The Arizona WIC Program is extending the increase of the fruit and vegetable benefits for women and children per month for a limited time only!

For your eWIC benefits that have a 'first date to use' through September 30, 2022, WIC is extending the increase of the fruit and vegetable benefits per month for **each** participating woman and child. Check your EzWIC app to find out how much you are eligible for or contact your WIC clinic.

Have fun with your increased fruit and vegetable benefits! You can buy the following fruits and vegetables with your Arizona eWIC card:

- Applesauce
- Bagged salads (without dressing)
- Cactus leaves (nopales)
- Edamame
- Fruit cups (packed in water or 100% juice)
- Garlic
- Green onions
- Peppers (i.e., bell, poblano, serrano, jalapeño)

- Pumpkins
- Riced vegetables
- Salsa
- Spiralized vegetables
- Squeezable pouches
- Sweet potatoes and yams
- Tomato sauce, paste, puree
- Whole or cut-up fruit and vegetables

Please refer to the Arizona WIC Food List or EzWIC app for a complete list of foods that you may buy using your eWIC card.

Need ideas for how to use your fruit and vegetable benefit?

- Canned and frozen fruits and vegetables can be stored for months and are easy to add to your favorite meals. You can use your increased fruit and vegetable benefits to stock up! Remember to check the expiration dates.

- If you see a barcode on fruits and vegetables, you can try scanning it with the EzWIC app to see if you can purchase it with your eWIC card!

- The Arizona WIC Program allows fruits and vegetables in many forms: fresh, frozen, organic, bagged or pre-packaged, cut-up or whole, and in cups, cans, jars, and pouches.

- Check out the AZ Health Zone website for recipe ideas or talk to your WIC clinic staff for tips.

Do you have other questions?

You may contact your WIC clinic or the Arizona WIC Shoppers' Helpline at 1-866-927-8390 with other questions about this change.

To download the free EzWIC App, go to the App Store or Google Play and search for EzWIC.

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