

Questions about WIC Fruits and Vegetables:

Why is WIC giving fruits and vegetables?

The USDA wants WIC moms and children to be healthy. Fruits and vegetables have vitamins, minerals, and fiber that help keep us healthy. WIC has reduced the amount of juice in the food packages to allow you to purchase fresh fruits and vegetables.



Can I get canned or frozen fruits and vegetables with WIC?

Louisiana WIC is only offering fresh fruits and vegetables. This will help you increase the variety of fruits and vegetables in your families' diet.

Are there any fresh fruits and vegetables that I can't buy with my new WIC check?

Most fresh fruit and vegetables are allowed. These are some of the ones that are not allowed: white potatoes (baking, red-skinned or Yukon Gold), fresh herbs and spices, purchases on salad bars, fruit/vegetable baskets, party fruit and/or vegetable trays, peanuts and other nuts, bulk dried beans and vegetables used as decorations like gourds, baby pumpkins, painted pumpkins and garlic on a string.

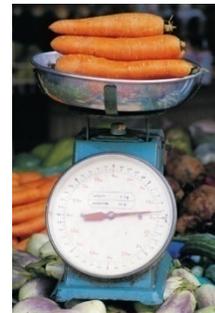
Can I get Organic fresh fruits and vegetables? Yes

Can I use my WIC fruit and vegetable check at a Farmer's Market or a Produce Stand?

In Louisiana, Farmer's Markets and Produce Stands are not WIC Vendors (WIC Stores). You must use your WIC fruit and vegetable check at a WIC Vendor (WIC store).

If I don't spend the entire check amount, do I get change back?

WIC does not allow you to get change or carry over the extra amount for the next month.



What happens if my fruit and vegetables cost more money than my check allows?

If the fruits and vegetables you want to buy cost more money than the amount on your check you can put something back to stay under the amount. You could also use Food Stamps for the extra amount or pay the difference with cash, credit card or debit card.