



# Foods that Earn SNAP Produce Rewards

Learn more and find participating retailers: [doh.wa.gov/ProduceRewards](http://doh.wa.gov/ProduceRewards)

## ✓ CHOOSE THESE FOODS

### Fresh fruits and vegetables

Some ideas include:



POTATOES



TOMATILLOS



BOK CHOY



YAMS



APPLES



BANANAS



ONIONS



PLANTAIN



AVOCADOS



GARLIC

### Packaged lettuce and salad mixes

*without* dips/dressings/other additives



### Mushrooms



### Frozen fruits and vegetables

Some ideas include:



**POTATOES OR VEGETABLES WITHOUT OTHER ADDITIVES/FROZEN STRAWBERRIES AND BANANAS WITHOUT SYRUP**

### Canned fruits and vegetables

*without* added salt, sugar, fat



### Sliced fruit and vegetables

*without* dips/dressings





# CHOOSE THESE FOODS — only from participating farm vendors

## Fresh herbs

Some examples:

CILANTRO



BASIL



PARSLEY



CHERVIL



SEEDS (THAT PRODUCE FOOD)



PLANT STARTS (THAT PRODUCE FOOD)



# DO NOT choose these foods — they do not earn SNAP Produce Rewards

## ⊗ Dried herbs/spices

Some examples:



STAR ANISE



CARAWAY



BAY LEAVES

## ⊗ Fruit and veggies trays with dips/dressings



## ⊗ Dried fruits and trailmix



## ⊗ Banana leaves



## ⊗ Sugar cane



## ⊗ Packaged lettuce and salad with dressing, croutons, etc.



## ⊗ Other frozen potatoes with added salt, sugar, fat



## ⊗ Ornamental or decorative items

Some examples:



DRIED CHILI PEPPERS



CARVED OR PAINTED PUMPKINS

GOURDS



GARLIC ON A STRING