

Oregon WIC Program Fruit and Veggie Voucher Purchasing Guide

ALLOWED Fruits & Vegetables

Use this guide to figure out which kinds of fresh and frozen fruits and vegetables you may want to purchase with your WIC Fruit and Veggie Voucher.

The other side of this guide will help you figure out which fresh and frozen fruits and vegetables are NOT allowed with your WIC Fruit and Veggie Voucher.

Fresh Fruits & Vegetables

- All whole pre-cut or packaged
- Yams and sweet potatoes
- Pre-cut or packaged fruits & vegetables
- Salad/Coleslaw/Greens in a bag
- Organic OK

Frozen Fruits & Vegetables

- Any brand or variety
- May be whole or cut
- Frozen beans are OK (like lima, kidney, and black beans)

WIC shopper may pay the difference if the purchase is over the amount of the fruit and vegetable voucher

Fresh Fruits & Vegetables

Least perishable

Winter Squash
Apples
Yams
Sweet Potatoes
Onions
Carrots
Blueberries
Tangerines
Grapefruit
Cabbage
Oranges
Tomatoes
Lettuce
Grapes
Eggplant
Brussels Sprouts
Mushrooms
Celery
Green Beans
Cucumbers
Bananas
Spinach
Cauliflower
Peppers
Corn
Asparagus
Broccoli
Nectarine
Plum
Pears
Peaches
Strawberries
Raspberries

Most perishable

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NOT ALLOWED Fruits & Vegetables

Fresh Fruits & Vegetables

Not allowed

- No salad bar items
- No added dressing or dip
- No added nuts, dried fruit, croutons, etc.
- No canned or jarred fruits or vegetables
- No herbs or spices (like basil, cilantro or parsley)
- No white potatoes (like Red, Russet or Yukon Gold)

Frozen Fruits & Vegetables

Not allowed

- No fruit with added sugar
- No added sauce or creamed vegetables
- No added rice, pasta, meat, white potatoes or noodles
- No french fries, hash browns or tater tots
- No breaded or battered vegetables

Also Not Allowed

Not allowed

- Party trays and fruit baskets
- Salsa
- Decorative fruits and vegetables like gourds and garlic on a string
- Dried fruit or vegetables
- Nuts & seeds or dried fruit & nut mixtures
- Edible blossoms and flowers (like squash blossoms)
- Fruit leathers or fruit rollups
- Dried Beans or legumes
- Pickled vegetables or fruit