

FRUITS AND VEGETABLES

Fresh Fruits and Vegetables

Allowed:

- Any variety of fresh fruits and vegetables, except white potatoes*(sweet potatoes and yams are allowed)
- Salad mixes in bags that do not have croutons
- Pre-cut vegetables
- Garlic - not on a string

Not Allowed:

- White potatoes*
- Anything from a salad bar
- Fruit baskets or cut vegetables with dip
- Croutons or dressing
- Decorative or dried fruits or vegetables or mixed fruit and nuts
- Herbs and spices like basil, parsley, or chives
- Garlic on a string

**White potatoes are any potatoes other than sweet potatoes or yams.*

Frozen Vegetables

Allowed:

- Any brand or size
- Any variety or mixture of vegetables without potatoes
- Any package type, box, or bag
- With or without salt

Not Allowed:

- Potatoes
- Packages with cheese, with sauce, or with added nuts
- Sauce packet, seasoned, flavored, or breaded vegetables
- French fries, hash browns, tater tots, or other shaped potatoes
- Vegetables with added pasta, or other ingredients

Frozen Fruits

Allowed:

- Any brand or size with no added sugar or artificial sweetener
- Any variety or mixture of fruits

Not Allowed:

- Frozen fruits in syrup
- Sorbet, fruit bars or frozen fruit pulps

NOTE: If the total price is more than the fruit and vegetable voucher value, then you can pay the difference. For example, if your voucher is for \$10.00 and the purchase amount is \$11.00, you can pay the extra \$1.00 out of your pocket.

Cans and Jars of Vegetables

Allowed:

- Any brand
- Any plain vegetables
- Any plain vegetable mixtures without potatoes
- Any size, regular, low sodium, or low salt
- Yellow beans, green beans, and wax beans can be purchased with the fruit and vegetable voucher. *(All other beans may be purchased with a canned beans check.)*

Not Allowed:

- White potatoes, sweet potatoes, yams or pie filling
- Anything pickled, in sauce or marinated, like sauerkraut or bean salad
- Beans cooked with meat, like baked beans
- Vegetables with added fat or oil, like olives or soup
- Home-canned vegetables
- Cream style corn

Canned Tomato Products

Allowed:

- Any brand or size—metal cans only
- Tomato paste or puree
- Diced, whole or crushed

Not Allowed:

- Tomato products in jars, tubes or pouches
- Soup, ketchup or salsa
- Tomato, pizza, pasta, or spaghetti sauce
- Tomatoes with flavoring like garlic or basil

Cans and Jars of Fruits

(may be in plastic)

Allowed:

- Any brand or size
- Packed in water or 100 percent fruit juice
- Applesauce- Unsweetened only, no sugar or corn syrup added

Not Allowed:

- Any syrup: heavy, light/lite, extra light
- Added sugar, corn syrup, nectar, or lightly sweetened in fruit juice
- Cranberry sauce or pie filling
- Artificial sweeteners or low carb
- Fruits in gel or jello