



Eligible Fresh Fruits & Fresh Vegetables
Montana WIC Program
Farm Direct 2018

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 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.