

WIC FRUITS & VEGETABLES SUMMER 2021



Maximize Your Benefits!

Plan ahead
Watch dates to spend
Try something new
Long-term storage
Dehydrate, Freeze, and much more!

Fruits & Vegetables Cash Value Increase

- Starting **June 2021**, for 4 months, women & children 1-5 will have **\$35 per person** each month to buy more fruits & vegetables at the grocery store
- It will be available on your "First Date to Spend" starting in June
- You can buy fresh or frozen fruits & vegetables when you shop using your WIC Card
- WIC Cards can't be used at Farmers Markets or Farm Stores

Produce Adventure!

Daikon Radish
Kiwi
Dragon fruit
Kohlrabi
Star Fruit
Watermelon Radish
White Asparagus
Guava
Passion Fruit
Portobello Mushroom
Tomatillo
Chayote
Blood Oranges

Have you tried these?

Fresh

Any brand or type
Cut or whole
Fresh fruit/veggies in
bags, clamshells, cups,
plastic bowls, or tubs
Organic or non-organic

Frozen

Any size bag, box, or
steamer pouch
Any brand
Organic or non-organic
Frozen beans are OK
such as black-eyed peas,
edamame, garbanzo, &
lima beans



BOUNTIFUL FRUITS & VEGETABLES!

Dehydrate -- It's remarkably easy to dehydrate fruits and veggies in the oven. Preheat your oven to the lowest setting, cut your fruits and vegetables into ¼ inch slices, and place them in the oven on a lined sheet pan for as long as needed, usually 6-8 hours. Leave the oven door cracked open a bit. Dried foods can be kept in airtight container up to 6months.

[Click here to read more:](#)

<https://tinyurl.com/z2befzk>

Freeze -- Blend fruits and put them in popsicle molds or Dixie cups for a natural fruit pop, or wash berries then freeze them whole on a baking sheet.

Slice larger fruits thinly then place in a single layer on a baking sheet until frozen.

After frozen store in freezer-safe bags. Great for smoothies!

Click below for:

<https://tinyurl.com/yw9c35z4>



- First date to spend

- Last date to spend

- Updated on

- Last time the app checked the WIC account balance.
- Select ☐ to update app.

Long-Term Storage

Keep **Potatoes, Sweet Potatoes, & Winter Squashes** in a cool, dark location

Store them in *paper bags* & away from onions

Onions & Garlic can be stored in a cool, dark, & dry place for several months. Keep in open bin, box, or basket

Apples & Cabbage will keep for an extended time as well if kept cold

CONTACT WIC STAFF
WITH QUESTIONS

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