567	1000	OCT 14, 2010	NOV 13, 2010	
SEE BACK FOR ELIGIBLE FOODS							PAY EXACTLY	AMOUNT MUST NOT EXCEED TOTAL PRICE OF ITEMS LISTED
<p>\$6.00 (SIX DOLLARS) FRUITS AND VEGETABLES            FRESH, FROZEN, CANNED, PLASTIC OR GLASS CONTAINERS            NO POTATOES EXCEPT YAMS AND SWEET POTATOES ARE ALLOWED            "PAY EXACTLY" AMOUNT CANNOT BE OVER \$6.00            NO CHANGE GIVEN TO WIC CUSTOMER IF UNDER \$6.00</p>							6 00	
NAME OF PARTICIPANT					AUTHORIZED SIGNATURE			PRESENT I.D.
LAST		PARTICIPANT			FIRST		PATTY	
CAPITAL CITY BANK, TALLAHASSEE, FLORIDA					X <i>Patty Participant</i>			REV. 10/09
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Remember to stamp your vendor authorization number on the voucher before you deposit the voucher.

## **Fruit and Vegetable Allowed Foods Overview**



Now that you are familiar with the Fruit and Vegetable voucher, we will review what foods are allowed on the voucher.

## What Fruits and Vegetables are Allowed?

- Fresh
- Frozen
- Cans, Plastic, or Glass Containers
- Organic

The Fruit and Vegetable Voucher allows WIC customers to purchase many different fruits and vegetables that are fresh, frozen, or packaged in cans, plastic, or glass containers. With the voucher the WIC customer is allowed to purchase any single type or combination of allowed fruits and vegetables and in any single or combination of package types and sizes. The fruits and vegetables that are allowed with the voucher can be organic. This is the only time that organic foods are allowed by the Florida WIC Program.

Your Florida WIC Foods pamphlet contains an extensive list.

## Fruit and Vegetable Voucher

**White potatoes are not allowed in any form or in any vegetable mixture.**

White potatoes include Idaho, Yukon gold, yellow, new, red, petite red, creamer, baby Dutch yellow, purple, and baking potatoes.

Sweet potatoes and yams are the only allowed types of potatoes to be purchased with the Fruit and Vegetable voucher. This includes sweet potatoes and yams that are fresh, frozen, or packed in cans, plastic, or glass containers.

White potatoes in any form or in any vegetable mixture are not allowed to be purchased with the Fruit and Vegetable Voucher.

## Fresh Fruits and Vegetables

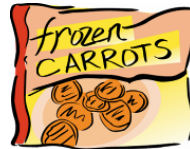
- Any type, variety, size, or mixture without potatoes
- Whole or cut up
- Loose or packed in bags or plastic containers



Fresh fruits and vegetables can be any variety, size or mixture and may be whole, cut up, loose or packed in bags or plastic containers. The only exception is that white potatoes are not allowed.

## Frozen Fruits and Vegetables

- Any brand, variety, size, or mixture without white potatoes
- Any type of frozen beans or peas
- No added sugar, syrup, artificial sweeteners, fat, oil, or sauces



Frozen fruits and vegetables can be any brand, variety, size or mixture. Frozen white potatoes are not allowed.

All types of frozen beans and peas are allowed, even those types of canned or dry beans or peas that can be purchased with the regular WIC check.

Also, frozen fruits and vegetables cannot have any added sugar, syrup, artificial sweeteners, fat, oil, or sauces.

## **Fruits and Vegetables in cans, plastic, or glass containers**

- Any brand, variety, size or mixture
- Must be packed without added sugar, syrup, artificial sweeteners, fat, oil, or meat.
- Fruits cannot have added salt, however, vegetables may be purchased with or without added salt.
- Applesauce with “no added sugar” is allowed.

Fruits and vegetables in cans, plastic, or glass containers can be any brand, variety, size or mixture. The only exception is white potatoes which are not allowed. All fruits and vegetables must be packed without added sugar, syrup, artificial sweeteners, fat, oil, or meat. Fruits cannot have added salt however vegetables may be purchased with or without added salt. Applesauce with no added sugar is allowed.

## **Fruit and Vegetable Voucher**

### **Dried fruits and vegetables are not allowed**

Dried fruits and vegetables of any type such as raisins, prunes, fruit roll-ups, fruit leathers, popcorn, dry beans and peas are not allowed to be purchased with a Voucher.

Dry beans and peas may be purchased with a WIC Check when "BEANS" is listed on the front of the check.

There are some fruits and vegetables that are not allowed to be purchased with the fruit and vegetable voucher. These include any type of dried fruits and vegetables such as raisins, prunes, fruit roll-ups, fruit leathers, popcorn, dry beans and peas. Dry beans and peas may only be purchased with a WIC check for "Beans."

