

# Canned Fruit and Vegetables

## WIC Foods Canned Options

If you are purchasing canned fruits and vegetables with your cash value vouchers look for the following:

### Canned Fruits and Vegetables



### Canned Vegetables

#### CAN BUY

- Any brand, any size and type of container
- Any vegetable mixtures without potatoes
- Regular or low sodium allowed
- Sweet potatoes and yams without added sugar or syrup
- Pastes, purees, or whole crushed tomatoes
- Organic

#### CANNOT BUY

- Vegetables with added fats and oils
- Vegetables with added pastas or rice
- Potatoes other than sweet potatoes or yams
- Sweet potatoes or yams with added sugar or syrup pickled/creamed/or sauced vegetables soups, ketchups, relish, olives, salsas, sauced, stewed or diced tomatoes

## Canned Fruits

#### CAN BUY

- Any brand packed in water or juice without added sugar, any size and type of container
- Any plain fruit or fruit mixture without added sugar
- Natural or unsweetened applesauce
- Organic

#### CANNOT BUY

- Fruit cocktails, cranberry sauce, pie filling
- Canned fruit packed in syrup such as heavy, light, or extra light
- Canned fruit with added sugar (packed in sweetened fruit juice or nectar)
- Canned fruit with artificial sweeteners (such as splenda)
- Canned fruit with added salt, fats, and oils

*You may combine multiple sized containers of canned fruits and vegetables not to exceed the amount printed on your cash value voucher.*

(Example: 4 cans at \$0.69 + 3 larger cans at \$0.99 = \$5.73 for purchase with a \$6.00 cash value voucher)

