

# Frequently Asked Questions for Staff Training

## WIC Authorized Food List Shopping Guide

(October 1, 2009)

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### GENERAL QUESTIONS

1. **What is a “food category”?**

The term “food category” refers to the larger general grouping of foods, such as cheese, milk, eggs, peanut butter, canned fish, whole grains, etc. In the WIC Authorized Food List Shopping Guide they are written in purple and all capital letters. The food category names will be printed on the checks (food instruments) in the *What to buy section* after the quantity and size; for example, 16 oz CHEESE. To find out what specific foods a WIC participant can or cannot buy with this check, locate the food category CHEESE in the WIC Authorized Food List Shopping Guide and look in the “can buy” and “cannot buy” sections.

2. **What is the meaning of “Authorized food items are specific to each individual food category”?**

This statement means that only the foods listed in the WIC Authorized Food List Shopping Guide for the specific food category that matches the food category on the check may be purchased. For example, when a check is for food category DRY BEANS, PEAS OR LENTILS the WIC participant may only purchase what is allowed for the DRY BEANS, PEAS OR LENTILS food category under the “can buy” section of the WIC Authorized Food List Shopping Guide. They cannot buy canned or frozen beans with this check.

3. **Do participants have to get everything that is printed on the check?**

Not unless the food instrument specifically says “Must Buy Full Quantity”. This only occurs with two items – infant formula and infant cereal.

### MILK

1. **Are participants required to buy store brand milk?**

No, a participant may buy any brand of milk.

2. **What is ultra-pasteurized milk?**

Ultra-pasteurized milk is refrigerated fluid milk that has been heat-treated so that it lasts longer on the store shelf without spoiling. Once the container is opened, the milk will spoil at the same rate as regular milk.

3. **Why is goat’s milk not allowed?**

Goat’s milk is not allowed due to its high cost. Also, there are not many requests for goat milk and there are other alternatives (such as soy based beverage) available.

4. **Why is organic milk not allowed?**

Organic milk is not allowed due to its high cost.

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5. **Why has acidophilus milk been discontinued?**

Acidophilus milk does not come in quarts and it is less effective than lactose free milk for individuals with lactose intolerance. Participants can still buy lactose free milk when specified on the check.

6. **Why is yogurt not allowed by USDA as a partial substitute for milk?**

USDA projected that if yogurt was allowed, then the food package would not be cost neutral.

7. **Why can't all participants buy whole milk?**

WIC regulations only allow whole milk for children 1-2 years old. All other participants will get lower fat milk choices because these are healthier choices for older children and women. The checks will be specific to the type of milk allowed.

8. **A participant's one year old son is overweight. Can the participant get low fat milk for him?**

No, WIC regulations only allow whole milk for children 1-2 years old.

9. **A participant's three year old daughter is underweight. Can the participant get whole milk for her? What if she has a doctor's prescription?**

No, even if there is a prescription for whole milk, all participants over the age of 2 years will get checks that allow lower fat milks only.

10. **Can the dietitian change the food package to include whole milk or change to lower fat milk if they deem it appropriate?**

No, the dietitian cannot change the food package based on the request for a different milk fat than is contained in the appropriate standard food package.

11. **Why is California WIC now allowing milk in quart size? Why can't the participant buy all the milk in this size?**

USDA requires states to offer the maximum amount of milk allowed in the regulations. In order to achieve this, states must offer some milk in quart sizes; however due to the higher expense, California WIC cannot afford to allow all of the participant's milk to be purchased as quarts.

12. **Will participants be able to buy powdered dry milk or evaporated milk?**

Yes, participants will be able to buy evaporated milk with the 1 ½ gallon milk check and they will be able to buy powdered dry milk with the milk check for 1 ½ gallon or 2 gallons. The Shopping Guide contains helpful hints about the quantity that may replace fluid milk.

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**13. When can a participant buy evaporated milk instead of fluid milk?**

A participant can substitute evaporated milk for fluid milk only if they receive a food instrument that has 1 ½ gallons of milk on it. This is the only quantity of milk that evaporated milk may be selected in place of fluid milk. It does not matter whether this is a combo check or a single milk check. Children do not receive this food instrument at this time.

