



Eligible Fresh Fruits & Fresh Vegetables Montana WIC Program FMNP 2025

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	Lettuce	Summer & winter
Sprouts Cabbage	Mushrooms	varieties
Carrots	Mustard Greens	Sweet potatoes
Cauliflower	Okra	Swiss Chard
Celery	Onions	Tender Greens -
Chinese Cabbage	Parsnips	like lettuce
Collard Greens	Peas	Tomatoes
Corn	Peppers	Turnip/Turnip Greens
Cucumbers	Pumpkins	Watercress
Eggplant	Radishes/Horse radishes	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
Cheese	Juices
Crafts	Nuts
Eggs	Plants (herbs or vegetables)



This institution is an equal opportunity provider.