

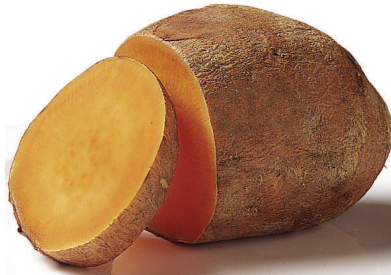


Guide for Buying Fresh Produce

Sweet Potato Patties

Ingredients:

- 3 cups cooked mashed sweet potatoes
- 1 tablespoon melted butter
- 1/3 cup low-fat milk
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 2 cups crushed corn flakes



Preparation:

Combine sweet potatoes, butter, milk, salt, and sugar. Form into 6 patties; roll in corn flakes to coat. Place on a greased baking sheet and bake at 325° F for 25 minutes. Serves 4-6.

How Do I use My Fruit and Vegetable Vouchers?

- Use the dollar amount on the voucher to purchase fresh fruits and/or vegetables.
- See the WV WIC Shopping Guide for approved fruits and vegetables.
- Dollar amounts vary for each WIC participant. Multiple vouchers cannot be combined.
- You can add your own money if the dollar amount exceeds the cash value of the voucher.
- No change will be given if the purchase is less than the cash value of the voucher.
- Sign the voucher **AFTER** the cashier writes in the correct price on the voucher.
- Fruit and Vegetable vouchers can only be used at approved grocery stores and **NOT** at the Farmer's Markets.

Cleaning Fruits and Vegetables

1. Remove and discard outer leaves.
2. Rinse under clean, running water just before preparing/eating.
3. Rub briskly – scrubbing with a clean brush or hands to remove dirt and surface microorganisms.
4. Don't use soap or detergent.
5. After washing, dry with a clean cloth/paper towel.
6. Moisture left on produce may promote growth of microorganisms. Drying is critical if food won't be eaten or cooked right away.
7. Cut away bruised and damaged areas.



“How Much Produce will My Voucher Buy?”



- Place the item on the grocery scale.
- Round the weight UP to the nearest pound or half pound.
- 1 ¼ lbs would round up to 1 ½ lbs, 1 ¾ lbs would round up to 2 lbs.
- Use this simple worksheet to estimate the cost.

Price per pound (lb.)	1 lbs	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96



For Example:
 Bananas priced at \$.59/lb.
 that weigh 1 ¾ lbs.
 would cost \$1.18. Round
 the 1 ¾ lbs. up to 2 lbs.



References:

- Wisconsin Department of Health Services, Division of Public Health P-00052 (03/09)
- <http://southernfood.about.com/od/sweetpotatoes/r/bl40329h.htm>
- <http://lancaster.unl.edu/food/FoodIII.pdf>