

## ATTENTION WIC CUSTOMERS AND AUTHORIZED VENDORS

**ALL POTATOES WILL BE ALLOWED TO BE PURCHASED WITH WIC FRUIT AND VEGETABLE CHECKS AS OF APRIL 1, 2015.**

### ALLOWED:

- Fresh potatoes
- Frozen vegetables, frozen steamed vegetables or plain frozen vegetable mixtures without added oils, seasonings or sugars.

### NOT ALLOWED:

- Added sugars, fats or oils, seasoned, flavored or breaded vegetables
- Vegetables with sauces (gravy, cheese, sauce and/or butter)
- Any French fries, tator tots, potato rounds, diced potatoes, shredded/diced hash browns or hash brown patties with added oils, seasonings or sugars

### Example:

#### **INGREDIENTS:**

POTATOES, DEXTROSE, DISODIUM DIHYDROGEN PYROPHOSPHATE (TO RETAIN NATURAL COLOR).

*Dextrose is not allowed as it is a form of sugar.*

#### **INGREDIENTS:**

POTATOES, VEGETABLE OIL (SUNFLOWER, COTTONSEED, SOYBEAN AND/OR CANOLA), SALT, YELLOW CORN FLOUR, DEXTROSE, DISODIUM DIHYDROGEN PYROPHOSPHATE, ONIONS, NATURAL FLAVORING, CORN MALTODEXTRIN, AUTOLYZED YEAST.

*Vegetable oil, flour, dextrose, flavoring, corn maltodextrin and yeast are not allowed.*

**IF THERE ARE ANY QUESTIONS, PLEASE CONTACT THE STATE WIC OFFICE AT: 573-751-6204.**