

Enjoy more fresh, frozen or canned fruits & vegetables!

CHANGES COMING TO YOUR ILLINOIS EWIC BENEFITS

WHAT YOU WILL SEE ON YOUR FAMILY SHOPPING LIST



For A WIC family with two eligible participants:

2 LB	CHEESE - ALL AUTHORIZED
2 DOZ	WIC APPROVED EGGS
72 OZ	WIC APPROVED CEREAL
2 JAR	WIC APPROVED PEANUT BUTTER - 16 - 18 OZ CONTAINER
1 CTR	BEAN CHOICE - CANNED BEANS (4 CANS 15-16 OZ) OR DRIED BEANS (1 BAG 16 OZ)
48 OZ	WHOLE WHEAT BREAD OR WHOLE GRAINS (BROWN RICE; BULGUR; OATMEAL; PASTA; SOFT CORN OR WHEAT TORTILLAS)
70 \$\$\$	FRUITS AND VEGETABLES - CASH VALUE BENEFIT
2 QT	YOGURT - NONFAT AND LOW FAT
1 HGL	MILK - 1%/SKIM (FAT-FREE) MILK
7 GAL	MILK - 1%/SKIM (FAT-FREE) MILK
3 CTR	WIC APPROVED JUICE - 12 OZ FROZEN OR 48 OZ LIQUID
2 CTR	WIC APPROVED JUICES - 64 OZ CONTAINER

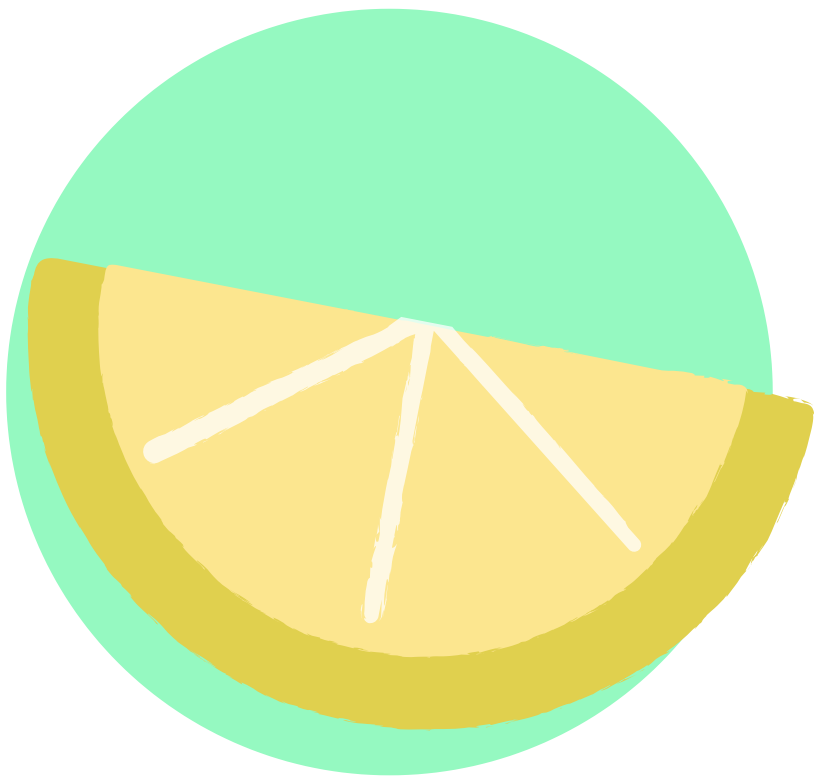
**JUNE 2021 - SEPTEMBER 2021 WIC
FAMILIES WILL RECEIVE A MONTHLY
\$35 CASH VALUE BENEFIT FOR
FRUITS & VEGETABLES FOR EVERY
ELIGIBLE MOM AND CHILD**

FOR RECIPES FEATURING FRUITS AND VEGETABLES:

- **WIC Health E Kitchen - wichealth.org**
- **My Plate - myplate.gov**
- **Kids Eat Right - eatright.org**
- **Illinois Nutrition Education Program - inep.extension.illinois.edu**
- **Fruits and Veggies More Matters - fruitsandveggiesmorematters.org**

