

Food Package Update

Karen Henry

WIC Face-to-Face Meeting

September 21st, 2011

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- Final Regulations for food package are to be released “soon”
- A few revisions to October 1, 2011 Food List were required by Western Region
 - Changes are few
 - Benefit the participant
 - Don’t require actual additional training, but are important for staff to know

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WHOLE GRAINS



BROWN RICE

CAN BUY

Any of the following brown rice (long or short grain) in a 16 oz. bag only

- Any store brand
- Blue Ribbon Brown Rice
- Mahatma Brown Rice
- Shurfine Brown Rice
- Springfield Brown Rice

CANNOT BUY

- Instant brown rice
- Rice in plastic containers
- Seasoned or flavored
- White rice
- Basmati and jasmine rice
- Organic

WHOLE WHEAT FLOUR TORTILLAS

CAN BUY

Any of the following whole wheat flour tortillas in a 16 oz. size only

- Any store brand*
- Guerrero Tortillas de Harina Integral
- La Banderita Fajita Whole Wheat Tortillas
- Mission Whole Wheat Tortillas

CANNOT BUY

- Tortilla chips
- Tostada or taco shells
- White flour tortillas
- Flavored tortillas (such as spinach or tomato)
- Organic

*Whole wheat flour must be listed as the first ingredient or "100% Whole Wheat" printed on the label.

WHOLE GRAINS



SOFT CORN TORTILLAS

CAN BUY

Any of the following yellow or white soft corn tortillas in a 16 oz. size only

- Any store brand
- Casa Rica
- Don Pancho
- Guerrero
- La Banderita
- La Burrita
- Mama Lola's
- Mission
- Santa Fe Tortilla Company

CANNOT BUY

- Tortilla chips
- Tostada or taco shells
- Organic

FRUITS



FRESH FRUITS

CAN BUY

Any variety of whole or cut up fresh fruit

- Single (individual) pieces of fruit
- Bagged or prepackaged fresh fruit
- Organic

CANNOT BUY

- Dried fruit
- Fruit-nut mixtures
- Fruit with dipping sauce
- Fruit for purchase on salad bars
- Ornamental fruits
- Fruit baskets
- Party trays
- Items such as blueberry muffins
- Fruit with added sugar, fat, oil or salt

Arizona WIC only

You may also use your cash value voucher (CVV) to buy fresh fruits and vegetables at approved farmers markets if specified on check.

FRUITS



FROZEN FRUITS

Arizona and Navajo Nation WIC only

CAN BUY

Any brand

- Any size and type of container
- Any plain fruit or mixed fruit
- Organic

CANNOT BUY

- Fruit with added sugar, fat, oil or salt
- Fruit with artificial sweeteners such as Splenda or NutraSweet
- Fruit with any other added ingredients
- Smoothies

CANNED FRUITS*

Arizona and Navajo Nation WIC only

CAN BUY

Any brand

- Any size and type of container (shelf stable or refrigerated)
- Any plain fruit or mixed fruit packaged in juice or water
- Natural or unsweetened applesauce
- Organic

CANNOT BUY

- Fruit packed in syrup such as heavy, light or extra light
- Fruit with added sugar, fat, oil or salt
- Fruit packed in sweetened fruit juice or nectar
- Fruit cocktail, cranberry sauce or pie filling
- Fruit with artificial sweeteners such as Splenda or NutraSweet

*Allowable containers include cans, cups or jars.

VEGETABLES



FRESH VEGETABLES

CAN BUY

Any variety of whole or cut fresh vegetables

- Single (individual) vegetables
- Bagged or prepackaged vegetables, including lettuce
- Sweet potatoes or yams
- Organic

CANNOT BUY

- Potatoes, except sweet potatoes or yams
- Kits with dressings or dipping sauce
- Herbs and spices
- Edible blossoms such as squash blossoms
- Creamed or sauced vegetables
- Vegetable-grain mixtures
- Breaded vegetables
- Vegetables for purchase on salad bars
- Salad kits
- Ornamental vegetables, such as chilies on a string
- Painted pumpkins
- Party trays
- Vegetables with added sugar, fat, oil or salt

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You may also use your cash value voucher (CVV) to buy fresh fruits and vegetables at approved farmers markets if specified on check.

VEGETABLES



FROZEN VEGETABLES

Arizona and Navajo Nation WIC only

CAN BUY

Any brand

- Any size and type of container
- Any mixed vegetables without potatoes
- Sweet potatoes and yams without added sugar or syrup
- Steamer bags
- Organic

CANNOT BUY

- Breaded or seasoned vegetables
- Any potatoes other than sweet potatoes or yams
- French fries, tater tots, hash browns or mashed potatoes
- Vegetables with sauce such as cheese, butter or teriyaki sauce
- Vegetables with added sugar, syrup, oil, fat, pasta, rice or any other ingredients

CANNED VEGETABLES*

Arizona and Navajo Nation WIC only

CAN BUY

Any brand

- Any size and type of container
- Regular and low sodium allowed
- Any mixed vegetables without potatoes
- Sweet potatoes and yams without added sugar or syrup
- Tomato sauce, paste, puree, whole, crushed, diced or stewed tomatoes
- Organic

CANNOT BUY

- Vegetables with added fat, sugar** or oil
- Added pastas or rice
- Potatoes other than sweet potatoes or yams
- Pickled or creamed vegetables
- Vegetables in sauce
- Spaghetti or pizza sauce, soups, ketchups, relish, olives, salsas

*Allowable containers include cans, cups or jars.

** Sugar allowed for sweet peas and corn only.

To Support Food List Introduction...

- New Food Lists
- WIC Food Menus
- Waiting room video
- Clips on azwic.gov introducing foods

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Let's Practice!

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Vendor Training Update

Mary Bookman

Bureau of Nutrition and Physical Activity

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BNPA Vendor Training Plan

- Vendor Regional Contract Training provided in June 2011 for retailers coming up for reauthorization:
 - Albertson's, LLC
 - Safeway, Inc.
 - Wal-Mart, Inc.

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BNPA Vendor Training Plan

- September 2011, all authorized Vendors provided the following:
 - Arizona WIC Program Vendor Manual, October 2011
 - Arizona WIC Alert – Annual Training Edition
 - Arizona WIC Programs Food List, October 2011
 - Bringing More to the Table: Arizona WIC Programs Vendor Training Video (updated 2011)

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BNPA Vendor Training Plan

- No later than October 1, 2011, all new information will be available on the azwic.gov website:

<http://www.azwic.gov/vendors.htm>.

Retailers may access various training materials, such as the Cash Value Food Instrument and Lowest Cost Milk Flyers

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ATTENTION

- Quarterly Partnership meetings with members of the Arizona Food Market Alliance (AFMA)
- Representatives from AFMA participate on the Department's Food Selection Criteria Committee (FSCC)

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ATTENTION

- Online Vendor cashier training course for Arizona's Learning Management System (LMS) is in progress.
- The online cashier training module is being developed in an effort to enhance our delivery methods of information and tools provided to the Vendor Community that assist them in maintaining compliance with the program's rules and regulations.

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ATTENTION

- The online training will provide a ‘training-on-demand’ or ‘at-your-convenience’ type of atmosphere for all authorized Vendor staff and should prove effective in accomplishing the needs of both the Vendors and the Department.

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