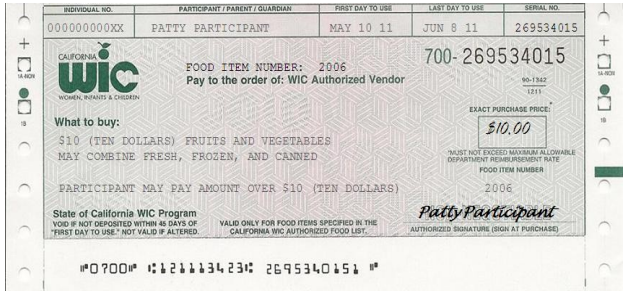
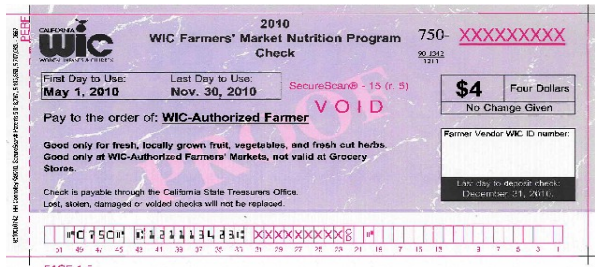
# What's the Difference?

## Fruit & Vegetable Checks




- Can buy most fresh, canned or frozen fruits and vegetables.
- Can **ONLY** purchase sweet potatoes or yams. No other potatoes allowed.
- Can be used at grocery stores and WIC approved Certified Farmers' Markets.
- Expire every 30 days.
- $6 and $10 denominations are most common.

## Farmers' Market Nutrition Program




- Can buy fresh fruits, vegetables and cut herbs.
- Can buy **ANY** kind of potato.
- Used only at WIC approved Certified Farmers Markets.
- Last day to accept is November 30th.
- $4 or $2 denominations (senior FMNP only).

Questions? Please call the State WIC Program at (916) 928-8513.

# Fruit & Vegetable Checks Quick Start Guide

**California WIC Program**
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This institution is an equal opportunity provider.

# Authorized Foods

## Can Buy:

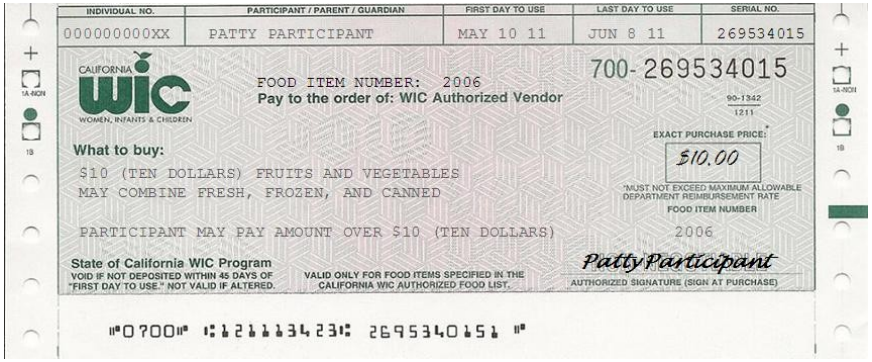
- ✔ Fresh Fruits & Vegetables
  - ✔ Whole or Cut
  - ✔ Organic
  - ✔ Bagged
- ✔ Sweet Potatoes and Yams are the **ONLY** Potatoes Allowed

Other Examples Include: Garlic, onion, ginger, jalapenos, peppers, chilies, Xoconxtle (Prickly pear), watercress, bamboo, sugar cane

## Cannot Buy:

- ✔ Potatoes (other than sweet potatoes or yams)
- ✔ Dried Fruits & Vegetables
- ✔ Nuts or Fruit-Nut Mixtures
- ✔ Decorative Vegetables & Fruits (such as chilies on a string, garlic in braids, or painted pumpkins or gourds)
- ✔ Edible Blossoms (such as squash blossoms)
- ✔ Prepared foods such as salsa, or vegetables packed in vinegar or oil

# Steps to Accepting WIC Fruit and Vegetable Checks




1. WIC Participant gives the farmer the items to purchase and a check.
2. Ensure the date is within the first day to use" and "last day to use." Note the maximum value of the check and ensure that the check is for Fruits and Vegetables. Write in the exact purchase price up to, but not over the maximum amount.
3. Give the check back to the participant to sign.
4. WIC Participant will sign the check and return to you.
5. Compare the participant's signature with the one on the front of the WIC ID Folder. They should be the same (an alternate's signature is acceptable.)

6. If everything looks okay, give the participant the items purchased and return the WIC ID Folder.

PROCESSING TIPS: Remember to submit the check to WIC before depositing into the bank. Deposit checks into the bank within 45 days from the "first day to use."