



# A Guide for Buying Fresh Fruits and Vegetables



*Use this buying guide to get the most food with your cash value benefit*

## Fresh Fruits and Vegetables

This guide will assist you in shopping for fresh fruits and vegetables allowed on the Michigan WIC bridge card. Fresh fruit and vegetable choices were not previously available on the WIC bridge card and we think you will agree, the WIC program is “changing for the better.”

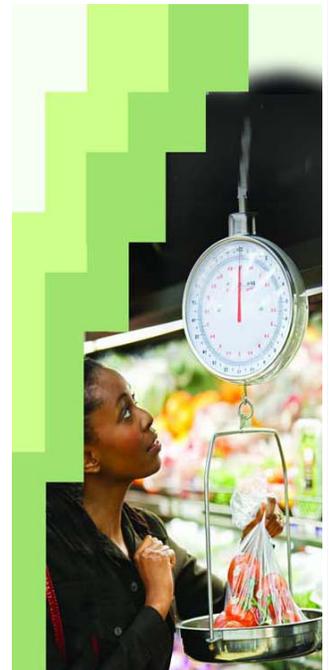
## Buying Fresh Fruits & Vegetables

### WHEN SOLD BY THE POUND

1. Select a fruit or vegetable that is priced by the pound.
2. Place the item on the grocery scale.
3. Round the weight up to the nearest pound or half pound.
4. Estimate the cost of the item based on the chart below.

### Chart to estimate cost of fresh fruits & vegetables When sold by the pound

Price Per Pound (lb)	1 lb	1 ½ lb	2 lb	2 ½ lb	3 lb	3 ½ lb	4 lb	4 ½ lb	5 lb
\$0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21	2.45
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66	2.95
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11	3.45
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56	3.95
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01	4.45
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46	4.95
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91	5.45
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36	5.95
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81	6.45
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26	6.95
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71	7.45
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16	7.95
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61	8.45
\$1.79	1.79	2.69	3.59	4.48	5.37	6.27	7.16	8.06	8.95
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51	9.45
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96	9.95
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41	



over

Price Per Pound (lb)	1 lb	1 ½ lb	2 lb	2 ½ lb	3 lb	3 ½ lb	4 lb	4 ½ lb	5 lb
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86	
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		
2.59	2.59	3.89	5.18	6.48	7.77	9.07			
2.69	2.69	4.04	5.38	6.73	8.07	9.42			
2.79	2.79	4.19	5.58	6.98	8.37	9.77			
2.89	2.89	4.34	5.78	7.23	8.67				
2.99	2.99	4.49	5.98	7.48	8.97				
3.09	3.09	4.64	6.18	7.73	9.27				

**If you had a \$6 benefit for fruits and vegetables, you could purchase:**

Example 1: Bananas

Priced at \$.59/lb.

Weight 1 ¾ lbs.



- Find the price per pound (\$.59/lb.) on the left side of the chart.
- Round the weight up to 2 lbs. Find 2 lbs. on the top.
- Follow the \$.59/lb. row to the right and the 2 lbs. column down until they meet.
- The weight (2 lbs.) and the price (\$.59/lb.) meet at \$1.18 on the chart.

**2 pounds at \$.59/lb. = \$1.18**

Example 2: Pears

Priced at 1.46/lb

Weight 1 ¼ lbs



- Round up the price per pound to \$1.49 to match the chart. Find the price per pound (\$1.49/lb.) on the left side of the chart.
- Round the weight up to 1 ½ lbs. Find 1 ½ lbs. on the top.
- Follow the \$1.49/lb. row to the right and the 1 ½ lbs. row down until they meet.
- The weight (1 ½ lbs.) and price (\$1.49) meet at \$2.24.

**1 ½ pounds at \$1.49/lb = \$2.24**

**Shopping List**

**(With \$6 on your WIC Bridge Card for fruits and vegetables, your purchase would be about :)**

Fresh Produce	
Items	Price
2 lbs. Bananas	1.18
1 ½ lbs. Pears	2.24
1 broccoli at 2.49/bunch	2.49
<b>Total</b>	<b>\$5.91</b>

**Adapted from IL Translation Project & Minnesota WIC Program**

DCH-1460 8/09 Michigan Department of Community Health Authority: Act 368 P.A. 1978  
 "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720- 6382 (TTY). USDA is an equal opportunity provider and employer."