



# FFY2012 ARIZONA WIC FOOD LIST SUPERMARKET SWEEP





# FOOD LIST TRAINING OVERVIEW

- ◎ Question Round: New Food List Facts
- ◎ The Big Sweep: WIC Supermarket Sweep
- ◎ Bonus Special: Making the Changes Work for You



# TELLS US WHAT'S CHANGING

- ① More Choices
- ① Whole Grains Are Now Brand and Size Specific
- ① Updated Graphics & Clarifications



# WHAT'S NOT CHANGING?

- ① All the current foods still on the list
- ① No New Sizes
- ① Same Look



# OTHER THINGS TO KNOW...

- ◎ You will not need to change food packages!
  - ◎ ...Except for the small category of Exclusively Nursing with Multiples
- ◎ New foods will start printing on the checks October 1, 2011



Guess the Retail Price!



# WHAT'S CHANGING WITH MILK?

- ⊙ Nothing...it's staying the same, including:
  - ⊙ Types
  - ⊙ Sizes
  - ⊙ Lowest Cost
  - ⊙ Can/Cannot Buy




# WHAT'S CHANGING WITH MILK ALTERNATIVES?

- ③ 8<sup>th</sup> Continent's Vanilla flavor now meets the nutrient requirements for WIC, so will be added
- ③ Updated graphics
- ③ Tofu and Goat Milk sections staying the same.





 <b>ARIZONA DEPARTMENT OF HEALTH SERVICES WIC PROGRAM</b> 1740 WEST ADAMS, PHOENIX, ARIZONA 85007 NEED HELP? Mon. - Fri. 8 AM - 5 PM, Call 1-800-2526-WIC			<b>MISUSE OF DRAFTS SUBJECT TO STATE OR FEDERAL PROSECUTION. VOID IF ALTERED</b>		<b>DRAFT #</b> <b>44111294</b>		<b>75-1248</b> Payable Through FSMC, AN AFFILIATE OF SECURITY STATE BANK <b>919</b> HOWARD LAKE, MN 55349 ACCT# 802070				
<b>AGENCY</b> 27	<b>CLINIC</b> 16	<b>PARTICIPANT ID</b> 16270189742	<b>PARTICIPANT NAME</b> CHILD, FRANK	<b>DRAFT TYPE</b> 004420AZ		<b>FIRST DATE TO USE</b> 06/21/2011		<b>DATE OF USE</b> 07/20/2011			
36 OZ (UP TO 36 OZ) WIC APPROVED CEREAL (NOT INFANT) 32 OUNCES (2 - 16 OZ PACKAGES) WIC APPROVED BREAD, BROWN RICE, AND/OR TORTILLAS (WHOLE WHEAT OR CORN) 2 CONTAINER (64 OZ) WIC APPROVED 100% JUICE OR 2 CONTAINER (11.5 - 12 OZ FROZEN) WIC APPROVED 100% JUICE 2 HALF GALLONS (64 OZ EACH) 8TH CONTINENT ORIGINAL AND/OR VANILLA FLAVORED SOYMILK						<b>ACTUAL \$ AMOUNT</b> \$ CORRECTION ONLY CASHIER INITIAL		<b>LAST DATE TO USE</b> 07/20/2011		PAY TO THE ORDER OF:	
<b>\$ VOID</b> <small>TAX EXEMPT SALE NOT TO EXCEED \$200.00</small>						<b>VOID</b> <small>NOT PAYABLE WITHOUT VENDOR ID STAMP</small>		<b>PARTICIPANT: DO NOT SIGN UNTIL TIME OF PURCHASE</b>			
SIGNATURE AT STORE:						<b>VOID</b>					
<small>CASHIER: DO NOT ACCEPT IF ALREADY SIGNED. MUST MATCH SIGNATURE ON ID FOLDER.</small>											

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# WHAT'S CHANGING WITH CHEESE?

- ⊙ Page is staying the same
  - ⊙ No new products, sizes or kinds
  - ⊙ Still non-brand specific
  - ⊙ CAN and CANNOT buy sections staying the same



Round Robin!



