

1. **Approved Foods & Fruit and Vegetable Check**
2. In a continuing effort to help children grow up healthy,
3. the list of WIC approved foods has been expanded to include whole grains, fresh, frozen and canned fruits and vegetables, baby foods and canned salmon, in addition to current foods
4. Some of these items will be listed on the WIC check (as in the past), but fruits and vegetables will be purchased using the a cash value WIC check that we call the Fruit and Vegetable check.
5. The fruit and vegetable checks are used to buy fresh, frozen or canned fruits or vegetables.
6. Always refer to your WIC Program Booklet in checking the selections made by your WIC customers. There is an exception to the approved foods for vegetables.
7. White potatoes are not allowed.
8. But yams and sweet potatoes are.
9. Check your WIC Program Booklet for detailed information about foods that are not allowed.
10. Some WIC checks will offer a whole grain optional. That option includes the choice of whole wheat bread, brown rice, whole wheat or corn tortillas. The “or” means the client may purchase any one of these whole grain products or a combination only up to the amount listed on the WIC check.
11. Always keep the current WIC Program Booklet at your register, so you can identify WIC approved foods.
12. Tuna is not new, however, pouches as well as the cans are now approved.
13. Canned salmon has been added, also approved in the cans and pouches.
14. The WIC check will state 30 oz. of canned fish. This can be in any combination of salmon and tuna that equals up to 30 oz.
15. The total may not exceed the 30-ounce maximum.
16. Clients are encouraged to purchase the full 30 oz, but they aren’t required to. If they select less, you may mention it.
17. Baby food has been added to the approved food list,
18. The size of jar that’s allowed will be printed on the WIC check.
19. The fruit and vegetable checks look very similar to the WIC checks. They have the client’s name and use dates just like WIC checks.

20. But they state the “dollars” clearly on the check. They’re issued most commonly in three amounts: \$6, \$8, and \$10.
21. And they can only be used to buy approved fresh, frozen or canned fruits and/or vegetables.
22. Always pay close attention to the amount printed on the fruit and vegetable check.
23. And, always pay close attention to the dates of use printed on the fruit and vegetable check. Clients are issued three months of the fruit and vegetable checks, so it is important that you accept the right check for today’s date.
24. Sales tax is not charged on the amount paid for by the fruit and vegetable check.
25. A WIC customer can buy less than the dollar amount printed on the fruit and vegetable check; but they are **never** given cash back for the difference. Customers never get money back from a WIC transaction.
26. It’s the WIC customers decision whether or not to purchase more than the amount of the fruit and vegetable check.
The customer will need to pay the difference. This also includes any sales tax on the difference.
27. The customer can pay the difference with their Vision card, credit card, debit card, cash or even another fruit and vegetable check. If the customer uses a credit or debit card or cash, tax must be added to the remaining amount.
28. Customers **can** buy more than one fruit or vegetable on the same fruit and vegetable check. As long as the total is covered by the printed maximum amount on the fruit and vegetable check or they pay the difference.
29. Always be sure you have entered the correct amount on the correct fruit and vegetable check.
30. Your manager should inform you of any additional requirements that may change in handling WIC fruit and vegetable checks.
31. And always refer to the current WIC Program Booklet with the approved food listed for additional information and guidance.