

# FRUITS & VEGETABLES FOOD INSTRUMENT

Can be used to purchase fresh, frozen,  
canned fruits and vegetables, and dried fruits

INDIVIDUAL NO.	PARTICIPANT / PARENT / GUARDIAN	FIRST DAY TO USE	LAST DAY TO USE	SERIAL NO.
800708812JD	JANE DOE	AUG 01 11	AUG 31 11	269534015
 <p>FOOD ITEM NUMBER: 2003</p> <p>Pay to the order of: WIC Authorized Vendor</p> <p>700- 269534015</p>		<p>90-1342 1211</p> <p>EXACT PURCHASE PRICE:</p> <p>*MUST NOT EXCEED MAXIMUM ALLOWABLE DEPARTMENT REIMBURSEMENT RATE</p> <p>FOOD ITEM NUMBER: 2003</p> <p><b>NON-NEGOTIABLE</b></p> <p>AUTHORIZED SIGNATURE (SIGN AT PURCHASE)</p>		
<p>What to buy: USE JULY 5, 2011 WAFL SHOPPING GUIDE</p> <p>\$5 (FIVE DOLLARS) FRUITS AND VEGETABLES</p> <p>MAY COMBINE FRESH, DRIED FRUITS, FROZEN, AND CANNED</p> <p>PARTICIPANT MAY PAY AMOUNT OVER \$5 (FIVE DOLLARS)</p> <p>State of California WIC Program VOID IF NOT DEPOSITED WITHIN 45 DAYS OF "FIRST DAY TO USE." NOT VALID IF ALTERED.</p> <p>VALID ONLY FOR FOOD ITEMS SPECIFIED IN THE CALIFORNIA WIC AUTHORIZED FOOD LIST.</p>				
0700 121113423		2695340151		

1. This is the first day to accept this food instrument.
2. This is the last day to accept this food instrument.
3. The fruits & vegetables food instrument is the only food instrument with a dollar amount. WIC shoppers are allowed to pay the difference if the total exceeds the value of the food instrument; however, they cannot receive change for any unused amount.
4. The cashier fills in the dollar amount at the check stand before the WIC shoppers signs the food instrument.
5. This is the food item number. The food item number can also be found above the pay to the order of.
6. After the cashier writes in the dollar amount, the WIC shopper signs the food instrument.
7. You have 45 days from the "first day to use" to submit 10-digit serial number and deposit into the bank.
8. To submit, enter the 10-digit serial number by telephone, internet, or electronic file submission prior to depositing into the bank.



Developed by California WIC Statewide Training & Resource Branch. **For Reference only.**

Please refer to WIC Authorized Food List Shopping Guide July 5, 2011.

More information about the WIC Program is available on the internet at: [www.wicworks.ca.gov](http://www.wicworks.ca.gov) or [www.cdph.ca.gov/programs/wicworks](http://www.cdph.ca.gov/programs/wicworks)



# FRUITS & VEGETABLES

(fresh, frozen, canned fruits and vegetables, and dried fruits )

## CAN BUY

- Natural or unsweetened applesauce
- Organic fruits and vegetables
- Products packed in water or juice, without added sugar or artificial sweeteners
- Tomatoes or tomatoes products such as plain, whole, crushed, diced, paste, or purees
- Frozen beans of any kind
- Regular or low sodium allowed
- Sweet potatoes and yams
- Whole or cut fruits & vegetables
- Bagged fruits & vegetables
- Bagged or packaged salad mixtures
- Water chestnuts
- Green Guaje
- Xoconxtle
- Purslane
- Alfalfa sprouts, water cress, bamboo, ginger
- Tamarind in pods, plain Tamarind paste
- Fresh dates
- Wheat grass from sprouted wheat
- Rhubarb
- Canned artichoke hearts in water
- Sugar cane
- Fresh or sliced coconut
- Garlic, plain paste garlic, and chopped garlic
- Bean sprouts, onion, ginger, jalapenos, peppers, chilies
- Dried fruits without added fats, oils, or sugars, such as raisins, dates, prunes, plums, figs, and apricots; Dried fruits pitted or with pits (**for women only**)
- Freeze dried fruits (**for women only**)

## CANNOT BUY

- Fruit packed in syrup
- Fruit cocktail, cranberry sauce, or pie filling
- Fruits and vegetables with added sugar, salt, fat, oil, flavor, artificial sweeteners, sauces, or cream
- White potatoes, french fries, tater tots, and mashed potatoes
- Soups, ketchup, salsa, and relish
- Olives
- Stewed tomatoes
- Breaded or flavored vegetables
- Canned mature beans
- Fruits and vegetables with added ingredients, such as cheese, butter, teriyaki sauce, pasta, or rice
- Food or products from the deli or salad bar, party trays, fruit baskets, and decorative fruits
- Nuts or fruit-nut mixtures
- Dried or freeze dried vegetables
- Bagged salads with dressing, cheese, croutons, dips, or sauces
- Garlic in braids and fried chili peppers
- Aloe Vera Leaf
- Any vegetable in vinegar
- Herbs and spices, such as anise, bay leaves, caraway, chervil, chives, dill, fenugreek, horseradish, lemon grass, marjoram, oregano, rosemary, sage, savory, tarragon, thyme, parsley, basil, cilantro, and mint
- Trail mix
- Dried fruits with added artificial or natural flavors, including essences
- Dried fruits **not allowed** for children

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