Missouri WIC Approved Fruits and Vegetables

How to Use Fruit and Vegetable Checks

- Use fruit and vegetable checks at WIC grocery stores only.
- Purchase only fresh and frozen fruits and vegetables.
- Do not exceed the amount printed on the check.
- Do not pay cash above the dollar value of the fruit and vegetable checks.
- You will not get cash/change back.
- More than one fruit and vegetable check can be used for one purchase. For example, a $6 and a $10 check can be used for a $16 purchase.

Frozen Vegetables

Allowed:

- Any brand, type and package size
- Yams and sweet potatoes
- Frozen green beans, frozen sugar snap peas, frozen sweet snap peas, frozen green pea pods
- Regular or lower in sodium frozen vegetables
- Any plain vegetable, plain vegetable mixtures (without white, red, or golden potatoes)

Not Allowed:

- White, red, or golden potatoes
- French fries, hash browns, tater tots, other shaped potatoes
- Added sugars*, fats, or oils
- Cheese sauce, any other type of sauce, or butter
- Seasoned, flavored, or breaded vegetables
- Vegetables with sauces, pasta, rice, or any other ingredient

Frozen Fruits

Allowed:

- Any brand, type and package size
- Any plain fruit, plain fruit mixtures
- Any frozen fruit with fruit juice, artificial sweeteners, or water.

Not Allowed

- Frozen fruit with added sugars*

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#1228 (01-10)

Missouri WIC

Fresh Fruits

Allowed:

- Any variety of fresh whole or halved cut fruit without added sugars*
- Fruits packed in juice or with added fruit juice concentrate

Not Allowed:

- Fresh fruits with added sugars*or caramel
- Buffet container or party trays of fruits
- Fruit baskets
- Dried fruit or fruit roll ups
- Fruits for purchase on salad bars
- Nuts (e.g., peanuts) or fruit-nut mixtures
- Baked goods with fruits (e.g., blueberry muffins, fruit and pumpkin pies)
- Ornamental or decorative fruits
- Individual deli servings

* "Added Sugars" includes corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and maple syrup.

Organic fruit and vegetables (fresh and frozen) are allowed.

Fresh Vegetables

Allowed:

- Any variety of fresh whole or cut vegetables, without added sugars*, fats, or oils
- Bagged lettuce and salad greens
- Yams and sweet potatoes
- Fresh garlic and ginger

Not Allowed:

- White, red, or golden potatoes
- Buffet container or party trays of vegetables
- Vegetable baskets
- Bagged lettuce or salad greens with salad dressings, cheese, croutons, or other added ingredients
- Individual deli servings
- Creamed, sauced, or breaded vegetables
- Vegetable-grain (pasta or rice) mixtures
- Vegetables for purchase on salad bars
- Ornamental or decorative vegetables (e.g., chili peppers on a string, garlic on a string, gourds, and Indian corn)
- Herbs or spices primarily used as flavoring ingredients.
- Pumpkins