## Fruit and Vegetable Voucher

**Baby Food fruits & vegetables  
are not allowed**

Baby food & toddler fruits and vegetables are not allowed to be purchased with the Fruit & Vegetable Voucher.

Baby foods may **ONLY** be purchased with a WIC Check when listed on the **FRONT** of the check.



Also, baby food and toddler fruits and vegetables may not be purchased with the fruit and vegetable voucher. Baby food fruits & vegetables may only be purchased with the WIC check for "Baby Food Fruits and Vegetables."

# Fruit and Vegetable Voucher

## Canned Beans

Here are examples of canned beans and peas **not allowed with the Fruit & Vegetable Voucher**: black beans, blackeye peas, garbanzo beans (chickpeas) great northern beans, kidney beans, lentils, lima beans, navy beans, pinto beans, soybeans, and split peas. **These are only allowed with a WIC Check.**

Here are beans and peas that are **allowed with the Fruit & Vegetable Voucher** – fresh, frozen or canned green peas, green beans, wax beans, snap beans, snap peas, and mixed vegetables that contain any type of beans. **These are not allowed with a WIC Check.**

Another key point to remember is the difference between beans allowed on the WIC check and **NOT** allowed on the Fruit and Vegetable voucher.

Earlier in the presentation we talked about beans and peas. Allowed dry and canned beans and peas are black beans, blackeye peas, garbanzo beans, great northern beans, kidney beans, lentils, lima beans, navy beans, pinto beans, soybeans and split peas. These are the typical beans that you will find in the dry bean section as well as the canned bean section. Since these beans can be purchased with the WIC check for Beans, they are **NOT** allowed to be purchased with the Fruit and Vegetable voucher. There are other beans and peas that may be purchased with the Fruit and Vegetable Voucher. These are green peas, green beans, wax beans, snap beans, and snap peas. Also, if mixed vegetables have any type of beans such as lima beans or kidney beans in them, these mixed vegetables may be purchased with the Fruit and Vegetable Voucher.

Yes, this may seem a little confusing at first, but it's really very simple. WIC foods are selected for their nutritional value and beans are a wonderful source of protein. That is why beans are a part of the standard WIC check. With the addition of the Fruit and Vegetable voucher, the WIC program is encouraging WIC customers to purchase other fruits and vegetables with their vouchers.

As a cashier, your best resource is to become familiar with the WIC Foods pamphlet and keep one near you at the checkout line.



# Minimum Inventory

Now let's take a look at the minimum inventory requirements for the WIC foods.



**Florida WIC Program  
Mandatory Minimum Inventory Requirements**



**Effective October 1, 2009**

[www.floridawic.org](http://www.floridawic.org)

WIC FOOD	TYPES/BRANDS		NEW MINIMUM SELECTION	NEW MINIMUM SUPPLY
	See WIC Foods pamphlet at <a href="http://www.floridawic.org">www.floridawic.org</a> for eligible brands, types, and restrictions			
MILK	Fresh	Whole	1 brand	3 1-gallon & 3 half-gallon containers
		1% Low-fat/light	1 brand	7 1-gallon & 7 half-gallon containers
	Evaporated	Fat-free/skim/non-fat	1 brand	8 12 oz. cans
CEREAL			7 kinds, 4 must be whole grain	21 boxes
BABY CEREAL			2 kinds, 1 must be rice cereal	6 boxes/cartons
EGGS	Large, white, chicken eggs		1 brand	4 dozen
CHEESE			2 kinds, any brand	8 pounds
FORMULA	Gerber GS Gentle Plus	13 oz. Concentrate		17 cans
		12 oz. Powder		12 cans
	Gerber GS Soy Plus	12.9 oz. Powder		6 cans
	Gerber GS Protect Plus	12 oz. Powder		6 cans
PEANUT BUTTER	Any brand of creamy, crunchy, extra crunchy, super chunk, or natural peanut butter		1 brand creamy	6 16 to 18 oz. jars
BEANS	Dry Beans, Dry Peas, or Dry Lentils	Any brand	2 kinds	8 16 oz. bags
	Canned Beans			16 cans, 15 to 16 oz. size
CANNED FISH			None	None

Rather than go through each food category, let's just highlight the food categories. Located near the bottom of this slide, is the bean category. Beans can be purchased in 15 to 16 oz cans as well as in 16 oz bags so the minimum inventory category is the requirement of 16 cans of beans, two kinds of any brand.

