

MORE PRODUCE BENEFITS COMING APRIL - SEPTEMBER 2022

Choose fresh, canned, and frozen fruits and veggies!

Cash Value Benefits allow WIC participants to purchase fruits and vegetables at grocery stores.

There will be a temporary increase in the monthly amount provided for each participant, from the current amount (\$9 for children and \$11 for women) to:

\$24 for children

\$43 for pregnant, post-partum, and breastfeeding women

\$47 for fully/partially breastfeeding women

\$70.50 for fully breastfeeding women with multiples



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What can these additional Cash Value Benefits do for you?

Let's compare for a mother and toddler:

Current CVB: \$20

1 pineapple
2 cucumbers
grape tomatoes
2 zucchini
green beans
strawberries
canned yellow corn



New CVB: \$67

1 pineapple	3 lbs. clementines
4 cucumbers	Dole fruit bowls
2 zucchini	frozen mixed fruit
1 lb. green beans	carrots
strawberries	bananas
apples	grape tomatoes
canned yellow corn	onions
1 head of lettuce	apples
cantaloupe	celery
bell peppers	5 lbs. red potatoes

Fresh Summer Fruit Pops

An easy and refreshing treat to help your family cool down from the heat!

Pick any combination of your favorite flavors.
Start with 1/2 cup of your favorite fruits:

- strawberry
- peaches
- mango
- pineapple
- watermelon
- kiwi

Add 1/2 cup of Greek yogurt and 1/2 cup of orange juice.

- 1) Blend ingredients together.
- 2) Pour evenly into Dixie cups and place a popsicle stick in the center.
- 3) Freeze and enjoy!



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