



# Eligible Fresh Fruits & Fresh Vegetables Montana WIC Program Farm Direct 2021

**Approved foods are locally grown, fresh, unprepared fruits and vegetables.**

## **Fresh Vegetables**

Asparagus	Garlic	Rhubarb
Beans, yellow or green	Kale	Rutabagas
Beets	Kohlrabi	Spinach
Broccoli	Leeks	Squash-
Brussels Sprouts	Lettuce	summer & winter
Cabbage	Mushrooms	varieties
Carrots	Mustard Greens	Sweet potatoes
Cauliflower	Okra	Swiss Chard
Celery	Onions	Tender Greens -
Chinese Cabbage	Parsnips	similar to lettuce
Collard Greens	Peas	Tomatoes
Corn	Peppers	Turnips/Turnip Greens
Cucumbers	Pumpkins	Watercress
Eggplant	Radishes/Horseradishes	Zucchini
Potatoes	Fresh Cut Herbs	

## **Fresh Fruits**

Apples	Chokecherries	Peaches
Apricots	Currants	Pears
Blackberries	Gooseberries	Plums
Blueberries	Grapes	Raspberries
Cantaloupe	Huckleberries	Strawberries
Casaba Melons	Melons	Watermelons
Cherries	Nectarines	

## **Items that may not be purchased with WIC FMNP**

**Any processed produce or non- foods items, including:**

Baked Goods	Honey	Plants (herb or vegetable)
Cheese	Juices	
Crafts	Nuts	
Eggs		



Please keep a copy at the point of sale.



**This institution is an equal opportunity provider.**