

# USE FRUIT & VEGETABLES BENEFITS AT FARMERS MARKETS AND FARM STORES STARTING JUNE 1, 2023

## Here are four things for you to know:

- 1** WIC fruit & vegetables benefits can be used at authorized farmers markets and farm stores starting June 1, 2023. Talk with your WIC staff to learn about using a QR code to shop at farmers markets and farm stores! Participants get these monthly fruit and veggie benefits:
  - » \$25 per child (age 1–5 years)
  - » \$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 up to \$4 in benefits for fresh fruits and vegetables each month in exchange for jarred baby food fruit and vegetables.
- 3** Use your QR code to buy fresh, local fruits and vegetables at authorized farmers markets and farms stores all year round! See How to Use your WIC QR Code to learn more!

### **4** Here are some ideas to help you plan to use all your fruit and vegetables benefits each month:



#### **USE WIC FIRST!**

Use your QR code first when buying fruits and vegetables before other benefits like SNAP.



#### **BUY YOUR FAVORITES!**

Fill your fruit bowl with seasonal fruits like berries, peaches, and pears. Shop often for kale, lettuce, and tomatoes.



#### **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

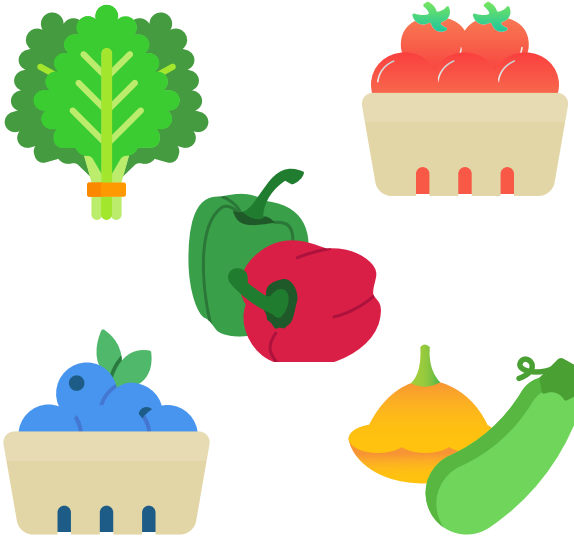
- ✓ **MyPlate Kitchen**  
[myplate.gov/myplate-kitchen](https://myplate.gov/myplate-kitchen)
- ✓ **FoodHero.org**
- ✓ **Have a Plant**  
[fruitsandveggies.org/recipes/](https://fruitsandveggies.org/recipes/)
- ✓ **Texas WIC**  
[texaswic.org/wic-foods-and-recipes/recipes](https://texaswic.org/wic-foods-and-recipes/recipes)

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



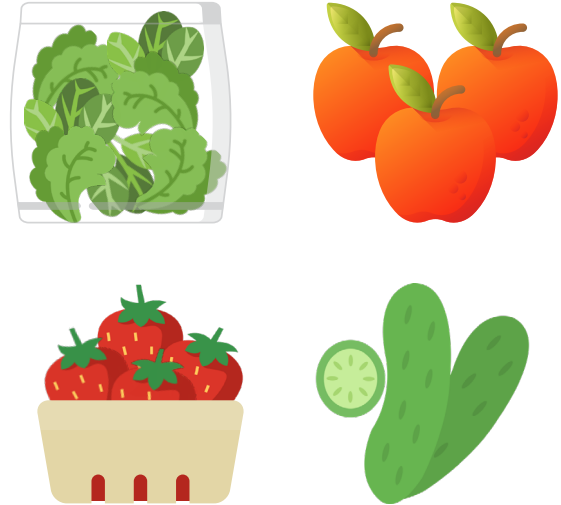
# Ideas to help you plan to use your fruit and vegetable benefits!

## Farmers Market Sample Trip 1



1 bunch of Kale .....	\$1.50
1 pint of cherry tomatoes .....	\$5.00
2 bell peppers .....	\$3.00
1 pint of blueberries .....	\$4.00
2 small summer squash .....	\$1.50
<b>Total .....</b>	<b>\$15.00</b>

## Farmers Market Sample Trip 2



Bag of mixed lettuce .....	\$3.00
1 pound of local apples .....	\$4.00
1 pint local strawberries .....	\$3.50
2 large cucumbers .....	\$1.50
<b>Total .....</b>	<b>\$12.00</b>

(Note: Prices vary depending on market.)

## Check out these great resources for more information!

Share these easy ways to contact WIC:

- » Text **WIC** to **96859**
- » Find a WIC Clinic by calling **1-800-841-1410**

Additional resources:

- » Help Me Grow: **1-800-322-2588**
- » ParentHelp123's ResourceFinder:  
**[parenthelp123.org/resources/food-assistance-resources/the-wic-program](http://parenthelp123.org/resources/food-assistance-resources/the-wic-program)**

For more information on farmers markets:

- » Visit: **[doh.wa.gov/farmers-market](http://doh.wa.gov/farmers-market)**

