

Enjoy more fresh, frozen or canned fruits & vegetables!

# CHANGES COMING TO YOUR ILLINOIS EWIC BENEFITS

## WHAT YOU WILL SEE ON YOUR FAMILY SHOPPING LIST

For A WIC family with two eligible participants:

2 LB	CHEESE - ALL AUTHORIZED
2 DOZ	WIC APPROVED EGGS
72 OZ	WIC APPROVED CEREAL
2 JAR	WIC APPROVED PEANUT BUTTER - 16 - 18 OZ CONTAINER
1 CTR	BEAN CHOICE - CANNED BEANS (4 CANS 15-16 OZ) OR DRIED BEANS (1 BAG 16 OZ)
48 OZ	WHOLE WHEAT BREAD OR WHOLE GRAINS (BROWN RICE; BULGUR; OATMEAL; PASTA; SOFT CORN OR WHEAT TORTILLAS)
70 \$\$\$	FRUITS AND VEGETABLES - CASH VALUE BENEFIT
2 QT	YOGURT - NONFAT AND LOW FAT
1 HGL	MILK - 1%/SKIM (FAT-FREE) MILK
7 GAL	MILK - 1%/SKIM (FAT-FREE) MILK
3 CTR	WIC APPROVED JUICE - 12 OZ FROZEN OR 48 OZ LIQUID
2 CTR	WIC APPROVED JUICES - 64 OZ CONTAINER

JUNE 2021 - SEPTEMBER 2021 WIC  
FAMILIES WILL RECEIVE A MONTHLY  
\$35 CASH VALUE BENEFIT FOR  
FRUITS & VEGETABLES FOR EVERY  
ELIGIBLE MOM AND CHILD

## FOR RECIPES FEATURING FRUITS AND VEGETABLES:

- WIC Health E Kitchen - [wichealth.org](http://wichealth.org)
- My Plate - [myplate.gov](http://myplate.gov)
- Kids Eat Right - [eatright.org](http://eatright.org)
- Illinois Nutrition Education Program - [inep.extension.illinois.edu](http://inep.extension.illinois.edu)
- Fruits and Veggies More Matters - [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)

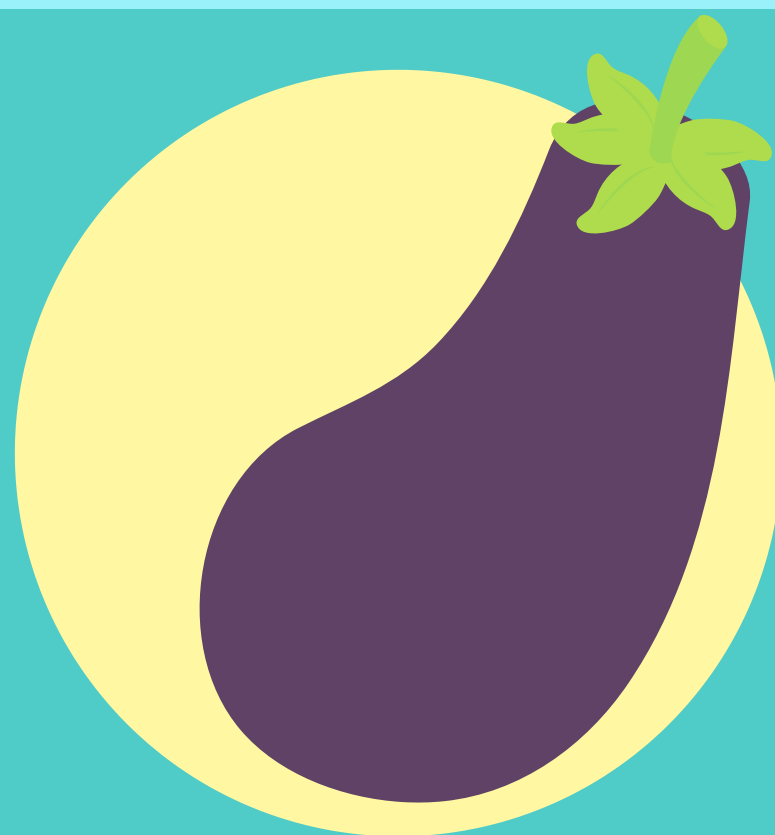
*This institution is an equal opportunity provider.*

# WHAT'S IN SEASON



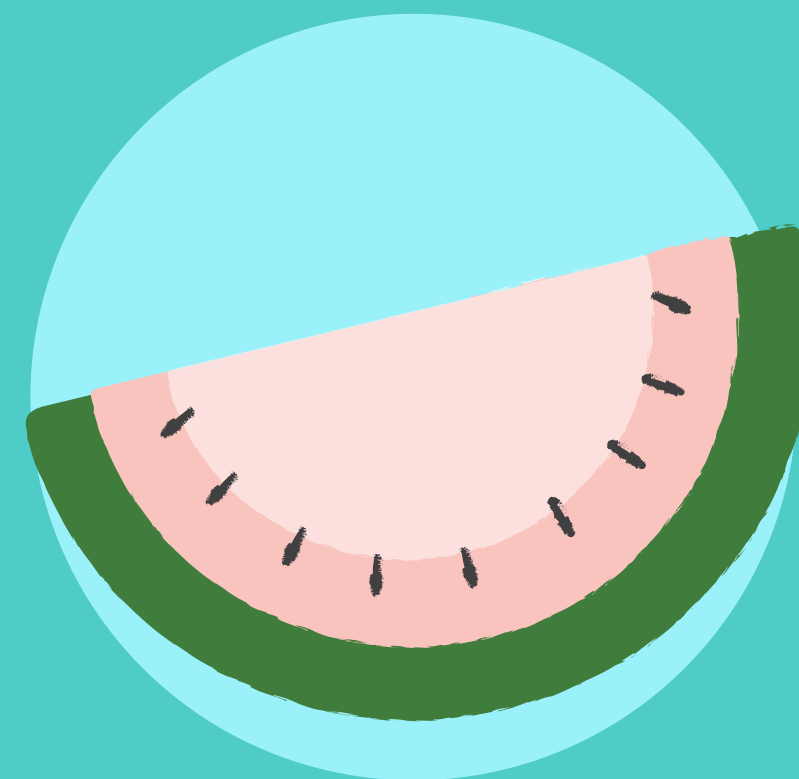
## SPRING

Lettuce \* Beets \* Peas  
Peppers \* Spinach \* Rhubarb  
Strawberries \* Kale \* Celery  
Green Onion \* Turnip  
Asparagus