**14. Why can't participants buy whole powdered dry milk?**

Whole powdered dry milk is not widely available in stores and the package is a different size compared to the packages of lowfat and nonfat powdered milks.

**15. Can participants buy powdered dry milk and fluid milk on one check?**

A participant must choose one of these forms in order to get their maximum amount of milk. They cannot combine forms with the same check.

**16. Why in California will WIC be issuing checks that allow 2% milk when many local agencies recommend giving 1% milk to children 2 years of age and older or the adults?**

The California WIC policy is to offer lower fat milks i.e. 2%, 1% or nonfat to participants who are 2 years old or older and to educate participants to encourage selection of the 1% milk with their milk checks. This is because according to the 2007 WIC Participant survey, regardless of the primary language spoken, majority of the participants are willing to go to 2% milk if whole milk is not offered, but not to 1% milk; 78% of them said they would buy 2% milk, 16% would buy 1% milk, and 6% would buy nonfat milk while 7% said they would continue to buy whole milk with their own money.

**17. Will we be able to issue regular milk instead of formula at 12 month of age?**

Yes, IT4W package containing whole milk is available as an option in the birthday month once the child is 12 months old.

## CHEESE

**1. Why did WIC eliminate Processed American cheese?**

Processed American cheese is very difficult to find in the block form and there exists much confusion concerning which cheese to select as there are many products that are cheese food that look very much like the allowed cheese.

**2. Why can't participants buy their cheese at the deli?**

These options are no longer allowed due to sanitation and weighing accuracy issues.

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3. **Can participants buy individual cheese sticks?**

No, participants may only buy mozzarella string cheese in 16 oz packages; they may not purchase other types of cheese sticks.

4. **Can participants buy “Queso Cotija” a wedge shaped block of cheese (packaged in a plastic tray sealed in plastic wrap)?**

No, this cheese is not allowed even if it is made in the US. Soft cheeses present a health risk of Listeriosis.

5. **What is Colby cheese?**

Colby cheese is mild and creamy and has high moisture content. This cheese is very popular in the neighboring states and widely available in California.

6. **What does “blended” cheese mean?**

When two or more types of cheeses are mixed together into a block it is called blended or marbled. Colby-Jack cheese and Cheddarella are examples of blended cheese.

## EGGS

1. **Why can't participants buy brown eggs?**

Brown eggs are more expensive than white eggs. The color of the egg does not affect the nutrition.

2. **Why are you offering only large eggs?**

Large eggs are the most commonly available size.

## SOY

1. **Why can't participants buy any brand of soy-based beverage?**

USDA has specific nutrient requirements that soy-based beverage must meet. Currently only Pacific Ultra Soy Plain and 8<sup>th</sup> Continent Soymilk Original meet these requirements.

2. **Why is vanilla flavor not allowed?**

Just as California WIC does not allow flavored cow's milk, only plain/regular flavor soy-based beverage is allowed. Most participants who want soy-based beverage for cultural reasons prefer the plain flavor.

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3. **What are the fat levels in the two allowed brands of soy-based beverage in comparison to cow's milk?**

Fat levels for 8 fluid ounces are:

- Pacific Ultra Soy Plain = 4 g (close to 2% cow's milk)
- 8<sup>th</sup> Continent Soymilk Original = 2.5 g (close to 1% cow's milk)
- Whole cow's milk = 8 g
- 2% Reduced fat cow's milk = 5 g
- 1% Low fat cow's milk = 2 g
- Nonfat or skim cow's milk = 1 g

4. **What is the difference between refrigerated and shelf-stable soy-based beverage?**

Unlike the refrigerated form, shelf-stable soy-based beverage does not require refrigeration prior to being opened.

5. **Is Pacific Ultra Soy Plain organic?**

It is made with 92-93% organic soybeans, but it does not meet USDA's definition of organic.

6. **Is 8<sup>th</sup> Continent Soymilk Original organic?**

No.

