

DC WIC Authorized Vegetables and Fruit List –Use your WIC Vegetable & Fruit check for vegetables and fruit below.

Do not buy vegetables and fruit containing any of the following ingredients:

Sugars - includes sugar, high fructose corn syrup, corn syrup, honey, maple syrup, syrup, molasses, dextrose, fructose, maltose, sucrose, sugar cane

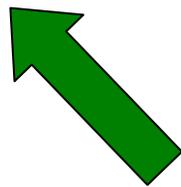
Fats - includes oils (soybean, cottonseed, olive, canola, partially hydrogenated oils, etc.) butter, margarine, coconut

Artificial Sweeteners – includes sucralose, Splenda, Nutrasweet, aspartame, acesulfame potassium, saccharin, sorbitol, mannitol, xylitol, maltitol

	<i>Fresh Vegetables & Fruit</i>	<i>Frozen Vegetables & Fruit</i>	<i>Canned Vegetables & Fruit</i>
	<ul style="list-style-type: none"> • Plain Vegetables & Fruit • Whole or cut • Loose • Bagged or plastic package • Orange yams & sweet potatoes • Organic 	<ul style="list-style-type: none"> • Plain Vegetables & Fruit • Any beans • Bag or box • Any brand or size • Organic 	<ul style="list-style-type: none"> • Plain Vegetables & Fruit • Plain immature beans such as green beans, green peas, snap beans, orange beans, wax beans, succotash (lima beans & corn) • Fruit packed in water, packed in unsweetened fruit juice, packed in unsweetened fruit juice concentrate, packed in unsweetened natural juice • Any brand or size • Metal, glass or plastic jar • Regular or reduced sodium • Organic
	<ul style="list-style-type: none"> • White, red-skin, purple-skin or gold potatoes • Dried fruit or vegetables • Fruit leathers or roll-ups • Salad bar items, party platters / trays, fruit baskets • Fruit or vegetables with dips, butter or sauces • Salad kits with nuts, croutons, meat, butter or dressing • Nuts, peanuts or fruit / nut mixtures • Decorative vegetables and fruit such as chili peppers on a string, garlic on a string, gourds, painted pumpkins • Spices or herbs • Blueberry muffins or other baked goods • Juice 	<ul style="list-style-type: none"> • French fries, hash browns, tater tots or other white potatoes • Vegetables with meat, nuts, potatoes, rice or pasta • Vegetables with breading, fried, butter, sauces, cream, fat, oil, cheese, seasoned or teriyaki sauce • Sauerkraut, coconut • Fruit bars, fruit popsicles, Italian ice, fruit blends, sorbets, sweet potato pancakes or sweet potato fries • Juice 	<ul style="list-style-type: none"> • Cranberry sauce, pie fillings • Yams or sweet potatoes • Spaghetti or pizza sauces • Vegetables with meat, nuts, potatoes, rice or pasta • Soup, catsup, relishes, olives or other condiments • Pickled (sauerkraut, 3 bean salad, sweet & sour cabbage), creamed vegetables (corn), marinated vegetables or vegetables in brine • Mature beans such as black beans, black-eye peas, garbonzo beans, kidney beans, lima beans, pinto beans, navy beans, soybeans, split peas, lentils, great northern beans • Juice

Chart for Fresh Produce

Price per pound (lb.)	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.	4 ½ lbs.	5 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21	2.45
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66	2.95
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11	3.45
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56	3.95
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01	4.45
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46	4.95
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91	5.45
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36	5.95
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81	6.45
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26	6.95
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71	7.45
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16	7.95
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61	8.45
1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16	8.06	8.95
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51	9.45
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96	9.95
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41	
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86	
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		
2.59	2.59	3.89	5.18	6.48	7.77	9.07			
2.69	2.69	4.04	5.38	6.73	8.07	9.42			
2.79	2.79	4.19	5.58	6.98	8.37	9.77			
2.89	2.89	4.34	5.78	7.23	8.67				
2.99	2.99	4.49	5.98	7.48	8.97				
3.09	3.09	4.64	6.18	7.73	9.27				
3.19	3.19	4.79	6.38	7.98	9.57				
3.29	3.29	4.94	6.58	8.23	9.87				
3.39	3.39	5.09	6.78	8.48					
3.49	3.49	5.24	6.98	8.73					
3.59	3.59	5.39	7.18	8.98					
3.69	3.69	5.54	7.38	9.23					
3.79	3.79	5.69	7.58	9.48					
3.89	3.89	5.84	7.78	9.73					
3.99	3.99	5.99	7.98	9.98					



Light green shading can help you get the maximum amount of vegetables and fruit for \$6, darker green for \$8, clear for \$10 check amounts.

Vegetables and Fruit Shopping List Fresh, Frozen and Canned

Examples for \$6.00 check

Items	Price	Quantity	Total
Bananas (fresh, priced by the pound)	\$0.59 / lb	2 lbs.	\$1.18
Broccoli (fresh, fixed price)	\$2.49 / bunch	1 bunch	\$2.49
Green Beans (frozen)	\$0.89 / bag	2 bags	\$1.78
Whole kernel sweet corn (canned) (with coupon)	\$0.54 / can	1 can	\$0.54
Total of all items			\$5.99

Example of how to buy Fresh Produce

* Round the weight up to the nearest pound (lb.) or half pound.

1. Banana priced at \$0.59 / lb; weight 1 ¾ lbs. Based on the chart – find the price per pound and round the actual weight to 2 lbs. The amount for the bananas is estimated at \$1.18.
2. Pears priced at \$1.49 / lb; weight 1 ¼ lbs. Round up the price per pound to \$1.49 to match the chart and round the weight to 1 ½ lbs. The amount for the pears is \$2.24.

Use the dollar amount on the check to purchase approved fruit and / or vegetables (fresh, frozen, canned).

You can add your own money or food stamp if the dollar amount exceeds the cash value of the check.

You will not receive change from your check. Try to spend the entire amount.