

Arizona WIC Program CANNED BEANS – Q & A

When can WIC customers purchase Canned Beans?

WIC customers can purchase canned beans only when it is specified on the food instrument. In addition to other WIC foods listed, the food instrument will state:

Food Instrument 1	“1 LB DRY BEANS/PEAS/LENTILS OR UP TO 64 OZ CANNED BEANS”
Food Instrument 2	“18 OZ (16 - 18 OZ) PEANUT BUTTER OR 1 LB DRY BEANS/PEAS/LENTILS OR UP TO 64 OZ CANNED BEANS”

What kind of Canned Beans can the WIC customer purchase?

WIC Customers can purchase **any eligible brand and variety** of canned beans, plain, regular or low sodium. Varieties include (but are not limited to):

- Black Beans
- Cannellini
- Great Northern
- Lima Beans
- Pink Beans
- Red Beans
- Black-eyed Peas
- Garbanzo (Chickpeas)
- Kidney (Red or White)
- Navy Beans
- Pinto Beans



Can the WIC customer purchase canned beans with a cash value food instrument?

No, only fruits and vegetables can be purchased with cash value food instruments. Canned beans are considered legumes and are **NOT** vegetables.

Are green beans vegetables or legumes?

Green beans are vegetables and can only be purchased with a cash value food instrument.

For additional information, please refer to the Arizona WIC Programs Food List, effective April 1, 2015.