



ARIZONA WIC ALERT

Volume 22, Issue 1

December 2011

THE "OR" MESSAGE ON WIC FOOD INSTRUMENTS AND NEW WIC FOOD VIDEOS ONLINE

The Arizona WIC Program uses 'OR' on WIC food instruments. Lately, WIC staff has received calls with questions regarding the "OR" message. WIC would like to take the opportunity in this month's Alert to review the 'OR' message, and the "AND/OR" message when it is used on WIC food instruments.

It is important to understand these messages. The 'OR' applies to the **item or items immediately before and after it**; in some instances 'AND/OR' will appear on the food instrument, in these cases the WIC Customer may combine the items before and after. Below are some of our most common messages and how they should be handled.

Food Items	FI Description	How the OR is used
Peanut Butter and Beans	18 OZ (UP TO 18 OZ) PEANUT BUTTER OR ← → 1 LB DRIED BEANS/PEAS/LENTILS OR UP TO 64 OZ CANNED BEANS	The WIC Customer must choose what item they want to purchase, the peanut butter OR the dried beans, peas, lentils OR the canned beans. NOTE: There are two (2) ORs in this prescription
Grains	32 OUNCES (two - 16 OZ PACKAGES) WIC APPROVED BREAD, BROWN RICE, AND/OR TORTILLAS (WHOLE WHEAT OR CORN)	The WIC Customer can purchase two 16 ounce packages of WIC approved grains: 100% whole wheat bread, brown rice and/or tortillas (they can choose between whole wheat and corn tortillas). In addition, the customer may purchase two of the same item or two different items.
Fruits and Vegetables	UP TO \$5.00 ANY COMBINATION FRUITS/VEGETABLES (FRESH, FROZEN AND/OR CANNED) WIC CUSTOMER MAY PAY AMOUNT OVER \$5.00	The customer may combine the fruits and vegetables; they can purchase fresh, canned and frozen fruits and vegetables up to the maximum amount printed on the food instrument.
Juices	2 CONTAINERS (64 OZ) WIC APPROVED 100% JUICE OR 3 CONTAINERS (11.5 - 12 OZ FROZEN) WIC APPROVED 100% JUICE	The WIC Customer must choose between the 64 ounce containers (shelf stable and/or refrigerated) and the 11.5-12 ounce frozen concentrate juice. The customer cannot combine the 64 ounce containers and the frozen (11.5 - 12 ounce) containers of juice.
Infant Fruits and Vegetables	9 "2 PACK" (3.5 OZ EACH) WIC APPROVED INFANT FRUITS AND VEGETABLES OR 16 CONTAINERS (4 OZ EACH) WIC APPROVED INFANT FRUITS AND VEGETABLES	The WIC Customer must choose between the 9, 2-packs and the 16, 4 ounce containers of infant fruits and vegetables. The customer cannot combine the 2-packs and the 4 ounce containers of infant fruits and vegetables.
Milk	2 GAL FAT FREE/SKIM/NONFAT OR LOW FAT (1%) MILK (GALLON CONTAINERS ONLY)	The WIC customer may combine the type of milk (fat free/skim/nonfat or low fat).

NEW WIC FOOD VIDEOS ONLINE (page 2)



Arizona Department of Health Services
Bureau of Nutrition and Physical Activity
150 North 18th Avenue, Suite 310
Phoenix, Arizona 85007
Phone Number: 1-866-737-3935
Website: www.azwic.gov/vendors

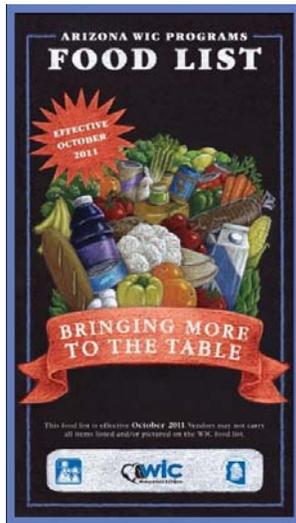


NEW WIC FOOD VIDEOS ONLINE

On October 1, 2011, the Arizona WIC Program began offering new food options. In an effort to increase awareness and help WIC participants learn which products are eligible to be purchased using their food instruments, the following informational videos were developed.

The video series includes details about the following:

- Overview of the Food List
- Milk and Milk Alternatives
- Cheese
- Whole Grains
- Juice
- Infant Foods



- Vegetables – Fresh, Frozen, and Canned
- Fruits – Fresh, Frozen, and Canned
- Eggs, Peanut Butter, Dry Beans, Peas, and Lentils
- Canned Beans
- Cereal
- Fish

These videos provide an overview of the WIC Food List and provide detailed information about individual food products. The videos are available in English and Spanish and can be viewed at the following link:

<http://azwic.gov/foodPack.htm>

Although the videos were created to assist the WIC participant, they can also be used to help WIC Vendors become familiar with the WIC Food List.

If you have any questions regarding this WIC Alert or need technical assistance, please contact any member of the Vendor Management Team at 1-866-737-3935.