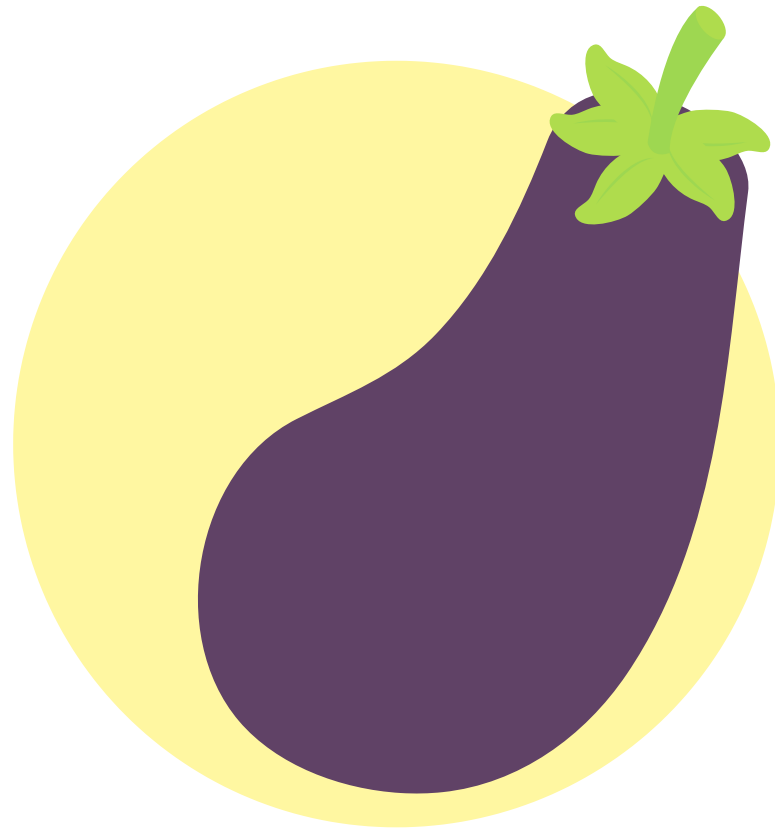
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WHAT'S IN SEASON



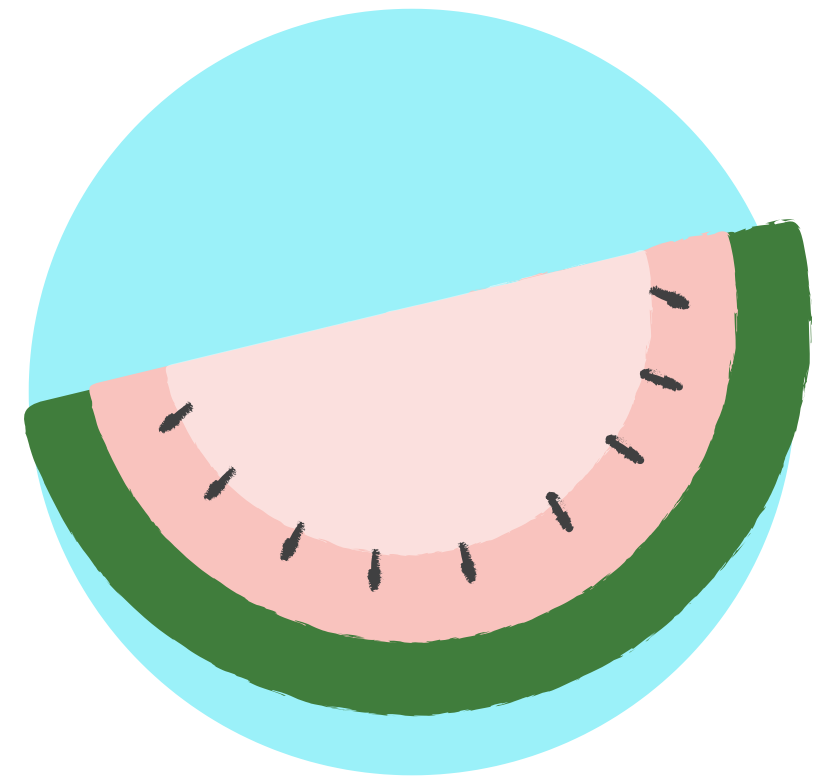
SPRING

Lettuce * Beets * Peas
Peppers * Spinach * Rhubarb
Strawberries * Kale * Celery
Green Onion * Turnip
Asparagus



SUMMER

Artichoke * Lettuce * Beets
Broccoli * Cabbage * Peas
Cauliflower * Cherries * Okra
Peppers * Green Beans * Kale
Carrot * Watermelon * Corn
Summer Squash * Spinach * Onion
Radish * Eggplant * Celery
Apricot * Cucumber * Turnip
Berries * Tomato * Zucchini
Apple * Potato



FALL

Beets * Broccoli * Apple
Pear * Zucchini * Turnip
Squash * Melon * Beans
Eggplant * Celery * Onion
Corn * Tomato * Carrot
Cauliflower * Peas * Cabbage
Peppers * Leeks * Potato
Pumpkin * Cucumber



