

## Shop Smart Tips

- Check newspaper ads or store flyers for weekly specials and coupons.
- Compare prices – some pre-packaged vegetables and fruits with a fixed price or individually priced are a better value than the same item priced by the pound.
- Buy fresh fruits and vegetables in season.
- Use “Buying Fresh Fruits and Vegetables Priced by the Pound” when buying fruits and vegetables by weight from a WIC-approved grocery store.
- Use the “Fruits and Veggies Shopping List” to help you keep track of all your fruit and vegetable purchases and get the most from your WIC Fruit and Vegetable Checks.
- Use your Farmers’ Market Checks in the summer to buy locally-grown, fresh fruits and vegetables at farmers’ markets.



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 Wisconsin Department of Health Services, Division of Public Health  
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## How to use your WIC Fruit and Vegetable Checks

PERSONAL USE: Name: Kaleida	FAMILY #/PARTICIPANT #: 21355/37333	CHECK #: 09227019	ISSUE DATE: Nov 14, 2008
WISCONSIN WIC PROGRAM 03-050 Wauchesa County WIC	Address of check is subject to state or federal regulations. Void if altered.	ISSUE TYPE: Personal Check (WIC) ISSUE DATE: Nov 13, 2008	VALID TO USE: Dec 13, 2008
Valid For These Items Only - No Substitutions		Actual \$ Amounts: (Commodity Only)	Pay to the Order of WIC Vendor No.:
\$8.00 Approved Fruit and/or Vegetables (fresh, frozen, canned)			
Not Valid at Farmers' Markets or Roadside Stands		\$	No Checks Without Authorized Stamp
Deposit Within 45 Days From the First Date to Use		Cashier: To Not Accept if Already Signed - Read Before Signature (S)	

- Use the dollar amount on the check to purchase approved fruit and/or vegetables (fresh, frozen, canned).
- See the WIC Approved Food List for approved fruits and vegetables.
- Dollar amounts vary for family members. More than one family member's checks may be used to pay for a larger purchase.
- You can add your own money or FoodShare if the purchase amount exceeds the dollar value of the check.
- No change will be given if the purchase is less than the dollar value of the check.
- After the cashier writes in the correct price on the check, sign the check.
- WIC Fruit and Vegetable Checks can only be used at approved grocery stores and **not** at farmers’ markets.
- Use the information in this brochure to learn how to get the most fruits and vegetables for your money.

## Buying Fresh Fruits and Vegetables Priced by the Pound

These steps will help you get the most food with your fruit and vegetable check if you choose fruits and vegetables priced by the pound:

- Place the item on the grocery scale.
- Round the weight up to the nearest pound or half pound.
- Estimate the cost of the item using the “Chart for Fresh Produce.”



## 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.
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	3.59	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

Shading is designed to help you get the maximum amount for commonly issued \$6, \$8, and \$10 fruit and vegetable check amounts.



## Fruits and Veggies Shopping List Fresh, Frozen, and Canned

### Example for \$6 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)	\$0.54/can (with coupon)	1 can	\$0.54
<b>TOTAL OF ALL ITEMS</b>			<b>\$5.99</b>

Items	Price	Quantity	Total
		X	=
		X	=
		X	=
<b>TOTAL OF ALL ITEMS</b>			<b>\$</b>