

New York State WIC Program



Acceptable Foods List for Vegetables & Fruits Checks



January 2009

Fresh Vegetables & Fruits

ALLOWED:

- Any variety of fresh vegetables and fruits except white potatoes* (Note: Sweet potatoes and yams are allowed)
- Bagged salad mixtures, bagged vegetables

NOT ALLOWED:

- White potatoes*
- Items from the salad bar, party trays, fruit baskets, decorative vegetables and fruits, dried fruit
- Nuts, including peanuts, fruit/nut mixtures
- Herbs, spices, salad dressing

Canned Vegetables

ALLOWED:

- Any brand
- Any plain vegetable, plain vegetable mixtures (without potatoes)
- Any container type (metal, plastic, glass)
- Any size
- Regular, low sodium

NOT ALLOWED:

- White potatoes*, sweet potatoes, yams, sauerkraut
- Pickled or creamed vegetables (including corn)
- Baked beans, pork and beans, black beans, blackeye peas, garbanzo beans, kidney beans, lima beans, pinto beans, navy beans, soybeans, split peas, lentils, other mature legumes
- Soups, ketchup, relishes, olives
- Products with added fats, oils, condiments

Frozen Vegetables

ALLOWED:

- Any brand
- Any plain vegetable, plain vegetable mixtures (without white potatoes*)
- Any package type (bag, box)
- Any size (except single-serving packages)
- With or without salt

DO NOT CHOOSE CONTAINERS THAT SAY:

- Cheese sauce; any other type of sauce
- Seasoned, flavored, breaded

NOT ALLOWED:

- White potatoes*
- French fries, hash browns, tater tots, other shaped potatoes
- Vegetables with sauces
- Vegetables mixed with pasta, rice, or any other ingredient
- Single-serving packages



Canned Tomato Products

ALLOWED:

- Any brand
- Metal cans only
- Any size
- Pastes, purees, whole, crushed tomatoes

NOT ALLOWED:

- Soups, salsa, sauces (pizza, spaghetti, or tomato), stewed tomatoes, diced tomatoes
- Added sugars, seasonings, fats, oils

Canned Fruits

ALLOWED:

- Any brand packed in water or juice
- Any plain fruit, plain fruit mixtures (except fruit cocktails)
- Any container type (metal, plastic, glass)
- Any size (except single-serving packages)
- Applesauce – “No sugar added” or “unsweetened” varieties only
- Products with artificial sweeteners

CHOOSE CONTAINERS THAT SAY:

- “In its own juice”, “in pear juice from concentrate”, “in unsweetened pineapple juice”
- “Naturally sweet”
- “100% pure fruit and juice”, “100% natural”
- “No sugar added”, “unsweetened”

NOT ALLOWED:

- Fruit cocktails, cranberry sauce, pie filling
- Any syrup (heavy, light, “naturally light”, extra light, etc.)
- Added sugar (“lightly sweetened in fruit juice”, etc.), nectar
- Added salt, fat, oils
- Single-serving packages

Frozen Fruits

ALLOWED:

- Any brand with no added sugar
- Any plain fruit, plain fruit mixtures
- Any package type (bag, box)
- Any size

NOT ALLOWED:

- Ingredients other than fruit (including sugar)
- Products packaged in tubs

* “White potatoes” are any potatoes other than sweet potatoes and orange yams.

Organic products are allowed.



Guide for Buying Vegetables & Fruits



Helpful Hints

The buying guide will help you get the most food with your vegetables and fruits checks.

This "Chart for Fresh Produce" can help you figure out the cost of an item priced by the pound.

If you choose fresh vegetables or fruits priced by the pound, complete the following steps:

- Place the item on the grocery scale
- Round the weight up to the nearest pound or half pound
- Estimate the cost of the item based on the chart



Use the Shopping List at the bottom of this page to keep track of all your vegetable and fruit purchases (fresh, frozen and canned).

REMEMBER



Your vegetable and fruit purchase must be equal to or less than the value of your vegetables & fruits checks (for example, \$6.00, \$8.00, \$10.00).

Chart for Fresh Produce

Price per pound	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

SHOPPING TIPS

- Bring a pencil to the store.
- Use coupons to get the most food for your check.

Shopping List

Fresh Produce Priced by the Pound (Items That Need to be Weighed)

Items	Price
_____	\$ _____
_____	\$ _____
TOTAL:	\$ _____

Fixed Price – Fresh, Frozen, & Canned

Items	Price	Quantity	Total
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
TOTAL \$	_____	_____	_____

FROZEN

Items	Price	Quantity	Total
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
TOTAL \$	_____	_____	_____

CANNED

Items	Price	Quantity	Total
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
TOTAL \$	_____	_____	_____

TOTAL OF ALL ITEMS \$
