

Use all of your WIC Fruit and Vegetable Dollars each month!

Fruits and vegetables are nutritious and delicious—include them in your meals each day.

Are you spending all of your WIC Fruit and Vegetable Dollars each month?

There is a wide variety of choices of fruits and vegetables available to you. If you are not able to spend your WIC Fruit and Vegetable Dollars, ask staff at your WIC office for help.

Before You Shop

- ◆ Plan your weekly meals and snacks before you go shopping. Look at grocery store flyers from the newspaper or go online to see what fruits and vegetables are on sale.
- ◆ Think variety! Try a new fruit or vegetable each week.

While You Shop

- ◆ Purchase fresh fruits and vegetables in season when they tend to be cheaper.
- ◆ Buy fruits and vegetables that you will cut up at home, not the ones already cut up in the store. Pre-cut fruits and vegetables are a lot more expensive.
- ◆ Buy canned and frozen fruits with no added sugar, syrup, or artificial sweeteners.
- ◆ Choose vegetables with low or reduced sodium.
- ◆ Buy extra cans of fruits and vegetables to keep on hand in case of an emergency.
- ◆ Consider store brands instead of name brands. Store brands tend to cost less.

After You Shop

- ◆ Use fresh fruits and vegetables within a few days after shopping. Use frozen and canned fruits and vegetables later on.
- ◆ Chop some fruits and vegetables and place them in storage containers. Keep them in the refrigerator so they will be ready to grab for lunches and snacks.
- ◆ Top off cereal or yogurt with fruit.
- ◆ Homemade soup is a healthy and tasty way to use fresh, frozen, or cooked vegetables.
- ◆ Visit WIChealth.org for recipes.

Make sure you use all of your WIC baby fruits and vegetables each month until your baby is 1 year old!



Stage 2 fruits & vegetables start at about 6 months.

While giving these pureed baby foods, you can also begin giving your baby some mashed foods at about 8 months and soft, chopped foods at about 10 months.



Seeing Is Believing Parents should set a good example by eating fruits and vegetables often.



PREVENT CHOKING

For children under 4 years of age:

- Cut grapes, apples, and other firm fruits into very small pieces. Remove any tough skins.
- Cook carrots and hard vegetables until soft, then cut into small pieces.



Florida Department of Health
WIC Program
FloridaWIC.org
HealthiestWeightFL.com



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