## SUMMER

Artichoke \* Lettuce \* Beets  
Broccoli \* Cabbage \* Peas  
Cauliflower \* Cherries \* Okra  
Peppers \* Green Beans \* Kale  
Carrot \* Watermelon \* Corn  
Summer Squash \* Spinach \* Onion  
Radish \* Eggplant \* Celery  
Apricot \* Cucumber \* Turnip  
Berries \* Tomato \* Zucchini  
Apple \* Potato



## FALL

Beets \* Broccoli \* Apple  
Pear \* Zucchini \* Turnip  
Squash \* Melon \* Beans  
Eggplant \* Celery \* Onion  
Corn \* Tomato \* Carrot  
Cauliflower \* Peas \* Cabbage  
Peppers \* Leeks \* Potato  
Pumpkin \* Cucumber

## Fruits & Veggies Listed in Yellow are Best when Stored on the Counter



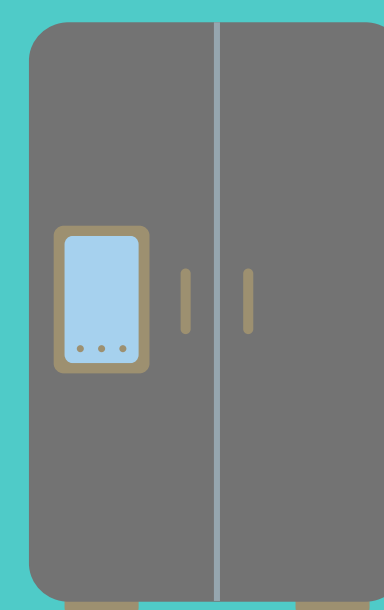
### SELECT

- Seasonal produce has the best taste, is easier found and saves money
- A rainbow of colors: each has its own set of power-packed nutrients
- Firm to the touch and brightly colored produce



### CLEAN

- Always wash produce in cold water before cooking or enjoying- even if you are going to peel it
- Never use soap or bleach
- Scrub firm produce with a clean brush before slicing



### STORE

- Refrigerate all cut, peeled or cooked produce
- Produce needs to breathe- if you put it in a bag, poke holes in it to let the air in
- Help fresh produce last longer by storing in the fridge or on the counter

*This institution is an equal opportunity provider.*

# CANNED PRODUCE



## SELECT

Choose canned fruits and vegetables that are free from damage, dents or rust  
Canned produce should be stored in a cool, dry place  
Use canned produce within a year of purchase for best taste and flavor



## FRUIT

Any brand, size, container type  
Plain Fruit or Fruit mixtures packed in water or juice  
Applesauce (no sugar added or unsweetened only)



## VEGETABLES

Any brand, size, container type  
Regular or Low sodium  
Plain Vegetables or Vegetable mixtures  
Tomato Products  
(crushed, whole, puree, sauce, salsa or picante)

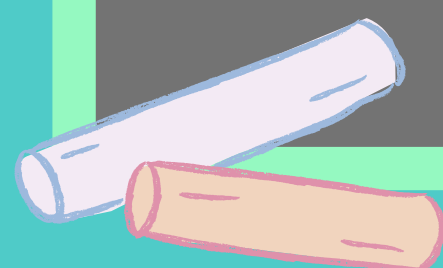
*Refer to your IL WIC Food List for more details on purchasing canned items*

## How to Use Canned Produce

Canned tomatoes can be used to make chili or pasta sauce, just add dried or fresh herbs!

Add canned fruits on top of fat-free or low-fat cottage cheese, yogurt, pancakes or waffles for a sweet treat!

Add to soups, casseroles or enjoy as is- it's a great option that does not spoil as quick as fresh produce



*This institution is an equal opportunity provider.*

# FROZEN PRODUCE



## SELECT

Choose fruits and vegetables that are frozen solid  
Get frozen fruits and vegetables into the freezer as soon as possible

Frozen produce can be stored 8 -12 months in the freezer at 0 degrees or lower



## FRUIT

Any brand with no added sugar  
Any variety or mixture of fruits



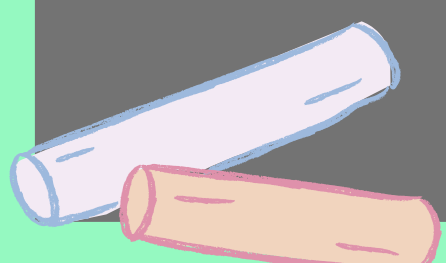
## VEGETABLES

Any brand, size, package type  
Regular or Low sodium  
Plain Vegetables or Vegetable mixtures

*Refer to your IL WIC Food List for more details on purchasing frozen items*

## How to Use Frozen Produce

Toss in frozen vegetable mixes to make a quick and tasty stir fry!



Add frozen fruit to your favorite hot cereal or to ice cube trays for a cool treat to enjoy with your water!

Try roasting frozen vegetables at 425F for 30 minutes for a warm and comforting side dish!

*This institution is an equal opportunity provider.*