

# WIC Food Packages....Time for a Change

## *Fact Sheet for Farmers at Farmers' Markets*

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The WIC food packages are changing to better meet the nutritional needs of WIC participants. The new food packages align with the 2005 Dietary Guidelines for Americans and infant feeding practice guidelines of the American Academy of Pediatrics.

The new WIC food packages include the addition of fruits and vegetables (fresh, frozen, canned and dried). WIC participants will use a cash-value voucher to get their fruits and vegetables. WIC State agencies have the **option** to authorize farmers at farmers' markets to accept the cash-value voucher.

### Eligible WIC Foods at Farmers' Markets Include:

- Any variety of fresh whole or cut fruits without added sugar
- Any variety of fresh whole or cut vegetables, except white potatoes, without added sugars, fats or oils. Orange yams and sweet potatoes are allowed.

Fruits and vegetables do not have to be locally grown.

### Unallowable WIC Foods at Farmers' Markets Include:

- Edible blossoms or flowers, e.g., squash blossoms (broccoli, cauliflower and artichokes are allowed)
- White potatoes
- Pickled vegetables and olives
- Herbs or spices
- Ornamental and decorative fruits and vegetables such as chili peppers on a string, garlic on a string, gourds, and painted pumpkins



***How does the new WIC food package rule affect farmers at farmers' markets?\****

Farmers must be authorized by the WIC State agency to accept the cash-value voucher. Farmers should contact their WIC State agency to obtain information about the application and authorization process.

***Will there still be WIC Farmers' Market Nutrition Program (FMNP) coupons?***

Yes. The new WIC fruit and vegetable cash-value voucher does not replace coupons received through the WIC Farmers' Market Nutrition Program (FMNP). Therefore, in some States, farmers at farmers' markets may be authorized to accept both WIC fruit and vegetable cash-value vouchers and FMNP coupons.

***\* Refer to the full regulation at [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic) for the complete provisions and requirements for foods in the new WIC food packages.***