

WIC and Senior FMNP Approved Food List

Fresh Vegetables

Asparagus
Beans
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Corn
Cucumbers
Edible Soybeans
Eggplant
Garlic
Greens (any variety)
Herbs (edible)
Leeks
Lettuce (any variety)
Lima Beans
Mushrooms
Okra
Onions
Parsnips
Peas
Peppers
Pumpkins (edible)
Potatoes
Radishes
Rhubarb
Rutabagas
Scallions
Spinach
Sprouts
Squash
Squash Blossoms
Sweet Potatoes/Yams
Tomatillos
Tomatoes
Turnips
Watercress

Fresh Fruits

Apples
Apricots
Blackberries
Blueberries
Cantaloupe
Cherries
Currants
Elderberries
Gooseberries
Grapes
Honeydew
Huckleberries
Melons
Nectarines
Peaches
Pears
Persimmons
Plums
Raspberries
Strawberries
Watermelon