FLORIDA DEPARTMENT OF HEALTH		Florida WIC Program Mandatory Minimum Inventory Requirements		FLORIDA WIC Good Nutrition for Women, Infants & Children <a href="http://www.floridawic.org">www.floridawic.org</a>	
Effective October 1, 2009					
WIC FOOD	TYPES/BRANDS See WIC Foods pamphlet at <a href="http://www.floridawic.org">www.floridawic.org</a> for eligible brands, types, and restrictions		NEW MINIMUM SELECTION	NEW MINIMUM SUPPLY	
JUICE	Refrigerated Plastic Jugs	Orange juice	1 brand	5 1-gallon containers	
		Orange juice, and pink, ruby red, or white grapefruit juice	1 brand	5 half-gallon containers, any single flavor or combination of flavors	
	Frozen Concentrate Or Non-Frozen Concentrate Or Plastic Bottles	11.5 oz. or 12 oz. Frozen concentrate Or 11.5 oz. Non-frozen concentrate Or 48 oz. Plastic bottles	1 flavor	8 containers of any single type or combination of types	
	Plastic Bottles	64 oz. Plastic bottles	2 flavors	4 containers	
WHOLE GRAINS	100% Whole Wheat Bread		1 brand	4 16 oz. loaves	
	Whole Grain Brown Rice Or Corn Tortillas		1 brand	3 14 to 16 oz. bags or boxes of brown rice or corn tortillas, any single type or combination of types	
BABY FOOD	Fruits and Vegetables		2 kinds of fruits and 2 kinds of vegetables	Total of 128 jars or 74 2-packs. Allowed sizes are 4 oz. jar, 7 oz. pack (2 - 3.5 oz) and 8 oz. pack (2 - 4 oz.), any combination	
	Meats		2 kinds	16 2.5 oz. jars	
FRUITS AND VEGETABLES	Fresh Fruits		2 different types and varieties	\$25.00 total value of the supply	
	Fresh Vegetables		2 different types and varieties		
	Canned OR Frozen Fruits		2 different types and varieties	20 containers - can, glass or plastic - in any combination of containers	
	Canned OR Frozen Vegetables		2 different types and varieties		

Page 2 of 2

In the juice category, vendors are required to stock a minimum of 5-one gallon refrigerated plastic containers of any brand of orange juice and five half-gallon containers of any one brand of any single flavor or combination of flavors of orange juice, and pink, ruby red, or white grapefruit juice. Vendors are also required to carry eight containers of any single type or combination of types of allowed frozen concentrate, or allowed non-frozen concentrate or non-refrigerated 48 oz plastic bottles of allowed juice. In addition, vendors must stock four-64 oz plastic bottles of non-refrigerated juice in two allowed flavors.

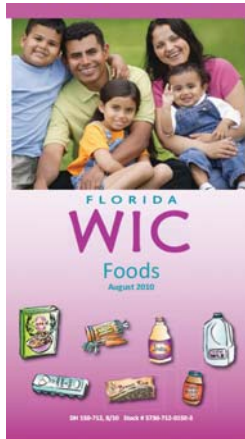
In the whole grain category, vendors must maintain a minimum inventory of four 16 oz loaves of any one allowed brand or combination of allowed brands of 100% whole wheat bread. They must also stock three 14 to 16 oz bags or boxes of any brand of brown rice or stock any single brand or combination of allowed brands of corn tortillas.

In the baby food category, vendors must maintain a minimum inventory of two kinds of baby food fruits and two kinds of baby food vegetables. Vendors must have a total of 128 jars or 74 two packs. Vendors must also maintain a minimum of 16-2.5 oz jars of two kinds of baby food meats.

Our last category is fruits and vegetables. Vendors must maintain a \$25.00 total value of a supply of two different types and varieties of fresh fruits and two different types and varieties of fresh vegetables. Vendors must also stock two different types and varieties of canned or frozen fruits and two different types and varieties of canned or frozen vegetables. The minimum inventory requirement for these foods is a total of 20 can, glass, or plastic containers in any single container type or combination of container types.

This is a very quick example of the minimum inventory requirements. This form is available in your training packet and also on the Florida WIC website at [floridawic.org](http://floridawic.org).

# Thank you !!



We have introduced a lot of information in this presentation. Remember that you have many resources available to you. Your store should have a system so that you can ask questions and provide feedback to managers.

Most importantly, the Florida WIC Foods pamphlet is your main tool for determining whether an item is allowed or not. Keep a copy handy. If you have questions, you can also call your local WIC office. The people in your local WIC office are happy to answer questions and assist you. WIC knows that grocery store staff are experts in customer service and will continue to provide WIC customers with great service. WIC appreciates your store being a partner with us in providing nutritious food to Florida's children – thank you.

# Contact

If you have additional questions or training needs, contact your local WIC agency Vendor Manager or call the state WIC office at:

1-800-342-3556

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