

Frozen and Canned Fruits and Vegetables

Now Available on Michigan WIC

All fruits and vegetables—fresh, frozen or canned—are good for you. They contain antioxidants, vitamin E and vitamin C, which support your immune system to help fight off infection. Canned and frozen fruits and veggies are picked at peak ripeness to retain flavor and nutrients. They are also convenient and a snap to prepare, as many are already washed, cut, and peeled and only require reheating!

Frozen, canned and fresh fruits and vegetables are **only** available for women and children using your cash value benefits. Infants, 9-11 months, can only receive fresh fruits and vegetables.

FROZEN:

Allowed:

- Organic
- Whole, cut or mixed fruits or vegetables
- Beans or peas such as lima beans and black-eyed peas
- Any brand or package size or type

Not Allowed:

- Added sugar, breading, butter, sauce, fat, oil, salt or seasoning
- Added non-fruit or non-vegetable ingredients (meat, rice, pasta, etc.)
- Fries or tater tots
- Juice*
- Smoothies with non-fruit or non-vegetable ingredients
- Soup



CANNED:

Allowed:

- Organic
- Any variety of fruits packed in juice or water, without added sugars, fats, oils or salt
- Any variety of vegetables, without added sugars, fats or oils
- Metal, glass, plastic or pouch
- May be regular or low sodium
- Applesauce, unsweetened
- Tomato paste, puree or sauce
- Green beans and green peas
- Individual servings

Not Allowed:

- Fruits packed in syrup
- Added meat, rice or pasta
- Artificial sweetener
- Pickled vegetables, relishes or ketchup
- Cranberry sauce or pie filling
- Salsa
- Pizza or pasta sauce
- Juice*
- Beans* or baked beans
- Smoothies with non-fruit or non-vegetable ingredients
- Pouches labeled as infant/toddler food

*Buy WIC juice and beans with your other WIC benefits.

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