



Fruit and Vegetable Benefit Increase

▶ **\$35 per month for all women and children from June 1 through September 30, 2021.** 🍏

Making the Most of your Extra Fruit and Veggie Dollars

- Stock up on canned, frozen, fruit/vegetable cups, fruit pouches. [Are Canned Fruits & Veggies Nutritious?](#)
- Choose pre-cut fresh fruits and vegetables to save time. Remember, party trays and salad mixes with dressings are not allowed.
- Choose convenient “to-go” fruits & veggies for picnics this summer.
- Purchase fresh fruits & veggies and freeze, dehydrate, or can
- Try out different cooking methods: roasting, broiling, stir frying, sautéing, microwaving, slow cooking, grilling. [How to Make Veggies Taste Good](#)
- Buy that new or unique fruit and veggie you’ve been meaning to try. Zoodles anyone?
- Try a new recipe. Check out the websites below for different ideas.
- Try a fruit & veggie challenge with your family. Can you eat the rainbow in 1 week?

Shopping Tips

- Check freshness dates. Individual fruit cups have a shorter shelf life than fruit in the can.
- **Use your eWIC card first** to stretch your grocery budget. Save your FoodShare dollars for foods WIC doesn’t provide. Plus FoodShare rolls over month to month!
- Shop a few times a month especially if purchasing fresh produce. This allows you to purchase smaller quantities to prevent them from spoiling and going to waste.
- Remember, organic fruits & veggies are allowed.
- Larger stores will have more variety.

*****Always use your eWIC app to scan food barcodes.** New foods may not be in the database yet.***

Fruit and Veggie Websites and Apps

[UW Extension Guide for Food Preservation](#) – Freezing, Canning, Pickling, Fermenting, Drying

[Spend Smart. Eat Smart.](#) – includes recipes, produce basics, meal planning tips, videos

[FoodWise](#) – Includes affordable recipes for families

[MyPlate Kitchen](#) – Once registered and logged in, you can save recipes.

[Get Fresh Recipes](#)

[USDA Cookbooks](#)

[Cooking Matters](#) – includes recipes and videos

[Allrecipes.com](#) – recipes using frozen veggies

[Allrecipes.com](#) – recipes using canned veggies

[Super Healthy Kids](#)

<https://greengiant.com/our-recipes/> - Riced veggie recipes

Free Apps

HuePets App – for kids

[Apple Store](#) [Google Play](#)

Spend Smart, Eat Smart

[Apple Store](#) [Google Play](#)

Kitchen Stories – recipes & videos

[Apple Store](#) [Google Play](#)

Allrecipes Dinner Spinner

[Apple Store](#) [Google Play](#)

Thinking Outside the Fresh Produce Aisle

Canned (Any container type, including individual cups, pouches, cartons, large quantities)

Veggie – Any veggie without lima beans, lentils, other mature beans. Tomatoes- whole, diced, crushed, stewed, sauce, paste or puree (herbs & seasoning allowed). Garlic in water. NO salsa, spaghetti, ketchup or pizza sauce. NO pickled, creamed or veggie flavored with bacon, etc.



Check out these canned tomato recipes!

[Homemade Spaghetti Sauce](#)
[Homemade Marina Sauce](#)

[Homemade Pizza Sauce](#)
[Homemade Tomato Soup](#)

Fruit – Fruit in 100% juice or water only.

NO fruit in syrup, sweetened juice, artificial sweetener, added sugar, chia seeds, gelatin



Frozen (any container type or size)

Veggie - Any variety. Any bean or mixture with mature beans or peas (ie: mixed veggie with lima beans) No added sugar, butter, oil, sauces, pasta, nuts, rice, cheese or meat, sweet potato fries, french fried or shaped potatoes.



Fruit – Any variety. No added syrup, sugar, artificial sweetener, fruit bars, smoothies containing other ingredients like yogurt.



Fresh Fruits & Veggies

No party platters, dips or dressings added. Can be precut, prebagged.

