

NJ WIC Allowed Fresh Herbs

July 2025



Herbs must be **fresh**. All fresh herbs (clamshell/bunch/etc.) are required to be cut at the root or with the root still intact. Dried or potted herbs are not included in any WIC food package.

Allowed Herbs:

- Basil
- Bay Leaf
- Chives
- Cilantro
- Dill
- Fennel
- Garlic
- Ginger Root
- Lemon Grass
- Marjoram
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Tarragon



NOT Allowed Herbs & Spices

- Allspice
- Anise
- Dry Bay Leaf
- Caraway
- Cardamom
- Cayenne
- Celery Seed
- Chervil
- Chili Powder
- Chives (Dry/Potted)
- Cinnamon
- Clove
- Coriander
- Cumin
- Curry
- Dill (Dry/Potted)
- Fenugreek
- Horseradish
- Juniper Berry
- Lemon Grass (Dry/Potted)
- Mace
- Marjoram (Dry/Potted)
- Mint (Dry/Potted)
- Mustard Seed
- Nasturtium
- Nutmeg
- Oregano (Dry/Potted)
- Paprika
- Pepper: Black, White or Green
- Poppy Seeds
- Rosemary (Dry/Potted)
- Sage (Dry/Potted)
- Savory
- Sesame
- Tarragon (Dry/Potted)
- Thyme (Dry/Potted)
- Vanilla Bean

