



Food Card Changes FY 2011

- Changes are effective October 1, 2010, through September 30, 2011.
- Note: Food Card changes will affect some check messages.
- Foods Added:
 - Canned Beans
 - Black
 - Great Northern
 - Frozen Fruits and Vegetables
 - Fruit (without added sugar)
 - Vegetables
 - without added sugars, fats, or oils
 - no white potatoes
 - Purchased with CVV



Food Card Changes FY 2011, Contd .

- Bread
 - Schnuck's 100% whole wheat
 - Best Choice 100% whole wheat
- Soft Tortillas
 - Best Choice whole wheat and corn
 - Don Pancho whole wheat and white corn
 - LaBurrita yellow corn
 - Ortega whole wheat
 - Mission whole wheat
- Baby Food
 - Beech-Nut only

Food Card Changes FY 2011, Cont'd.

- Brown Rice
 - Any brand up to 16 oz., box or bag
 - instant, quick, or regular
- Fish: Can or pouch, any size
- Cheese: Purchase any combination 8 oz. to 16 oz.
- Eggs: Any size, white or brown
- Milk: Any brand milk (no longer least expensive)
- Beans, Peas, & Lentils: Fat-free Refried Beans



Foods Deleted FY 2011

- ⊘ Formula: LIPIL and LIPIL with Iron (removed from Enfamil products)
- ⊘ Cereal: Dora
- ⊘ Juice: 64-oz. pineapple juice
- ⊘ Tortilla: Santa Fe