

Oregon WIC Program Fruit and Vegetable Stocking Guide

ALLOWED Fruits & Vegetables

Use this guide to figure out which kinds of fresh and frozen fruits and vegetables to stock!

WIC-authorized vendors are required to stock 8 kinds of fresh produce (2 must be fruits and 2 must be vegetables).

The other side of this guide answers common questions about what fresh and frozen fruits and vegetables are NOT allowed.

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
Most perishable	Raspberries

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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

- No party trays and fruit baskets
- No salsa
- No decorative fruits and vegetables like gourds and garlic on a string
- No dried fruit or vegetables
- No nuts & seeds or dried fruit & nut mixtures
- No edible blossoms and flowers (like squash blossoms)
- No fruit leathers or fruit rollups
- No dry beans or legumes
- No pickled vegetables or fruit