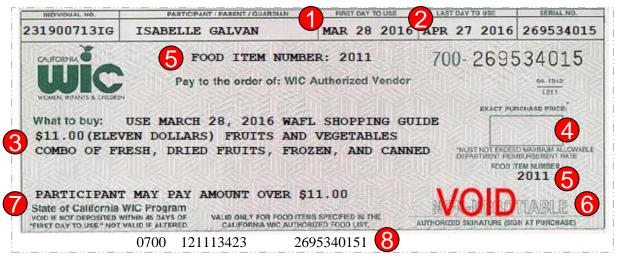


FRUITS & VEGETABLES FOOD INSTRUMENT

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



- 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.





FRUITS & VEGETABLES

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

	CAN BUY		CANNOT BUY
	(this list is not exclusive)		(this list is not exclusive)
•	Natural or unsweetened applesauce	•	Fruit packed in syrup
•	Organic fruits and vegetables	•	That booktail, mixed that with bhernes,
•	Products packed in water or juice, without added sugar or artificial,		cranberry sauce, or pie filling Fruits and vegetables with added
	reduced- or no-calorie sweeteners		sugar, salt, fat, oil, flavor, artificial,
•	Canned tomatoes or tomato products such as plain, whole, crushed, diced,		reduced- or no-calorie sweeteners, sauces, or cream
	paste, or purees		French fries, tater tots, or mashed
•	Frozen beans of any kind		potatoes
•	Regular or low sodium allowed	•	Soups, ketchup, salsa, or relish
•	Fresh potatoes of any kind, including sweet potatoes and yams	•	Olives Stewed tomatoes
•	Whole or cut fruits and vegetables		Tomato sauce
•	Bagged fruits and vegetables	•	Breaded or flavored vegetables
•	Bagged or packaged salad mixtures Water chestnuts	•	Canned mature beans
	Green guaje	•	Fruits and vegetables with added
•	Xoconxtle		ingredients, such as cheese, butter, teriyaki sauce, pasta, or rice
•	Purslane	•	Food or products from the deli or
•	Alfalfa sprouts, water cress, bamboo, ginger		salad bar, party trays, fruit baskets, or decorative fruits
•	Tamarind in pods, plain tamarind	•	Nuts or fruit-nut mixtures
•	paste Fresh dates	•	Dried or freeze-dried vegetables
•	Wheat grass from sprouted wheat	•	Bagged salads with dressing, cheese, croutons, dips, or sauces
•	Rhubarb		Garlic in braids or fried chili peppers
•	Canned artichoke hearts in water	•	Aloe Vera Leaf
	Fresh or sliced coconut	•	Dried coconut
	Garlic, plain paste garlic, chopped garlic	•	Any vegetable in vinegar or pickled
•	Bean sprouts, onion, jalapeños,	•	Herbs and spices, such as anise, basil, bay leaves, caraway, chervil,
•	peppers, chilies Pico de gallo		chives, cilantro, dill, fenugreek,
•	Dried fruits without added fats, oils, or		horseradish, lemon grass, marjoram, mint, oregano, parsley, rosemary,
	sugars, such as raisins, dates, prunes,		sage, savory, tarragon, and thyme
	plums, figs, and apricots; dried fruits pitted or with pits	•	Trail mix
•	Freeze dried fruits	•	Dried fruits with added artificial or natural flavors, including essences