

Cashier Sign: _____

Date Voucher Used: _____

Participant

Sign: _____

Date: _____

Healthy Food Voucher
Uinta & Ouray IHS Clinic



HEALTHY HEART PROJECT FOOD VOUCHER

THIS VOUCHER CAN ONLY BE USED ONCE!



Uintah and Ouray
I.H.S. Healthy Heart
Project

P.O. Box 160
Fort Duchesne, Utah
84026
435-725-6893



Food Voucher

045

This Food Voucher entitles:

To purchase health food in the amount of \$30.00

Authorized by:
Greg Mahrt, Project Director/Coordinator or
Rozanna Cuch, Data Coordinator

Date: 06/17/2011

Expires : December 31, 2011 Participant #: 0

Voucher can only be used at the Ute Plaza Supermarket in
Ft. Duchesne.

**NOT REDEEMABLE FOR CASH OR TO BE USED
FOR ALCOHOL, CIGARETTES, FRIED DELI
FOODS, CHIPS, CANDY, ETC.
(PLEASE SEE HEALTHY FOOD LIST ON THE BACK
OF THIS VOUCHER)**

List of “allowable” Healthy Food Choices:

Fruits (fresh, frozen, canned)

Vegetables (fresh, frozen, canned)

String Cheese

2% reduced fat cheese products

Low fat milk (1% or skim varieties)

Low fat – sugar free or lite yogurt with fruit

Lean hamburger (90 % lean or leaner)

Lean lunch meats (low fat listed on label), not including bologna

Skinless chicken

Healthy Breakfast Cereals (high fiber, low sugar)

Powdered Light Drink or other sugar free drinks

Cereal Bars

Sugar free pudding

Sugar free gelatin

Sugar free Diet Soda

Whole Wheat Bread

Whole Wheat Tortilla

Egg whites

Oatmeal, instant oatmeal, small packets of instant

Low fat meats, including lean cuts (loin or round) such as: sirloin steak, pork loin chop, top round steak, bottom round roast.

Frozen meals

Microwave popcorn—low fat

Bottled Water

Dry Beans, canned beans

Peanuts or other nuts with low salt/sodium