



*Better nutrition choices for a brighter future*

## WHAT IS A WIC FRUIT AND VEGETABLE CHECK (FVC)?

- Starting in October 2009, WIC Participants will be permitted to purchase fruits and vegetables in fresh, frozen, and canned varieties.
- Fruits and vegetable purchases will be made with a fruit and vegetable check (FVC). A sample of the check is shown below.
- Check denominations are \$6, \$8, and \$10.
- Purchases in excess of the FVC amount can be paid for by the Participant.
- No change is given if the purchase amount is less than the FVC denomination.
- Training will be provided to all vendors to help with the transition.

If you have any questions, please contact the Maryland WIC Program at 1-800-242-4WIC (4942)