



APRIL THROUGH SEPTEMBER 2022 FRUIT & VEGETABLE INCREASE

Here are three things for you to know:

- 1. Through September 30, 2022**, participants will have **more \$\$\$** each month to buy fresh and frozen fruits and vegetables. The \$\$\$ benefits are:
 - » \$24 per child (age 1-5)
 - » \$43 per pregnant or non-breastfeeding participant
 - » \$47 per breastfeeding participant
- 2.** Make a plan to use all your fruit and vegetable \$\$\$ each month.

3. Here are some ideas to help you plan:



USE WIC FIRST!

Use your WIC Card first at the register, before other benefits like SNAP.



THINK FROZEN TOO!

If you have freezer space, frozen vegetables and fruits are great for smoothies and easy sides at mealtime.



MAKE IT EASY!

Choose already cut-up fruits and vegetables, or packaged lettuce and vegetables for quick meals or snacks.



BUY YOUR FAVORITES!

Fill your fruit bowl with seasonal fruit, like oranges and pears. Shop often for kale, beets, sweet potatoes, and broccoli.



STOCK UP NOW!

Buy more fruits and vegetables that keep longer, like apples, cabbage, carrots, potatoes, onions, and winter squash.



Recipe resources for fruits and vegetables


- ✓ MyPlate, My Kitchen
myplate.gov/myplate-kitchen
- ✓ FoodHero.org
- ✓ Have a Plant
fruitsandveggies.org/recipes/
- ✓ Texas WIC - bit.ly/TexasWIC

Also check the WICshopper app, Pinterest, or ask WIC for other tips & ideas!



Ideas to help you plan to use your fruit and vegetable benefits!

Week 1



Frozen	
12 oz. Mixed Berries	\$3.50
16 oz. Mixed Vegetables	\$1.75
Fresh	
1 pound Broccoli	\$2.99
3 large Fuji Apples	\$1.75
Total	\$9.99


Week 2



Frozen	
10 oz. Sweet Corn	\$2.00
12 oz. Cut Mangoes	\$2.99
Fresh	
6 oz. Organic Blueberries	\$3.99
1 bunch Green Leaf Lettuce	\$2.49
Total	\$11.47

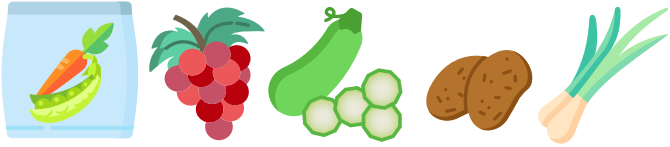
Total
\$44.75

Week 3



Frozen	
12 oz. Asparagus Stir-fry	\$2.99
10 oz. Sliced Peaches	\$2.99
Fresh	
8 oz. Spinach	\$1.99
16 oz. Carrot Chips	\$1.99
Total	\$9.96

Week 4



Frozen	
16 oz. Peas and Carrots	\$1.75
Fresh	
2 pounds Red Grapes	\$2.50
12 oz. Zucchini Slices	\$3.50
5 pounds Russet Potatoes	\$2.99
1 bunch Green Onions	\$1.99
Total	\$12.73

(Note: Prices listed are based on local store ads and are estimates only.)

Tell your friends about WIC so they can get more fruits and vegetables, too!

Share these easy ways to contact WIC:

- » Text **WIC** to **96859**
- » Call the Help Me Grow WA Hotline **1-800-322-2588**
- » Visit ParentHelp123's ResourceFinder at **parenthelp123.org/resources/food-assistance-resources/the-wic-program**



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