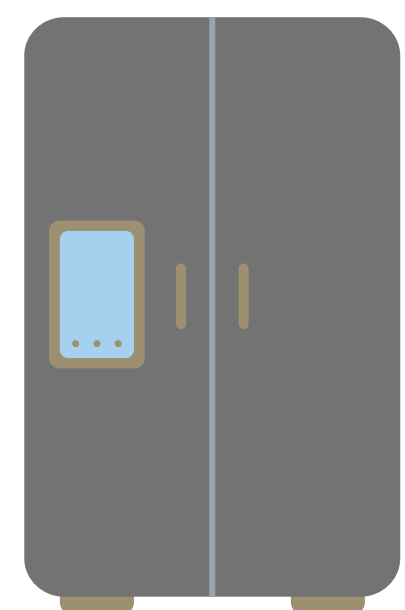
SELECT

- Seasonal produce has the best taste, is easier found and saves money
- A rainbow of colors: each has its own set of power-packed nutrients
- Firm to the touch and brightly colored produce



CLEAN

- Always wash produce in cold water before cooking or enjoying- even if you are going to peel it
- Never use soap or bleach
- Scrub firm produce with a clean brush before slicing

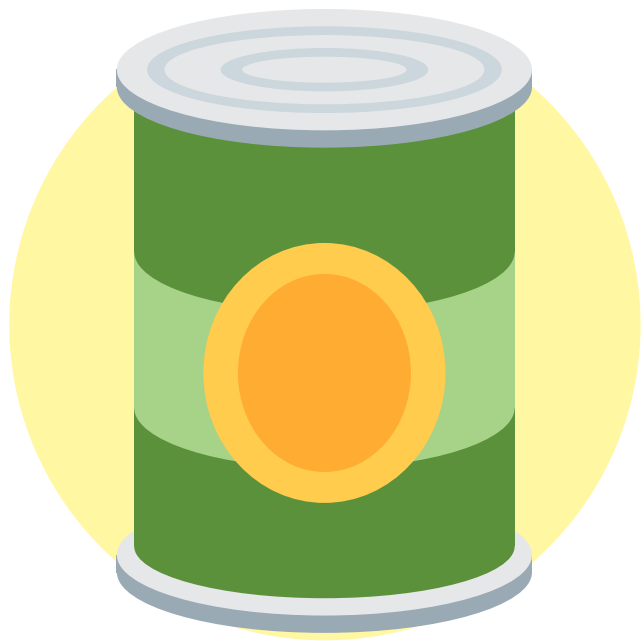


STORE

- Refrigerate all cut, peeled or cooked produce
- Produce needs to breathe- if you put it in a bag, poke holes in it to let the air in
- Help fresh produce last longer by storing in the fridge or on the counter (*depending on what it is*)

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CANNED PRODUCE



SELECT

Choose canned fruits and vegetables that are free from damage, dents or rust

Canned produce should be stored in a cool, dry place
Use canned produce within a year of purchase for best taste and flavor



FRUIT

Any brand, size, container type

Plain Fruit or Fruit mixtures packed in water or juice
Applesauce (no sugar added or unsweetened only)



VEGETABLES

Any brand, size, container type

Regular or Low sodium

Plain Vegetables or Vegetable mixtures

Tomato Products

(crushed, whole, puree, sauce, salsa or picante)

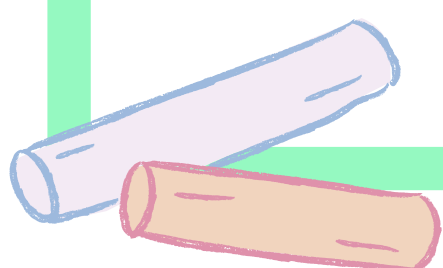
Refer to your IL WIC Food List for more details on purchasing canned items

How to Use Canned Produce

Canned tomatoes can be used to make chili or pasta sauce, just add dried or fresh herbs!

Add canned fruits on top of fat-free or low-fat cottage cheese, yogurt, pancakes or waffles for a sweet treat!

Add to soups, casseroles or enjoy as is- it's a great option that does not spoil as quick as fresh produce



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FROZEN PRODUCE



SELECT

Choose fruits and vegetables that are frozen solid
Get frozen fruits and vegetables into the freezer
as soon as possible

Frozen produce can be stored 8 -12 months in the freezer
at 0 degrees or lower



FRUIT

Any brand with no added sugar
Any variety or mixture of fruits



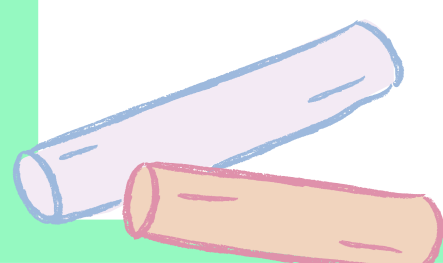
VEGETABLES

Any brand, size, package type
Regular or Low sodium
Plain Vegetables or Vegetable mixtures

Refer to your IL WIC Food List for more details on purchasing frozen items

How to Use Frozen Produce

Toss in frozen
vegetable
mixes to make a
quick and tasty
stir fry!



Add frozen fruit
to your favorite
hot cereal or to
ice cube trays
for a cool treat
to enjoy with
your water!

Try roasting
frozen
vegetables at
425F for 30
minutes for a
warm and
comforting side
dish!

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