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
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

Fresh Summer Fruit Pops

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

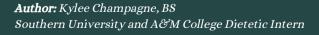
Pick any combination of your favorite flavors. Start with 1/2 cup of your favorite fruits:

- 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!



Edited by: Celia Bridgeforth, MPA, RDN, LDN Louisiana WIC Nutrition Education Program Manager







