



# FRUIT & VEGETABLE INCREASE STARTING OCTOBER 1, 2022

## Here are four things for you to know:

1. **Starting October 1, 2022**, participants will have **more \$\$\$** each month to buy fresh and frozen fruits and vegetables. The \$\$\$ benefits are:
  - » \$25 per child (age 1–5)
  - » \$44 per pregnant or non-breastfeeding participant
  - » \$49 per breastfeeding participant
  - » \$73.50 per participant fully breastfeeding twins or triplets
2. Infants 9–11 months can receive \$4 for frozen and fresh fruits and vegetables each month in addition to baby food fruits and vegetables.
3. Make a plan to use all your fruit and vegetable \$\$\$ each month.

### 4. 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](https://myplate.gov/myplate-kitchen)

✓ FoodHero.org

✓ Have a Plant  
[fruitsandveggies.org/recipes/](https://fruitsandveggies.org/recipes/)


✓ Texas WIC  
[texaswic.org/wic-foods-and-recipes/recipes](https://texaswic.org/wic-foods-and-recipes/recipes)

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



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


## Week 2



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

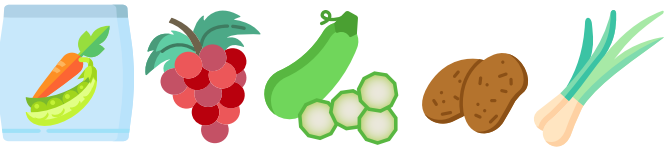
Total  
\$44.75

## Week 3



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

## Week 4



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

*(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](http://parenthelp123.org/resources/food-assistance-resources/the-wic-program)**



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