

# FRUITS & VEGETABLES FOOD INSTRUMENT

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

INDIVIDUAL NO.	PARTICIPANT / PARENT / GUARDIAN	FIRST DAY TO USE	LAST DAY TO USE	SERIAL NO.
231900713IG	ISABELLE GALVAN	MAR 28 2016	APR 27 2016	269534015
		<b>FOOD ITEM NUMBER: 2011</b>		<b>700-269534015</b>
Pay to the order of: WIC Authorized Vendor				<small>99-1342 1211</small>
<b>What to buy: USE MARCH 28, 2016 WAFL SHOPPING GUIDE</b> <b>\$11.00 (ELEVEN DOLLARS) FRUITS AND VEGETABLES</b> <b>COMBO OF FRESH, DRIED FRUITS, FROZEN, AND CANNED</b>				<small>EXACT PURCHASE PRICE*</small> <div style="border: 1px solid black; width: 100px; height: 30px;"></div>
<b>PARTICIPANT MAY PAY AMOUNT OVER \$11.00</b> State of California WIC Program. <small>VOID IF NOT DEPOSITED WITHIN 45 DAYS OF "FIRST DAY TO USE" NOT VALID IF ALTERED.</small>				<small>MUST NOT EXCEED MAXIMUM ALLOWABLE DEPARTMENT REIMBURSEMENT RATE</small> <b>FOOD ITEM NUMBER</b> <b>2011</b>
<small>VALID ONLY FOR FOOD ITEMS SPECIFIED IN THE CALIFORNIA WIC AUTHORIZED FOOD LIST.</small>				<b>VOID</b> <small>AUTHORIZED SIGNATURE (SIGN AT PURCHASE)</small>
0700 121113423		2695340151		

1. This date is the first day to accept this food instrument.
2. This date is the last day to accept this food instrument.
3. The fruits and vegetables food instrument is the only food instrument with a dollar amount printed on it. WIC shoppers 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. This is where the cashier fills in the dollar amount at the checkstand before the WIC shopper signs the food instrument.
5. This number is the food item number. The food item number can also be found above the pay to the order of wording located in the center top of the food instrument.
6. This is where the WIC shopper signs the food instrument after the cashier writes in the dollar amount.
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 by internet or electronic file submission prior to depositing into the bank.



Developed by CDPH/WIC Division. **For Reference only.**

Please refer to the March 28, 2016 WIC Authorized Food List Shopping Guide.

More information about the WIC Program is available on the internet on the [California WIC Program website](#).



# FRUITS & VEGETABLES

(fresh, frozen, canned fruits and vegetables, and dried fruits)

## CAN BUY

(this list is not exclusive)

- Natural or unsweetened applesauce
- Organic fruits and vegetables
- Products packed in water or juice, without added sugar or artificial, reduced- or no-calorie sweeteners
- Canned tomatoes or tomato products such as plain, whole, crushed, diced, paste, or purees
- Frozen beans of any kind
- Regular or low sodium allowed
- Fresh potatoes of any kind, including sweet potatoes and yams
- Whole or cut fruits and vegetables
- Bagged fruits and vegetables
- Bagged or packaged 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
- Fresh or sliced coconut
- Garlic, plain paste garlic, chopped garlic
- Bean sprouts, onion, jalapeños, peppers, chilies
- Pico de gallo
- Dried fruits without added fats, oils, or sugars, such as raisins, dates, prunes, plums, figs, and apricots; dried fruits pitted or with pits
- Freeze dried fruits

## CANNOT BUY

(this list is not exclusive)

- Fruit packed in syrup
- Fruit cocktail, mixed fruit with cherries, cranberry sauce, or pie filling
- Fruits and vegetables with added sugar, salt, fat, oil, flavor, artificial, reduced- or no-calorie sweeteners, sauces, or cream
- French fries, tater tots, or mashed potatoes
- Soups, ketchup, salsa, or relish
- Olives
- Stewed tomatoes
- Tomato sauce
- 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, or decorative fruits
- Nuts or fruit-nut mixtures
- Dried or freeze-dried vegetables
- Bagged salads with dressing, cheese, croutons, dips, or sauces
- Garlic in braids or fried chili peppers
- Aloe Vera Leaf
- Dried coconut
- Any vegetable in vinegar or pickled
- Herbs and spices, such as anise, basil, bay leaves, caraway, chervil, chives, cilantro, dill, fenugreek, horseradish, lemon grass, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, and thyme
- Trail mix
- Dried fruits with added artificial or natural flavors, including essences

Developed by the CDPH/WIC Division. **For Reference only.**

Please refer to the WIC Authorized Food List Shopping Guide, dated March 28, 2016.

More information about the WIC Program is available on the internet on the [California WIC Program website](#).