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

Choose fresh, canned, and frozen fruits and veggies!

VISIT US ONLINE:
https://louisianawic.org

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

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**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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