

# WIC Produce Connection eligible items list

Use this list to know what you can and cannot buy with your **WIC Produce Connection** benefits.

**All fruits, vegetables, and herbs must be: locally grown, fresh, and unprepared.**

Apples	Cucumbers	Potatoes
Artichoke-cardoon	Currants	Radishes
Asparagus	Eggplant	Raspberries
Beets	Elderberries	Rhubarb
Blackberries	Garlic	Rutabagas
Blueberries	Grapes	Salsify
Bok choy	Greens (all)	Scallions
Broccoli	Jerusalem artichoke	Scorzonera
Brussels sprouts	Kale and collards	Shallots
Bush/ Pole beans	Leeks	Spinach
Cabbage	Lettuce (all)	Sprouts
Cantaloupe	Mushrooms	Squash
Carrots	Onions (all)	Strawberries
Cauliflower	Parsnips	Sun chokes
Celeriac	Peaches	Swiss chard
Celery	Pears	Tomatillo
Cherries	Peas	Tomatoes
Chicory	Peppers (all)	Turnips
Corn (not ornamental or popcorn)	Pie pumpkins (not ornamental)	Watercress
Cranberries	Plums	Watermelon

**ALL** locally grown,  
fresh cut herbs  
are allowed!

## Not allowed

Cheese	Meat
Cider	Nuts
Eggs	Potted herbs
Honey	Seafood
Maple Syrup	Seeds

