



HOW DO I LEARN MORE?

Each month between now and October 2009, WIC will keep you up-to-date with all the changes through this monthly newsletter.

If you would like to post a question about these changes, please visit our website at www.healthysarkansas.com/wic or call 1-800-235-0002.



Cashing in on Freshness

Fruits and vegetables will be available to all children and women with the new WIC food packages starting October 1, 2009.

HOW WILL I PURCHASE MY FRUITS AND VEGETABLES?

Besides your regular monthly food checks, you will now also receive a check called a Cash Value Benefit. This Cash Value Benefit will have a set dollar amount depending upon participant type and can only be used to buy fruits and vegetables.

You may purchase more fruits or vegetables than the dollar amount of the Cash Value Benefit, but you will have to pay the difference. The cash difference will be taxed. If you do not want to pay the difference, you may have to select a smaller amount or a different item.

Families that have more than one person participating in the WIC Program may receive more than one Cash Value Benefit. Cash Value Benefits can be combined to make a single purchase. Example: If a pregnant mom has a Cash Value Benefit check for \$8 and her 3 year old child has a Cash Value Benefit check for \$6, the Cash Value Benefit checks can be combined to make a single of purchase of \$14.

Cash Value Benefit checks can be used at WIC Authorized Vendors; they cannot be used at local Farmers' Markets.

WHAT FRUITS AND VEGETABLES CAN I CHOOSE?

Any fresh fruit and any frozen fruit or fruit mixture that has no added sugar will be an available choice. Any fresh vegetable, except white potatoes, and any frozen vegetable or vegetable mix, except those with white potatoes, sauces, or added rice or pasta will be options.

The key to cashing in on fruits and vegetables is to buy the largest amount you can with the dollar amount you are given. Make the Cash Value Benefit "benefit" you, your diet, and your health.