



FRUITS & VEGETABLES FOOD INSTRUMENT

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

INDIVIDUAL NO.	PARTICIPANT / PARENT / GUARDIAN	FIRST DAY TO USE	LAST DAY TO USE	SERIAL NO.
800708812JD	JANE DOE	DEC 01 10	DEC 31 10	269534015
CALIFORNIA WIC WOMEN, INFANTS & CHILDREN		FOOD ITEM NUMBER: 2004		700-269534015
What to buy:		USE APRIL 5, 2010 WAFL SHOPPING GUIDE		EXACT PURCHASE PRICE:
\$6 (SIX DOLLARS) FRUITS AND VEGETABLES COMBINATION OF FRESH, FROZEN, AND CANNED		PARTICIPANT MAY PAY AMOUNT OVER \$6 (SIX DOLLARS)		*MUST NOT EXCEED MAXIMUM ALLOWABLE DEPARTMENT REIMBURSEMENT RATE
State of California WIC Program VOID IF NOT DEPOSITED WITHIN 45 DAYS OF "FIRST DAY TO USE." NOT VALID IF ALTERED.		VALID ONLY FOR FOOD ITEMS SPECIFIED IN THE CALIFORNIA WIC AUTHORIZED FOOD LIST.		NON-NEGOTIABLE
0700		4 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. Participants 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 participant signs the food instrument. The dollar amount **MUST NOT EXCEED THE AMOUNT PRINTED ON THE FOOD INSTRUMENT**.
5. This is the food item number. It is used to identify the MADR and can be found two places on the FI.
6. After the cashier writes in the dollar amount, the participant signs the food instrument.
7. You have 45 days from the "first day to use" to submit the 10-digit serial number and deposit into the bank.
8. To submit, enter the 10-digit serial number at the bottom of the FI 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 April 5, 2010.

More information about the WIC Program is available on the internet at: www.wicworks.ca.gov or www.cdph.ca.gov/programs/wicworks
12/2010



FRUITS & VEGETABLES

(fresh, frozen, canned)

CAN BUY

- Natural or unsweetened applesauce
- Organic fruits and vegetables
- Products packed in water or juice, without added sugar or artificial sweeteners
- Tomatoes or tomato products such as plain, whole, crushed, diced, paste, or purees
- Frozen beans of any kind
- Regular or low sodium
- Sweet potatoes and yams
- Whole or cut fruits & vegetables
- Bagged fruits & vegetables
- Bagged 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

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
- Any potato besides sweet potatoes or yams, French fries, tater tots, and mashed potatoes
- Soups, ketchup, and relish
- Olives
- Salsa
- 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 fruit and vegetables
- Bagged salads with added ingredients such as dressing, croutons, dips, or sauces
- Garlic in braids and fried chili peppers
- Aloe Vera leaf
- Any vegetable in vinegar or with added oil
- Anise, bay leaves, caraway, chervil, chives, dill, fenugreek, , horseradish, lemon grass, marjoram, oregano, rosemary, sage, savory, tarragon, and thyme

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