

Spotlight On fruit and vegetable WIC Foods

[WIC approved Foods](#)

Check above link for
specific food

[Tips to add more veggies to your day](#)

[Alimentación saludable para niños en
edad preescolar](#)



Produce Basics

[click here](#)

[Prueba de Sabor-Brócoli](#)

The WIC program gives you a monthly food package that help you get the nutrients you and your family needs. WIC foods are mostly low in fat, high in fiber and rich in vitamins and minerals.

Fruit & Vegetables: Fresh and frozen
More is better

Fruits and vegetables on WIC are offered on a dollar basis as fresh & frozen and as baby food.

Why more fruits & vegetables?

Eating more fruits and veggies can :

- Fill you up with less calories, more fiber and keep your digestion system regular.
- Offer you quick, natural, and convenient snacks
- Be fun to eat, offering lots of variety and color
- Help reduce risks of heart disease, diabetes and certain types of cancers

Try to include servings of each daily:

- Yellow or orange fruit or vegetables
- Red colored fruit or vegetables
- Leafy green colored vegetables

Veggie Recipes [Broccoli taste test-3 ways](#)