

WIC Approved Produce List for FMNP & SFMNP

ELIGIBLE FOODS: The following fresh fruits, vegetables and fresh-cut herbs are allowed for purchase with FMNP and Senior FMNP coupons. The fruits and vegetables may be purchased with Fruit and Vegetable Vouchers (FVVs), unless marked with an asterisk *. Fresh cut herbs may **not** be purchased with FVVs.

Fruits			
Apples	Cherries	Peaches	Raspberries
Blackberries	Currants	Pears	Rhubarb
Blueberries	Loganberries	Plums	Strawberries
Boysenberries	Marionberries	Pumpkins	Watermelons
Cantaloupe			
Vegetables			
Artichokes	Cauliflower	Leeks	Potatoes (sweet)
Asparagus	Celery	Lettuce	Potatoes (white)*
Beans (all colors)	Chard	Mushrooms	Radishes
Beets	Corn	Napa Cabbage	Rutabagas
Bok Choy	Cucumbers	Onions (green)	Snow Peas
Broccoli	Garlic*	Onions (white)	Spinach
Brussel Sprouts	Greens	Parsnips	Squash
Cabbage	Kale	Peas	Tomatoes
Carrots	Kohlrabi	Peppers	Yams
Fresh-Cut Herbs*			
Basil	Dill Weed	Parsley	Tarragon
Chives	Mint	Rosemary	Thyme
Cilantro	Oregano	Sage	

INELIGIBLE FOODS: The following are **not** allowed for purchase with WIC FMNP, SFMNP coupons, or FVVs:

Fruits or vegetables processed beyond their natural state
Fruits or vegetables with added sugars, fats, or oils
Dried fruits or vegetables
Honey*, tree or fruit syrups, cider or juice
Vegetable-grain or fruit mixtures
Nuts or seeds, fruit leathers or fruit roll-ups
Eggs, meat, cheese, or seafood
Canned or dried mature legumes

*Honey may be purchased with SFMNP checks only.