7. **Will 8<sup>th</sup> Continent Light Soymilk or 8<sup>th</sup> Continent Nonfat soymilk be allowed?**

No, these do not meet USDA's specifications for WIC eligibility.

8. **What is the difference between Plain and Original flavors?**

None, they are both unflavored.

9. **If a child between 12-23 months has a prescription for soy-based beverage, do they have to get a soy-based beverage with fat level equivalent to whole milk?**

No, when medically prescribed, he/she would get the soy-based beverage that is authorized, even if it has less fat than whole cow's milk. The products eligible at this time have 2.5 g and 4 g of fat per 8 fl oz compared to 8 g in whole milk.

10. **Who can get soy-based beverage and when is a prescription required?**

**Women** may request soy-based beverage based on preference alone. The food packages with soy-based beverage do not contain milk.

**Children** need medical documentation, i.e. a prescription for any soy-based beverage. The conditions may include, but are not limited to, milk allergy, severe lactose maldigestion, and vegan diet. The food packages with soy-based beverage do not contain milk.

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**11. If the participant's child is on soy formula prior to one year of age, will they have to receive soy-based beverage?**

No, they must ask their health care provider what is appropriate for their child. If the doctor recommends soy-based beverage, then they will need a prescription for it.

## TOFU

**1. What is tofu?**

Tofu, or soybean curd, is a soft, cheese-like food made by curdling fresh hot soymilk with a coagulant. The curds are raked, drained, pressed into blocks, and cut into squares. It comes in many textures, ranging from soft to extra firm. Silken tofu is smooth and custard-like. It has very little flavor or smell of its own and can be used in sweet or savory dishes.

**2. What is the nutritional value of tofu?**

A half cup serving of raw firm tofu contains 94 calories, 10 g of protein, and 5 g of fat. The amounts of calcium and iron vary with brand and texture of tofu. Tofu is a plant-based source of protein and is cholesterol-free.

**3. What is the shelf-life of tofu?**

Most brands of tofu have a shelf life of 60-70 days from the date of manufacture. The "Best before date" stamped on the package takes this into account. Most brands need to be refrigerated and should be used up within 3-5 days after opening.

**4. Why can't participants buy any brand of tofu?**

Tofu must be calcium-set which means that it must be prepared by using a calcium salt as a coagulant. Common types of calcium salts found in tofu are: Calcium sulfate, Calcium citrate, Calcium chloride, and Tricalcium phosphate. This information is included in the ingredient list. Many of the WIC participants do not read English and may find it a challenge to identify tofu that has a calcium salt. Therefore, the brands and textures of tofu that participants may choose from will be listed in the WIC Authorized Food List Shopping Guide.

**5. Why must participants only buy 14 to 16 oz packages of tofu?**

Per Federal regulations, 16 oz of tofu may be substituted for one quart of milk. If the size was limited to 16 oz, very few products would be eligible for WIC. The most common size of pre-packaged tofu in the retail market is 14 oz. To allow for a variety of options and wide availability, 14-16 oz is being authorized.

**6. Why are some textures of certain brands of tofu excluded?**

They are excluded because either they are not calcium-set or they are not 14 -16 oz in size.

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7. **Why can't participants buy bulk (not pre-packaged) tofu?**

There is a risk of poor sanitation with bulk tofu.

8. **Why can't participants buy seasoned/marinated tofu?**

Federal regulations do not allow tofu with added fats, sugars, oils, or sodium.

9. **Why are baked or dried tofu not allowed?**

Baked tofu is most often made with added fats and seasonings. Dried tofu is not always made with calcium salts and is often sold in bulk.

10. **Who can get tofu and when is a prescription needed?**

**Women**

- Women may request tofu as a substitute for cow's milk based on preference alone, without any medical documentation.
- In California, the food packages that have tofu will provide 4 lbs of tofu through milk substitution.

**Children**

- Children need medical documentation, i.e. a prescription for tofu.
- Children who receive any tofu will not get any cow's milk. Instead, they would get soy-based beverage with tofu. The default Soy and Tofu package will provide 2 lbs of tofu and the rest of the milk allowance as soy-based beverage.

