

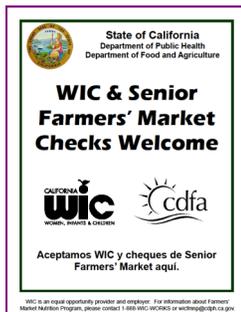
What's the Difference?

Fruit & Vegetable Checks



- Can buy fresh, canned or frozen fruits and vegetables. Can buy dried fruit if stated on the check. Can not buy herbs.
- 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 honey with \$2 Senior check. (Honey not allowed for \$4 WIC check)
- Used only at WIC approved Certified Farmers' Markets.
- Last day to accept is November 30th.
- \$4 WIC or \$2 Senior denominations.

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

Fruit & Vegetable Checks Quick Start Guide As of July 5, 2011

Your WIC
Fruit & Vegetable Checks
are welcome here!



This institution is an equal opportunity provider.

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WIC Authorized Foods As of July 5, 2011

FRESH FRUITS and VEGETABLES

ALLOWED:

- Fresh fruits and vegetables
 - ✓ Whole or Cut
 - ✓ Bagged
 - ✓ Organic
- Sweet potatoes and yams are the **only** potatoes allowed
- Garlic, onion, ginger, jalapenos, peppers, and chilies are allowed

NOT ALLOWED:

- Any potatoes other than sweet potatoes and yams
- Decorative vegetables and fruits, such as chilies or garlic on a string or painted pumpkins
- Nuts, fruit-nut mixtures
- Edible blossoms, such as squash blossoms
- Prepared foods such as salsa, or vegetables packed in oil
- Herbs and spices, such as parsley, basil, cilantro, and mint

DRIED FRUITS

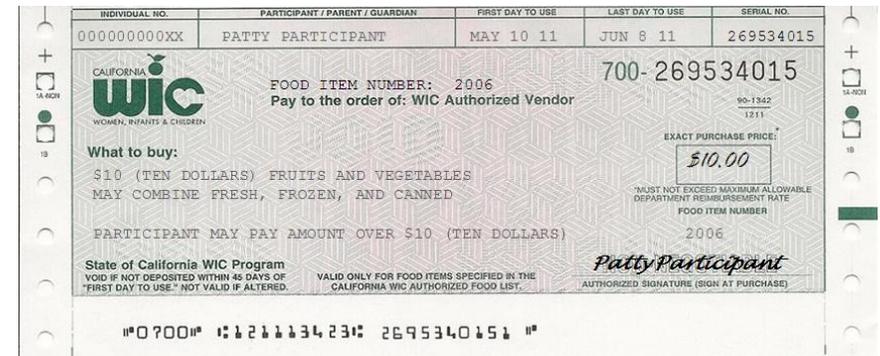
ALLOWED:

- Any variety of dried fruits without added fats, sugars, or oils, such as raisins, prunes and/or dried plums, figs, dates, and apricots
 - ✓ Freeze-dried
 - ✓ Pitted or with pits
 - ✓ Organic

NOT ALLOWED:

- Dried or freeze-dried vegetables
- Trail mix
- Dried fruits with added fats, sugars, or oils
- Dried fruits with added artificial or natural flavors, including essences.

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.”