

Food Safety Tips



Wash hands often in soap and clean water. Use hand sanitizers if needed.

Wash dishes, utensils and tools used to prepare meals in clean soapy water and rinse well.

If refrigeration is not available, consume prepared foods or opened canned foods within 2 hours.

Close opened packages tightly to avoid contamination. Keep in clean area.

Wash fresh fruits and vegetables in clean water.

Throw out foods that don't look or smell fresh. Don't taste to be sure.

Alaska 2-1-1
resources in your community
Call 211 or 1-800-478-2221
<http://alaska211.org/>

Why Eat more Fruits and Veggies?

1. **Fruits and veggies** are nutritious and delicious!
2. **Fun to Eat!** Come crunch, some squirt, some you peel... some you don't, and some grow right in your own backyard.
3. **Quick, natural snack.** Fruits and veggies are nature's treat and easy to grab for a snack. Many don't require refrigeration.
4. **Vitamins and minerals.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
5. **May reduce disease risk.** Eating plenty of fruits and veggies may help reduce heart disease, high blood pressure, and some cancers.
6. **Low in calories,** naturally.
7. **Color and texture**— Fruits and vegetables add color, texture and appeal to your plate.
8. **Fiber.** Fruits and veggies provide fiber that helps to fill you up and keep your digestive system happy.
9. **Convenience.** Nutritious in any form— fresh, frozen, canned, dried or 100% juice. They're ready when you are.

Adapted from fruitsandveggiesmorematters.org

Provided by:



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Alternate Food List

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July 1, 2016



Allowed Foods

If your check says...

1 JUICE-12OZ FRZ or 11.5OZ POURABLE CONC or 46-48OZ PLSTC/CAN

You can buy Orange Juice in this size:

Three 15.2 oz. containers
Tropicana or Minute Maid



If your check says...

1 CAN(S)-16OZ- FROZEN JUICE or 64 OZ PLASTIC CONTAINER

You can buy Orange Juice in this size:

One 6-pack of 10 oz. containers Minute Maid



Four 15.2 oz. containers
~~OR~~
Tropicana or Minute Maid



If your check says...

2 JUICE- 12OZ-FRZ or 11.5OZ POURABLE CONC or 46-48OZ PLSTC/CAN

You can buy Orange Juice in these sizes...

Six 15.2 oz. containers
Tropicana or Minute Maid



Eggs

Must buy what is written on your check.

**2 PKG(S) HARDBOILED EGGS
(2 PER PACK)**

(pack of 2 hardboiled eggs)



Beans

If your check says...

**4 16OZ CANS BEANS/
BAKED BEANS/ PINT BTR**

If “Baked Beans” is written on check, these brands are allowed:

- Bush’s Vegetarian Baked Beans
- B & M Vegetarian Baked Beans
- Heinz Vegetarian Baked Beans

