

Monthly Amounts For Veggie & Fruit Benefits

Just for WIC Families continues in 2022!

Shop with Fruit & Veggie benefits at NJ WIC authorized & eWIC Certified stores

WIC provides families with healthy foods and teaches you how to use them!



WIC has NEW Monthly Veggie & Fruit Benefit Amounts!
\$24 for children, \$43 for pregnant & postpartum women,
\$47 for breastfeeding women



More fresh produce than your family can enjoy?

Buy **FROZEN, CANNED** & the amount of **FRESH** your family can use.
Don't waste a bite - buy it now – enjoy the convenience on busy days

Need easy ideas to add more veggies and fruits to meals and snacks?

Tips available from your WIC Nutritionist or www.NJWIConline.org

Eating more fruits and vegetables is one of the most important actions people can take to enjoy happier, healthier lives.



This institution is an equal opportunity provider.