11. **Why do children need a prescription to receive tofu?**

The federal rule requires a medical prescription for issuance of tofu to children. This is because tofu and milk are nutritionally not equivalent and the Institute of Medicine's committee on WIC food package recommended only offering soy products as milk substitute for children when the health care provider is aware of it.

12. **Why can't a child participant have milk and tofu?**

According to the federal rule, a child may only receive soy foods (tofu and soy-based beverage) for a medical need with a prescription. If he/she drinks cow's milk but only wants tofu for taste or cultural reasons, then there is no medical need for soy products. This is why the children can only get tofu with soy-based beverage and not cow's milk.

13. **What is the substitution rate of soy milk and tofu for cow's milk?**

One quart of cow's milk is substituted with one quart of soy based beverage or one pound of tofu.

14. **What is the tofu replacing?**

Tofu is a replacement for milk, just as cheese is now.

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### 15. **When is the special dietary request form to be completed for soy foods?**

The special dietary form is to be completed when the health care provider needs to request soy-based beverage or tofu for a child.

## WHOLE GRAINS

### 1. **Why is it hard to find 16 oz whole wheat bread at the store?**

Stores are not required to carry the 16 oz whole wheat bread as long as there is another allowed whole grain in the required quantity of 16 ounces. Because implementation has just begun, stores may be waiting to see what participants will want. It is important for participants to tell their stores that they would purchase the 16 oz whole wheat bread if the stores stock it.

### 2. **Can participants buy 100% Honey Whole Wheat Bread?**

Yes, as long as it is in a 16 oz package and 100% Whole Wheat is printed on the front label.

### 3. **Can participants buy Multi-Grain Bread, 100% Oat bread or 100% Pumpernickel bread?**

No, participants can only buy 100% Whole Wheat bread, as stated on the front label.

### 4. **Can participants buy hot dog buns or hamburger buns?**

Yes, as long as they are in a 16 oz package and 100% Whole Wheat is printed on the front label.

### 5. **Can participants buy bread at the bakery?**

Yes, participants can buy 100% Whole Wheat Bread at the in-store bakery as long as it is in a 16 oz package and is labeled 100% Whole Wheat on the front label.

### 6. **Can participants buy tortillas at the bakery?**

Yes, participants can buy whole wheat or corn tortillas at the in-store bakery as long as it is in a 16 oz package and is labeled appropriately.

### 7. **Can participants buy brown rice that is labeled as “parboiled”?**

Yes, participants can buy brown rice that is labeled as “parboiled”. Parboiled refers to a method of processing in which the rice is partially boiled. This results in cooked rice where the grains are firm, fluffy, and separate. Parboiled rice requires full cooking time.

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**8. What is the difference between the oatmeal participants can buy on the cereal check and the type of oatmeal they can buy with the whole grain check?**

The oatmeal authorized on the cereal check is instant oatmeal in individual serving packets and it contains the required amount of iron. The oatmeal on the whole grain check can be purchased in a 16 oz package or in bulk. There is no requirement for iron fortification for whole grains.

**9. If a participant buys any whole grains in bulk and goes over 16 oz due to scale differences, what are the options for the participant? Can she pay the difference?**

The store clerk may disregard the difference and charge her for 16 oz or remove some of the item so that the weight is correct. Unlike the fruit and vegetable check, the participant is not allowed to add any cash to this transaction.

**10. Why is whole grain pasta not allowed?**

USDA did not allow whole grain pasta because it was not included in the IOM committee's recommendations for whole grains. Suggestions for changes to the Interim Rule can be made to USDA until February 1, 2010.

### BREAKFAST CEREAL

**1. Can participants buy authorized cereal if the package size does not add up to 36 oz.?**

Some of the authorized cereals do not come in package sizes that add up to the maximum benefit of 36 oz. Local agencies will need to educate participants to make sure they understand that choosing certain cereals will result in less cereal. Participants can opt to buy less than 36 oz of breakfast cereals. Please see the chart below for cereal according to package size.

