Approved foods are locally grown, fresh, unprepared fruits and vegetables.

**Fresh Vegetables**
- Asparagus
- Beans, yellow or green
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chinese Cabbage
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Potatoes
- Garlic
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mushrooms
- Mustard Greens
- Okra
- Onions
- Parsnips
- Peas
- Peppers
- Pumpkins
- Radishes/Horseradishes
- Fresh Cut Herbs
- Rosemary
- Rhubarb
- Rutabagas
- Spinach
- Squash-summer & winter
- Squash-varieties
- Sweet potatoes
- Swiss Chard
- Tender Greens - similar to lettuce
- Tomatoes
- Turnips/Turnip Greens
- Watercress
- Zucchini

**Fresh Fruits**
- Apples
- Apricots
- Blackberries
- Blueberries
- Cantaloupe
- Casaba Melons
- Cherries
- Chokecherries
- Currants
- Gooseberries
- Grapes
- Huckleberries
- Melons
- Nectarines
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries
- Watermelons

**Items that may not be purchased with WIC FMNP**
Any processed produce or non-foods items, including:
- Baked Goods
- Cheese
- Crafts
- Eggs
- Honey
- Juices
- Nuts
- Plants (herb or vegetable)

Please keep a copy at the point of sale.

This institution is an equal opportunity provider.