

Store Front Newsletter

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VMA News Flash

WIC Acceptable Foods: Frequently Asked Questions (Some Questions from Vendor Bulletin #6)

Q. The WIC checks for canned fish say “1 30 ounce” and the type of the fish. Does that mean that the WIC participant must purchase a 30 ounce can?

A. No. this is the total amount of fish the participant is allowed to buy. Vendors and participants must refer to the NYS wic acceptable foods card to see the allowable can sizes for each type of fish. 30 ounce cans are not allowed for any type of fish.

Q. Why can't participants with checks for canned beans purchase canned green beans?

A. When “canned beans” are listed on a wic check, the goal is to provide the participant with specific nutrients including protein, mature legumes (such as kidney beans or chick peas/garbanzo beans) are rich in protein. Wic vegetables and fruit checks are designed to provide participants with a variety of foods that contain lots of vitamins, minerals, and fiber, including certain types of beans.

Below is a table showing which beans/peas fall into which category:

Beans & peas that are mature legumes-purchase with WIC check for canned beans	Beans & peas that are not mature legumes- Purchase with WIC vegetables & fruit check
Split peas, lentils, black beans, black eye peas, chick peas/garbanzo beans, kidney beans, lima beans, pinto beans, soybeans, great northern beans, cannellini beans, navy beans, etc.	Green beans, green peas, snap beans, sugar snap peas, snow peas, wax beans, orange beans, baby lima beans, etc.

Store Front News

Vendors No Longer Authorized

Onondaga County:

- Al Medina, *Syracuse*

St. Lawrence County:

- Rite Aid, *Massina*
- Rite Aid, *Potsdam*

Newly Authorized Vendors

Madison County:

- Price Chopper, *Hamilton*

Oswego County:

- Nice n Easy, *Richland*

Onondaga County:

- Mama's Imports, *Syracuse*

St. Lawrence County:

- Kunoco Food Mart, *Waddington*

Training Update

Recent/Upcoming Vendor Trainings

- Onondaga County: September 23
- Oswego County: October 21
- Oneida County: November 18
- Herkimer County: December 9

WIC Association

Information about the New York State WIC Association is available on their website at: www.nyswica.org.

WIC VMA Central Region Staff

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