Type of Cereal	Package Size
Cream of Wheat	14, 18, & 28 oz
Malt-o-meal	18, 28 & 36 oz
Kix	12 & 18 oz
Life	15 & 21 oz
Cheerios	18 & 36 oz
Honey Bunches of Oats	16 & 21 oz
Corn Flakes	12, 18, 24, & 36 oz
Oatmeal Squares	16 & 24 oz
Bran Flakes	16 oz
Mini-Wheats	18 & 24 oz
Store Brand Crispy Rice	12, 18, & 32 oz
Store Brand Instant Oatmeal	11.8 or 12 oz

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### PEANUT BUTTER

- 1. Why can't participants buy honey nut roasted peanut butter?**

Honey nut roasted peanut butter is not a popular product and may increase confusion for participants since peanut butter with honey is not allowed per federal regulations.
- 2. The homeless package used to have a 12 oz size of peanut butter. Why is it no longer allowed?**

The 12 oz size of peanut butter is not widely available.
- 3. Why can't participants buy reduced fat or lowfat peanut butter?**

The federal rule allows peanut butter, which must have 90% peanuts, and not peanut butter spreads which are only 60% peanuts. Majority of peanut butters labeled as reduced fat and lowfat are in fact peanut butter spreads. To prevent confusion with the spreads, lowfat and reduced fat peanut butter are excluded.

### CANNED MATURE BEANS

- 1. What are mature legumes and mature beans?**

Beans belong to the family of plants called legumes. A legume is a plant that produces seeds in a pod (fruit). Usually, beans are kidney-shaped or oval, peas are round and lentils are flat disks. When the seeds in the bean pod grow to their full size and maturity, the term "mature legumes or mature beans" is used. Examples of mature beans are pinto beans, black beans, garbanzo beans and navy beans. Beans such as green beans, string beans and wax beans are not included among mature legumes. Mature dry beans are available uncooked in sealed bags or bulk, and pre-cooked in cans or in frozen form.
- 2. Why can't participants buy refried beans?**

Refried beans are not authorized because most of them contain added fats or oils which are not allowed.
- 3. What check can participants buy dry or canned beans with?**

Participants may only buy dry beans when DRY BEANS, PEAS OR LENTILS is printed on the check. They can buy canned beans only when CANNED MATURE BEANS is printed on the check.
- 4. Do homeless participants still get canned beans?**

Yes, canned beans are still available for the homeless participants, but they will no longer be able to purchase baked beans.

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### CANNED FISH

- 1. Can participants buy more than one type of fish on a food instrument?**  
Yes, as long as it's an authorized fish type and does not go over the maximum amount printed on the check.
- 2. Can participants buy mackerel as a fish option since the Federal Regulations allow it?**  
No, because most mackerel available in the market is "Jack" mackerel which is not allowed due to unknown levels of mercury content in Jack mackerel.

### INFANT FRUITS AND VEGETABLES AND INFANT MEATS

- 1. Can participants buy any brand of infant fruits and vegetables with the same check?**  
Yes, they can buy any brand as long as it's packaged in 3.5 oz 2-packs (Net Wt 7 oz) or 4 oz containers.
- 2. Can participants buy both 3.5 oz 2- packs and 4 oz containers with the same check?**  
No, participants must buy either the 3.5 oz 2-packs or 4 oz containers. They cannot buy both with the same check.
- 3. Do participants have to buy all the infant fruits and vegetables or infant meat on the check?**  
No, participants can choose to buy fewer containers, but they will not be able to buy the rest later.
- 4. Are infant fruits with added fruit juice allowed?**  
No, infant fruits with added fruit juice are not allowed.
- 5. Are infant fruits, vegetables, and meats going to be on the same check?**  
No, infant meats will be on a separate check.
- 6. Are Stage 2 foods mostly in 4 oz containers?**  
No, many are also in 3.5 oz 2-packs.
- 7. How many checks will participants be getting for infant fruits and vegetables and infant meats?**  
Infant fruits and vegetables will be on 3 checks for most infants and on 6 checks for exclusively breastfed infants. Exclusively breastfed infants will also get 2 checks of infant meats.

