



Eligible Fresh Fruits & Fresh Vegetables  
 Montana WIC Program  
 Farm Direct 2023

Approved foods are locally grown, fresh, unprepared fruits and vegetables.

**Fresh Vegetables**

- |                        |                        |                       |
|------------------------|------------------------|-----------------------|
| Asparagus              | Garlic                 | Rhubarb               |
| Beans, yellow or green | Kale                   | Rutabagas             |
| Beets                  | Kohlrabi               | Spinach               |
| Broccoli               | Leeks                  | Squash-               |
| Brussels Sprouts       | Lettuce                | summer & winter       |
| Cabbage                | Mushrooms              | varieties             |
| Carrots                | Mustard Greens         | Sweet potatoes        |
| Cauliflower            | Okra                   | Swiss Chard           |
| Celery                 | Onions                 | Tender Greens -       |
| Chinese Cabbage        | Parsnips               | similar to lettuce    |
| Collard Greens         | Peas                   | Tomatoes              |
| Corn                   | Peppers                | Turnips/Turnip Greens |
| Cucumbers              | Pumpkins               | Watercress            |
| Eggplant               | Radishes/Horseradishes | Zucchini              |
| Potatoes               | Fresh Cut Herbs        |                       |

**Fresh Fruits**

- |               |               |              |
|---------------|---------------|--------------|
| Apples        | Chokecherries | Peaches      |
| Apricots      | Currants      | Pears        |
| Blackberries  | Gooseberries  | Plums        |
| Blueberries   | Grapes        | Raspberries  |
| Cantaloupe    | Huckleberries | Strawberries |
| Casaba Melons | Melons        | Watermelons  |
| Cherries      | Nectarines    |              |

**Items that may not be purchased with WIC FMNP**

Any processed produce or non- foods items, including:

- |             |        |                            |
|-------------|--------|----------------------------|
| Baked Goods | Honey  | Plants (herb or vegetable) |
| Cheese      | Juices |                            |
| Crafts      | Nuts   |                            |
| Eggs        |        |                            |



Please keep a copy at the point of sale.



**This institution is an equal opportunity provider.**