

WIC PROJECT FRESH ELIGIBLE ITEMS

Eligible, Locally Grown, Fresh, Unprepared Fruits & Vegetables

Apples
Artichoke-Cardoon
Asparagus
Beans (Fresh, not dry)
Beets
Blackberries
Blueberries
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Cantaloupe
Carrots
Cauliflower
Celeriac
Celery
Cherries
Chickory
Corn (not ornamental or popcorn)
Cranberries
Cucumbers
Currants
Eggplant
Elderberries
Garlic
Grapes
Greens (all)
Howell Melons

Jerusalem Artichoke
Kale & Collards
Kohlrabi
Leeks
Lettuce (all)
Mushrooms
Onions (all)
Parsnips
Peaches
Pears
Peas
Peppers (all)
Plums
Potatoes & Sweet Potatoes
Pie Pumpkins (not ornamental)
Radishes
Raspberries
Rhubarb
Rutabagas
Salsify & Scorzonera
Scallions
Shallots
Spinach
Sprouts
Squash
Strawberries
Sunchokes
Swiss Chard

Tomatilla
Tomatoes
Turnips
Watercress
Watermelon

Allowed Fresh Cut Herbs, Only:

Basil
Chives
Cilantro
Dill
Lemon Grass
Marjoram
Mint
Oregano
Parsley
Rosemary
Sage
Sorrel
Summer Savory
Tarragon
Thyme

Not Allowed:

Potted Herbs, Honey, Maple Syrup, Cider,
Nuts, Seeds, Eggs, Meat, Cheese,
Seafood