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### INFANT FORMULA

1. **Will there be any changes to Infant formula?**

California WIC has a rebate contract with Mead Johnson Nutritionals to provide infant formula. The term of the infant formula contract ends on July 31, 2012.

### INFANT CEREAL

1. **Will there be any changes to infant cereal?**

California WIC has a rebate contract with Gerber to provide infant cereal. The term of the infant cereal contract ends on January 31, 2010.

### JUICE (CONCENTRATE AND BOTTLED)

1. **Which juices' front label must state 120% Vitamin C (or more)?**

All authorized juices other than Orange juice and White Grapefruit juice must be labeled with 120% Vitamin C (or more).

2. **Which juice flavors do not need to state 120% Vitamin C (or more) on the front label?**

Orange juice and White Grapefruit juice do not need to be labeled with 120% Vitamin C (or more) on the front label because they are 100% citrus juices that naturally contain Vitamin C.

3. **Why do the front labels of Ruby Red and Pink Grapefruit juice need to state 120% Vitamin C (or more) when the front label of White Grapefruit juice does not?**

USDA requires that all non-citrus juices must contain at least 120% Vitamin C. Ruby Red and Pink Grapefruit are not pure grapefruit juice as they are blended with non-citrus juices; therefore, their front labels must state that they are at least 120% Vitamin C.

4. **The WIC Authorized Food List Shopping Guide shows that participants can purchase juice blends. Can a participant buy orange-tangerine juice?**

No, participants can only select juice blends, which are named as one or more of the authorized flavors on the front label. Tangerine is not an authorized flavor.

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5. **How do participants achieve the maximum amount of juice?**  
Please refer to the Maximum Benefits for Juice by Category chart below.

**Maximum Amount of Juice by Category**

Category	Maximum Amount	Form that meets Maximum Amount
Infants	None Allowed	NA
Children	128 oz	(2) - 64 oz bottled, or (2) - 16 oz frozen concentrate
Pregnant, Fully and Mostly Breastfeeding	144 oz	(3) - 11.5-12 oz frozen or non-frozen concentrate
Some Breastfeeding Postpartum	96 oz	(2) - 11.5-12 oz frozen or non-frozen concentrate
Fully Breastfeeding Multiples	216 oz	Average over 2 months: Month 1: (4) - 11.5-12 oz frozen or non-frozen concentrate Month 2: (5) - 11.5-12 oz frozen or non-frozen concentrate

6. **What if participants do not want to buy the juice form that provides them with the maximum benefit?**  
Participants can opt to buy the form that does not provide the maximum, but local agencies will need to educate them to make sure they understand that by choosing this form, they will be receiving less juice.
7. **Can participants combine frozen and bottled juice for their total juice allowance?**  
No, they have to buy one form or the other as printed on the check.

### **FRUITS AND VEGETABLES (CANNED FRUITS)**

1. **Can participants buy small fruit cup type containers?**  
Yes, they may buy any size and type of container, as long as the contents do not have added sugar or artificial sweeteners.
2. **Can participants buy applesauce in glass or plastic jars?**  
Yes, applesauce is allowed in all container types.
3. **Can participants buy applesauce with added cinnamon?**  
No, cinnamon is an added seasoning.

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4. **Can participants buy blends of applesauce with other fruits such as berries?**  
They are allowed only if they contain no added sugars or artificial sweeteners.

### FRUITS AND VEGETABLES (CANNED VEGETABLES)

1. **Can participants buy canned hominy?**  
Yes, canned hominy is a type of corn.
2. **Can participants buy canned mixed vegetables containing mature beans with the Fruit and Vegetable check?**  
No, participants are not allowed to buy canned mixed vegetables containing mature beans with the Fruit and Vegetable check.
3. **Why can't participants buy stewed tomatoes, tomato sauce, pizza sauce, spaghetti sauce, ketchup, salsa, and soup?**  
USDA does not allow tomato products with added seasonings, sugar, fat, or oils. All of the listed items contain at least one of these ingredients.

