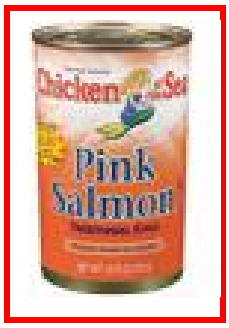
New WIC Foods: Fact or Fiction?

Peanut Butter, Peas, Beans, Lentils, and Canned Fish

Look at the Pictures below:
Circle the "CAN BUY" foods
Mark an X through the "CANNOT BUY" foods

15 oz. Jalapeno Pinto Beans



14.75 oz. Pink Salmon

5 oz. Low Sodium Water Packed Tuna

16 oz Peanut Butter

Bulk, uncooked dried Beans & Peas

Baked Beans

Gourmet Smoked Sockeye Salmon

5 oz. Water Packed Solid White Albacore Tuna

15 oz. Sardines in Tomato Sauce