

# MORE PRODUCE BENEFITS COMING OCTOBER – DECEMBER 2021

**Choose fresh, canned, and frozen fruits and veggies!**

Cash Value Benefits allow WIC participants to purchase fruits and vegetables at grocery stores.

There will be a temporary increase in the monthly amount provided for each participant, from the current amount (\$9 for children and \$11 for women) to:

**\$24 for children**

**\$43 for pregnant, post-partum, and breastfeeding women**

**\$47 for fully/partially breastfeeding women**

**\$70.50 for fully breastfeeding women with multiples**



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# What can these additional Cash Value Benefits do for you?

Let's compare for a mother and toddler:

## Current CVB: \$20

1 pineapple  
2 cucumbers  
grape tomatoes  
2 zucchini  
green beans  
strawberries  
canned yellow corn



## New CVB: \$67

1 pineapple	3 lbs. clementines
4 cucumbers	Dole fruit bowls
2 zucchini	frozen mixed fruit
1 lb. green beans	carrots
strawberries	bananas
apples	grape tomatoes
canned yellow corn	onions
1 head of lettuce	apples
cantaloupe	celery
bell peppers	5 lbs. red potatoes

## Fresh Summer Fruit Pops

An easy and refreshing treat to help your family cool down from the heat!

Pick any combination of your favorite flavors. Start with 1/2 cup of your favorite fruits:

- strawberry
- peaches
- mango
- pineapple
- watermelon
- kiwi

Add 1/2 cup of Greek yogurt and 1/2 cup of orange juice.

- 1) Blend ingredients together.
- 2) Pour evenly into Dixie cups and place a popsicle stick in the center.
- 3) Freeze and enjoy!



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