

## Meet Nicole

She has an \$8 WIC Fruit/Vegetable Check. Nicole has planned healthy meals and wants to buy fresh green beans, peaches, cherry tomatoes and honeydew melon. Follow the steps Nicole uses to find a combination of these foods that fits within her \$8 budget.



## Other Helpful Tips

- Find meals that look healthy and appetizing to your kids. Identify the fruit and vegetables in the recipe needed to make these meals.
- Look for specials and coupons for fruits and vegetables on store websites and in weekly advertisements.
- Learn when fruits and vegetables are in season locally. Typically they are less expensive and higher quality when “in season.”
- If you can’t find a scale to weigh your fruits and vegetables before purchase, don’t be afraid to ask a store employee to weigh your items on a store scale. It’s very difficult to guess the weight of items without a scale.



# Using Your WIC Fruit and Vegetable Check



Provided by the Nebraska WIC Nutrition Program  
Nebraska Department of Health and Human Services  
[dhhs.ne.gov](http://dhhs.ne.gov)

WIC is an equal opportunity provider.

# Steps

**1.** Make a list of fruits and vegetables desired. In the store, discover if each is sold by weight or by item.

**2.** Weigh those items sold by weight using store scale in produce area. Round weights to the nearest one-half pound

**3.** Estimate the cost of each item by multiplying cost and amount.

$\$/\text{lb} \times \text{lbs.} = \text{total}$   
 $\$/\text{ea} \times \text{no.} = \text{total}$

**4.** Add the estimated cost of all items. If total amount is more than WIC check, remove items or portions of items.

## Nicole's Example

Nicole picked up 3.5 pounds of green beans, 2 pounds of peaches, 2 honeydew melons, and 2 containers of cherry tomatoes. She estimated the cost of these items and realized it was much more than \$8. She removed items and estimated the cost again to make sure the total was less than \$8. This saved a lot of time and stress at checkout.

		price per pound											
		\$0.25	\$0.50	\$0.75	\$1.00	\$1.25	\$1.50	\$1.75	\$2.00	\$2.25	\$2.50	\$2.75	\$3.00
lbs	0.5	\$0.13	\$0.25	\$0.38	\$0.50	\$0.63	\$0.75	\$0.88	\$1.00	\$1.13	\$1.25	\$1.38	\$1.50
	1.0	\$0.25	\$0.50	\$0.75	\$1.00	\$1.25	\$1.50	\$1.75	\$2.00	\$2.25	\$2.50	\$2.75	\$3.00
	1.5	\$0.38	\$0.75	\$1.13	\$1.50	\$1.88	\$2.25	\$2.63	\$3.00	\$3.38	\$3.75	\$4.13	\$4.50
	2.0	\$0.50	\$1.00	\$1.50	\$2.00	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50	\$5.00	\$5.50	\$6.00
	2.5	\$0.63	\$1.25	\$1.88	\$2.50	\$3.13	\$3.75	\$4.38	\$5.00	\$5.63	\$6.25	\$6.88	\$7.50
	3.0	\$0.75	\$1.50	\$2.25	\$3.00	\$3.75	\$4.50	\$5.25	\$6.00	\$6.75	\$7.50	\$8.25	\$9.00
	3.5	\$0.88	\$1.75	\$2.63	\$3.50	\$4.38	\$5.25	\$6.13	\$7.00	\$7.88	\$8.75	\$9.63	\$10.50
	4.0	\$1.00	\$2.00	\$3.00	\$4.00	\$5.00	\$6.00	\$7.00	\$8.00	\$9.00	\$10.00	\$11.00	\$12.00
	4.5	\$1.13	\$2.25	\$3.38	\$4.50	\$5.63	\$6.75	\$7.88	\$9.00	\$10.13	\$11.25	\$12.38	\$13.50
5.0	\$1.25	\$2.50	\$3.75	\$5.00	\$6.25	\$7.50	\$8.75	\$10.00	\$11.25	\$12.50	\$13.75	\$15.00	

Green Beans

Peaches

		price per item											
		\$0.25	\$0.50	\$0.75	\$1.00	\$1.25	\$1.50	\$1.75	\$2.00	\$2.25	\$2.50	\$2.75	\$3.00
items	1	\$0.25	\$0.50	\$0.75	\$1.00	\$1.25	\$1.50	\$1.75	\$2.00	\$2.25	\$2.50	\$2.75	\$3.00
	2	\$0.50	\$1.00	\$1.50	\$2.00	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50	\$5.00	\$5.50	\$6.00
	3	\$0.75	\$1.50	\$2.25	\$3.00	\$3.75	\$4.50	\$5.25	\$6.00	\$6.75	\$7.50	\$8.25	\$9.00
	4	\$1.00	\$2.00	\$3.00	\$4.00	\$5.00	\$6.00	\$7.00	\$8.00	\$9.00	\$10.00	\$11.00	\$12.00
	5	\$1.25	\$2.50	\$3.75	\$5.00	\$6.25	\$7.50	\$8.75	\$10.00	\$11.25	\$12.50	\$13.75	\$15.00
	6	\$1.50	\$3.00	\$4.50	\$6.00	\$7.50	\$9.00	\$10.50	\$12.00	\$13.50	\$15.00	\$16.50	\$18.00
	7	\$1.75	\$3.50	\$5.25	\$7.00	\$8.75	\$10.50	\$12.25	\$14.00	\$15.75	\$17.50	\$19.25	\$21.00
	8	\$2.00	\$4.00	\$6.00	\$8.00	\$10.00	\$12.00	\$14.00	\$16.00	\$18.00	\$20.00	\$22.00	\$24.00
	9	\$2.25	\$4.50	\$6.75	\$9.00	\$11.25	\$13.50	\$15.75	\$18.00	\$20.25	\$22.50	\$24.75	\$27.00
	10	\$2.50	\$5.00	\$7.50	\$10.00	\$12.50	\$15.00	\$17.50	\$20.00	\$22.50	\$25.00	\$27.50	\$30.00

Honeydew Melon

Cherry Tomatoes

Item:	These products are sold by:	The cost this week is:	TOO MUCH	OKAY
Fresh Green Beans	per pound (lb)	\$ .99/lb.	3.5 lbs. = \$3.50	1.5 lbs. = \$1.50
Peaches	per pound (lb)	\$1.98/lb.	2 lbs. = \$4.00	1 lb. = \$2.00
Honeydew Melon	per each melon	\$1.29/ea.	2 melon = \$2.50	2 melons = \$2.50
Cherry Tomatoes	per 8 oz. container	\$1.79/ea.	2 containers = \$3.50	1 container = \$1.75
			<b>TOTAL = \$13.50</b>	<b>TOTAL = \$7.75</b>