

## Fruits and Vegetables on a Budget

- **Use your WIC farmer's market checks.** Use the \$20 available to you in farmer's market checks to buy locally grown *fresh fruits, vegetables and herbs* at the local farmer's market. For more information contact our office.
- **Buy fresh fruits and vegetables in season.** They will cost less.
- **Buy canned and frozen fruits and vegetables.** They may be less expensive than fresh, and are all nutritious. Canned and frozen are packed soon after harvest. Look for canned fruit packed in 100% fruit juice or water. Choose frozen fruit without added sugar. Buy frozen vegetables without sauces, butter, breading or having been fried.
- **Look for sales, coupons and specials.** Shop in larger stores, discount stores or membership stores.
- **Buy small amounts of fresh fruits and vegetables frequently.** This is so you can eat everything purchased before it spoils.
- **Buy in bulk** when it is on sale and when you know everything purchased will be eaten. Canned and frozen items last longer, so buy these in bulk when on sale.
- **Buy less prepackaged items.** Precut, prewashed, ready to eat, and processed fruits and vegetables often cost much more than fruits and vegetables in their basic form.
- **Plant your own.** Plant in pots kept on a porch or deck, or plant a garden in the yard. The garden can be very small with just a few vegetables. Try growing tomatoes, cucumbers, peppers or herbs.
- **Put overripe fruit** in smoothies or use in baking. Place **leftover vegetables** in casseroles, soups and stews.



## Save Money by Using Unit Pricing

When deciding on a purchase between items use the **Unit Price**. This helps you save money by choosing the lowest cost item.

The **Unit Price** is found on the grocery store shelf in front of the product. Use the **Unit Price** to choose the lowest cost by comparing:

- *Package size:* bigger does not always cost less
- *Brands of products:* store brands usually cost less
- *Product form* (fresh, canned or frozen)
- *Individual items,* such as apples or breads

If **unit price** not available, calculate unit price on your own by using cell phone or calculator.

**Unit Price = package price divided by number of units (ounces or items).**

For example, Snappy Rice cost less per oz. when comparing both products.

Unit Price <i>13¢ per oz.</i>	Total Price <b>\$3.12</b> 24 oz.
	
Snappy Rice	

Unit Price <i>20¢ per oz.</i>	Total Price <b>\$2.40</b> 12 oz.
	
Crackly Rice	

### ***Check out web sites for Eating Healthy on a Budget:***

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) Practical tips and recipes in English and Spanish

[www.whatscooking.fns.usda.gov/](http://www.whatscooking.fns.usda.gov/) Recipes, menus, how to videos, eating on budget and more in English and Spanish.

[www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings) Recipes, videos and menus on saving money in English and Spanish.

**WIC will be CLOSED Monday, July 4:** benefit pickup will be *Tuesday July 5 from 8:15-4:00*

**Monday, September 5:** benefit pickup will be *Tuesday September 6 from 8:15-4:00*

**Monday, December 26:** benefit pickup will be *Tuesday December 27 from 8:15-4:00*

**Monday, January 2:** benefit pickup will be *Tuesday January 3 from 8:15-4:00*

*Late hours for clinic and benefit pickup will not be available on these Tuesdays.*

**Purchasing Baby Foods with eWIC**

Food	Amount Listed	Is Equal To
<b>Infant Fruits and Vegetables</b>	256 oz (breastfed)	64 4 oz containers
	128 oz	32 4 oz containers
	112 oz	28 4 oz containers
	88 oz	22 4 oz containers
	48 oz	12 4 oz containers
<b>Infant Meats (Breastfed Infants)</b>	78 oz	31 2.5oz containers
	65 oz	26 2.5oz containers
	52.5 oz	21 2.5oz containers
	40 oz	16 2.5oz containers

**Purchasing Whole Grains with eWIC**

Food	Amount Listed	Is Equal To
<b>Whole Wheat (WW) Bread or Whole Grains</b>  See WIC Approved Foods book for allowed items	112 oz	7 16oz packages
	80 oz	5 16oz packages
	64 oz	4 16oz packages
	48 oz	3 16oz packages
	32 oz	2 16oz packages

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(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

**FREE Breastfeeding Education Classes**

To help reach your breastfeeding goals! Class are open to all who wish to support mom and include techniques related to breastfeeding.

**Contact Tiffany  
262-896-8362**

**Fresh Fruits and Vegetables for Your Older Infant**

Around 9 months most infants can begin to feed themselves. They can feed themselves very small, soft food that can be easily mashed between fingers.

*Infants 9 months until 1 year of age enrolled in the WIC program may have the option to receive **fresh** fruits and vegetables in place of half of the jarred infant fruits and vegetables.*

*Ask a WIC nutritionist for more information.*

**Breastfeeding Peer Counselors**

Are available to all WIC families to **support, encourage and problem solve** with you to make your breastfeeding experience a success.

**Contact Tiffany or Bery  
262-896-8362 or 262-896-8444**

**Free Childbirth Education classes**

Learn about

**Stages of Labor, Birth Process, Comfort Measures/C-section Info, Newborn Care**

By Waukesha County Public Health  
514 Riverview Ave (same location as WIC)  
262-896-8430