OMFLTWKAIL

Round Robin

Word Scramble



EEAALEESWRAHHATEWDLROB

Round Robin

Word Scramble



ONMIWAIOLRTLTHESAESTLWIHSO

Round Robin

Word Scramble



REIGEASTGNNAEP

Round Robin

Word Scramble



# WHAT'S CHANGING WITH WHOLE GRAINS?

(INCLUDES WHOLE WHEAT BREAD, BROWN RICE, SOFT CORN TORTILLAS, AND WHOLE WHEAT TORTILLAS)

- ⊙ Now Size Specific (16 oz size only)
- ⊙ Now Brand Specific
- ⊙ CANNOT buy standards still apply
- ⊙ Whole Wheat Tortillas added



# 100% WHOLE WHEAT BREAD

Any of the following loaves of bread in a 16 oz size only:

- ① Any store brand bread labeled 100% Whole Wheat (including bakery)
- ① Bimbo 100% Whole Wheat Bread
- ① Roman Meal Sun Grain 100% Whole Wheat Bread
- ① Sara Lee Classic 100% Whole Wheat Bread
- ① Wonder Soft 100% Whole Wheat Bread



# BROWN RICE

Any of the following brown rice in a 16 oz size only:

- ① Any store brand brown rice
- ① Blue Ribbon Brown Rice
- ① Shurfine Brown Rice
- ① Springfield Brown Rice
- ① Mahatma Brown Rice



# SOFT CORN TORTILLAS

Any of the following soft corn tortillas in a 16 oz size only:

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




# WHOLE WHEAT FLOUR TORTILLAS

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


- ◎ Any store brand whole wheat flour tortillas
- ◎ Guerrero Tortillas de Harina Integral
- ◎ La Banderita Fajita Whole Wheat Tortillas
- ◎ Mission Whole Wheat Tortillas (medium, soft taco)



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AGENCY	CLINIC	PARTICIPANT ID	PARTICIPANT NAME	DRAFT TYPE		FIRST DATE TO USE		DATE OF USE		
02	21	21020189741	NURSING, MOM	004055AZ		VENDOR MUST DEPOSIT WITHIN 60 CALENDAR DAYS FROM FIRST DATE TO USE.		06/21/2011		
1 LB DRY BEANS/PEAS/LENTILS OR UP TO 64 OZ CANNED BEANS 2 GAL SKIM/NONFAT OR LOWFAT (1%) MILK (GALLON CONTAINERS ONLY) 2 LB (16 OZ EACH) WIC APPROVED CHEESE 1 DOZ FRESH EGGS (12 PACK CARTONS ONLY) 16 OUNCES (1 - 16 OZ PACKAGE) WIC APPROVED BREAD, BROWN RICE, AND/OR TORILLAS (WHOLE WHEAT OR CORN) 18 OZ (16 TO 18 OZ) PEANUT BUTTER					<b>ACTUAL \$ AMOUNT:</b> \$ CORRECTION ONLY CASHIER INITIAL		LAST DATE TO USE <b>07/20/2011</b>		PAY TO THE ORDER OF:	
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					SIGNATURE AT STORE:		<b>VOID</b>		<small>CASHIER: DO NOT ACCEPT IF ALREADY SIGNED. MUST MATCH SIGNATURE ON ID FOLDER.</small>	

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Fact or Not A Fact!



# WHAT'S CHANGING WITH FRUITS?

- ◎ Fresh fruit choices staying the same
- ◎ Additional Options Added, Including (Arizona & Navajo Nation WIC only):
  - ◎ Canned Fruits
  - ◎ Frozen Fruits



# FROZEN FRUITS

- ◎ Any combination of store brand, Dole or Cascadian Farm brands of frozen fruits.
  