### FRUITS AND VEGETABLES (FROZEN VEGETABLES)

1. **Can participants buy mixtures of frozen vegetables that contain frozen beans such as soy beans or lima beans?**  
Yes, frozen beans or frozen bean and vegetable mixtures are allowed with the fruit and vegetable check only. They can't be purchased with the bean check.
2. **Can participants buy frozen vegetables that can be cooked in the bag?**  
Yes, any container type is allowed as long as it contains vegetables only. It may not contain other ingredients such as seasoning, sauces, or grains.

### FRUITS AND VEGETABLES (FRESH)

1. **Why are white potatoes not allowed?**  
USDA does not allow white potatoes based on the recommendation of the Institute of Medicine Committee on the WIC Food Package. The IOM committee did not include potatoes because the diets of most Americans already include a lot of potatoes.
2. **Can participants buy white and red yams?**  
Yes, any color of yam or sweet potato is allowed.

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3. **Can participants buy bagged baby carrots?**  
Yes, bagged vegetables are allowed as long as there are no added ingredients such as dip or dressing.
4. **Can participants buy berries packaged in containers?**  
Yes, as long as there is no added sugar, oil, or fat.
5. **What is considered an herb or spice?**  
Herbs or spices are mainly used as flavoring ingredients. Examples of herbs are:  

Anise	Basil	Bay leaves
Caraway	Chervil	Chives
Cilantro	Dill	Fenugreek
Horseradish	Lemon grass	Marjoram
Mint	Oregano	Parsley
Rosemary	Sage	Savory
Tarragon	Thyme	
6. **Can participants buy onions, garlic, chilies and jalapenos?**  
Yes, as long as they are not decorative, on a string, dried, or have oils or seasonings added to them.
7. **Can participants buy green onions?**  
Yes.
8. **Can participants buy fruit roll-ups?**  
No, fruit roll-ups often have added sugar, oil, or fat.
9. **Why can't participants buy dry beans with the Fruit and Vegetable check?**  
USDA does not allow dry beans to be purchased with the Fruit and Vegetable check.

### FRUIT AND VEGETABLE CHECK (FOOD INSTRUMENT)

1. **Can participants mix fruits and vegetables with their Fruit and Vegetable check?**  
Yes.
2. **Will California WIC specify the allowed package sizes?**  
No, since fruits and vegetables will be offered with a dollar maximum and no amount specified, any sizes may be purchased.

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3. **What if the participant's purchase price goes over the limit on the Fruit and Vegetable check?**  
The participant can pay the difference with food stamps benefits, cash, or credit. If she does not want to pay the difference, she may choose to return some of the food to lower the price.
4. **What if the participant's purchase price is lower than the limit on the Fruit and Vegetable check? Will the participant receive cash back?**  
No, the participant will not receive cash back if their purchase price is below the limit on the Fruit and Vegetable check.
5. **Is the Fruit and Vegetable check going to be broken down into smaller denominations like the Farmers' Markets books or is it all to be on one check?**  
There will be one check for the dollar amount allowed for the participant. For example, the Fruit and Vegetable check for a child will be for \$6.
6. **Can participants combine Fruit and Vegetable checks of two family members and have a combined transaction so that they don't lose money?**  
No, each Fruit and Vegetable check must be used separately.
7. **Can the Fruit and Vegetable check be used at the Farmers' Markets?**  
No, not yet.
8. **Is the Fruit and Vegetable check the only check where the participant can pay the money difference?**  
Yes.
9. **Can a participant purchase canned mature beans such as kidney, pinto beans, black eyed peas, etc. with the Fruit & Vegetable check?**  
No. Participants cannot buy canned mature beans such as kidney, black, garbanzo, pinto or black eyed peas with the Fruit & Vegetable check. Canned mature beans may be purchased ONLY if "CANNED MATURE BEANS" is printed on the check.
10. **Can a participant purchase any kind of frozen beans with the Fruit & Vegetable check?**  
Yes. Participants can buy any kind of frozen beans such as green beans, wax beans, black beans, pinto beans, and black eyed peas with the Fruit & Vegetable check.