

FRUITS and VEGETABLES

CAN BUY

Fresh Fruits and Vegetables

Any brand, type, or combination of:

- Any variety of whole or cut fruits and vegetables
- Sweet potatoes and yams are the only potatoes allowed
- Bagged fruits and vegetables
- Bagged or packaged salad mixtures
- Garlic, onion, ginger, jalapeños, peppers, and chilies are allowed
- Organic is allowed



CANNOT BUY ☹

- Any potatoes other than sweet potatoes or yams
- Any food or product from the salad bar or deli, party trays, fruit baskets, decorative vegetables and fruits, such as chilies or garlic on a string or painted pumpkins
- Nuts or fruit-nut mixtures
- Edible blossoms, such as squash blossoms
- Bagged salad, vegetable, or fruit kits with added ingredients, such as dressing, croutons, cheese, dips, or sauces
- Dried vegetables
- Herbs and spices, such as parsley, basil, cilantro, and mint

CAN BUY

Dried Fruits

Any brand, size, and type of container or bulk, if printed on the check:

- Any variety of dried fruits without added fats, sugars, or oils, such as raisins, prunes and/or dried plums, figs, dates, and apricots
- Freeze-dried is allowed
- Pitted or with pits are allowed
- Organic is allowed



CANNOT BUY ☹

- Dried fruits with added fats, sugars, or oils
- Dried or freeze-dried vegetables
- Trail mix
- Dried fruits with added artificial or natural flavors, including essences



WOMEN, INFANTS & CHILDREN

Families grow healthy with WIC

**WIC Authorized
FOOD LIST
Shopping Guide**

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