- ◎ **CAN BUY:**
  - ◎ Any size and type of container
  - ◎ Any plain fruit or mixed fruit
  - ◎ Organic



# FROZEN FRUITS

CONTINUED

- ◎ **CANNOT BUY:**
  - ◎ Added sugars, fats, oils, or salt
  - ◎ Artificial sweeteners such as Splenda or NutraSweet
  - ◎ Added ingredients
  - ◎ Smoothies



# CANNED FRUITS

- ◎ Any combination of store brand, Del Monte and Dole brands of canned fruits packed in water or juice.
- ◎ **CAN BUY:**
  - ◎ Any size and type of container
  - ◎ Any plain fruit or mixed fruit
  - ◎ Natural or unsweetened applesauce
  - ◎ Organic



# CANNED FRUITS

CONTINUED

- ◎ **CANNOT BUY:**
  - ◎ Fruit packed in syrup such as heavy, light, or extra light
  - ◎ Fruit with added sugars, fats, oils, artificial sweeteners or salt
  - ◎ Fruit packed in sweetened fruit juice or nectar
  - ◎ Fruit cocktail, cranberry sauce, or pie filling



# WHAT'S CHANGING WITH VEGETABLES?

- ◎ Fresh vegetable choices staying the same
- ◎ Additional Options Added, Including (Arizona and Navajo Nation WIC only):
  - ◎ Canned Vegetables
  - ◎ Frozen Vegetables



# FROZEN VEGETABLES

- ⊙ Any combination of store brand, Green Giant or Birds Eye brands of frozen vegetables.
- ⊙ **CAN BUY:**
  - ⊙ Any size and type of container
  - ⊙ Any vegetable mixtures without potatoes
  - ⊙ Sweet potatoes and yams without added sugar or syrup
  - ⊙ Organic
  - ⊙ Steamer bags



# FROZEN VEGETABLES

CONTINUED

- ◎ **CANNOT BUY:**
  - ◎ Breaded or flavored 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, oil, fat, pasta, rice, or any other ingredients



# CANNED VEGETABLES

- ⦿ Any combination of store brand, Del Monte, Green Giant, or Libby's brands of canned vegetables.
- ⦿ **CAN BUY:**
  - ⦿ Any size and type of container
  - ⦿ Regular and low sodium allowed
  - ⦿ Any vegetable mixtures without potatoes
  - ⦿ Sweet potatoes and yams without added sugar or syrup
  - ⦿ Tomato pastes, purees or whole crushed tomatoes
  - ⦿ Organic



# CANNED VEGETABLES

CONTINUED

- ◎ **CANNOT BUY:**
  - ◎ Vegetables with added fats, sugars, or oil
  - ◎ Added pastas or rice
  - ◎ Potatoes other than sweet potatoes or yams
  - ◎ Pickled, creamed or sauced vegetables
  - ◎ Soups, ketchups, relish, olives, salsas
  - ◎ Sauced, stewed, or diced tomatoes



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02	21	21020189741	NURSING, MOM	003773AZ		06/21/2011			
REDEEMABLE AT APPROVED WIC STORES OR AUTHORIZED FARMERS' MARKETS UP TO \$5.00 ANY COMBINATION FRUITS/VEGETABLES (FRESH, FROZEN AND/OR CANNED) WIC CUSTOMER MAY PAY AMOUNT OVER \$5.00									
				ACTUAL \$ AMOUNT \$ CORRECTION ONLY CASHIER INITIAL		LAST DATE TO USE <b>07/20/2011</b>		PAY TO THE ORDER OF:	
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Supermarket Trivia!



# WHAT'S CHANGING WITH EGGS, PEANUT BUTTER, AND BEANS / PEAS / LENTILS?

- ⊙ All staying the same, Including:
  - ⊙ Sizes and types allowed
  - ⊙ CAN and CANNOT buy specifications



# NEW...CANNED BEANS

Can buy any following brands and varieties of beans in up to 16 oz size:

- ◎ **Bush's** (Pinto, Black, Dark Red Kidney, Garbanzo, Cannellini White Kidney, and Great Northern)
- ◎ **El Mexicano** (Pinto and Garbanzo)
- ◎ **Shurfine** (Premium Great Northern, Premium Dark Red Kidney, Premium Light Red Kidney, Premium Pinto, Premium Black, and Premium Garbanzo)
- ◎ **Springfield** (Fancy Black, Fancy Blackeye, and Fancy Pinto)
- ◎ **Valu Time** (Pinto)
- ◎ **Western Family** (Premium Great Northern, Premium Black, and Premium Garbanzo, Premium Light Red Kidney)
- ◎ **Albertson's** (Cannellini, Garbanzo, Great Northern, and Whole Pinto)
- ◎ **Food Club** (Dark Red Kidney, Garbanzo, Great Northern, and Pinto)
- ◎ **Fry's/Kroger** (Black, Blackeye Peas, Cannellini Kidney, Garbanzo, Great Northern, Dark Red Kidney, Light Red Kidney, and Pinto)
- ◎ **Safeway** (Black, Garbanzo, Lima, Red, Light Red Kidney, and Pinto).
- ◎ **Great Value** (Black, Great Northern, Red, and Pinto)




# CANNED BEANS

## CONTINUED

- ◎ **CANNOT BUY:**
  - ◎ Beans in brands and varieties not listed
  - ◎ Beans with added fats, oils or meat
  - ◎ Refried Beans



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<b>18 OZ (16 TO 18 OZ) PEANUT BUTTER</b> OR <b>1 LB DRY BEANS/PEAS/LENTILS OR UP TO 64 OZ CANNED BEANS</b> <b>1 LB (16 OZ EACH) WIC APPROVED CHEESE</b> <b>1 DOZ FRESH EGGS (12 PACK CARTONS ONLY)</b> <b>2 HALF GALLONS (64 OZ EACH) 8TH CONTINENT ORIGINAL AND/OR VANILLA FLAVORED SOYMILK</b>					VENDOR MUST DEPOSIT WITHIN 60 CALENDAR DAYS FROM FIRST DATE TO USE.		DATE OF USE		
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More Supermarket Trivia!



# WHAT'S CHANGING WITH CEREALS?

- ⊙ Adding:
  - ⊙ Post Grape-Nuts flakes
- ⊙ Other cereals staying the same
  - ⊙ Both cold and hot varieties
- ⊙ Updated graphics



# WHAT'S CHANGING WITH JUICE?

- ⦿ Adding Langers 100% White Grape Juice (64oz, Shelf Stable)
- ⦿ Other juices staying the same
  - ⦿ Including shelf stable, refrigerated, and frozen
- ⦿ Updated graphics
- ⦿ Adding CANNOT buy section which will include:
  - ⦿ 59 oz refrigerated juice size
  - ⦿ Odwalla and Naked brands of refrigerated juice
  - ⦿ Organic



# WHAT'S CHANGING WITH INFANT FOODS?

- ◎ Current allowed infant foods staying the same.
  - ◎ Will still be:
    - Any brand
    - Same allowable sizes
    - CAN and CANNOT buy sections staying the same
- ◎ Updated graphics and clarification of some wording



# WHAT'S CHANGING WITH INFANT CEREAL AND FORMULA?

- ⊙ Updated with new graphics
  - ⊙ **Beech Nut Barley** infant cereal has been discontinued



- ⊙ Infant formula section is staying the same



# WHAT'S CHANGING WITH CANNED FISH?

- ⊙ All canned fish sections staying the same, Including:
  - ⊙ "Any brand" and sizes
  - ⊙ CAN and CANNOT buys
- ⊙ **Arizona going to allow sardines as well, (currently ITCA and Navajo Nation WIC only)**
  - ⊙ CAN and CANNOT buys will stay the same
    - i.e. CAN buy: any eligible brand, in 3.5 oz cans, flavored, seasoned or plain
    - CANNOT buy Brisling or Norwegian



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In Your Own Words!



# TIMELINE

- ◎ May – July: Complete training with staff utilizing the Trainer Guide
- ◎ July: Provide Staff Feedback at Face-to-Face
- ◎ August: Issue Whole Grain Handout to Participants
  - ◎ Notify families receiving trimonthly checks of new October 1<sup>st</sup> Foodlist
- ◎ September: Shipping/Receiving New Food Lists
  - ◎ Color Specs – New/Old
- ◎ October 1: New checks and food list effective
- ◎ October – November: Transition period old/new checks



# QUESTIONS

