

Fresh Fruits and Vegetables

Clients may select any fresh fruit or vegetable, yams or sweet potatoes. Herbs (both dry and fresh), edible flowers, dried fruits, nuts, and all types of potatoes (except for yams and sweet potatoes) are not allowed. Organic fresh fruits and vegetables are allowed. The cash Value Benefit is to be used at the client's discretion when purchasing fresh fruits and vegetables and can be used to explore exotic and unusual fresh fruits and vegetables available in the marketplace.

All packaged and bagged mixed pre-cut fruits and vegetables, and bagged prepared salads with a variety of pre-cut or shredded vegetables in them are acceptable provided they do not have added sugar, salad dressing, dips, dried fruits, nuts, or croutons. Fresh cut fruits and vegetables prepared in the store and wrapped or boxed at the store are allowed.

WIC will only accept the National PLU – UPC codes for fresh fruit and vegetables. All of the POS Cash Register systems provide the grocer with the ability to map the in-store, existing PLU and UPC items within the fresh produce department to the National PLU-UPC listing. This means that if a store offers 5 different PLU's for loose apples, and 3 UPC's for bagged apple, none of which are a National PLU-UPC code for apples, all 8 must be mapped to the National Standard PLU codes for apples in order to ensure they scan as WIC items.

Fresh cut fruits and vegetables prepared in the store and then boxed in the store must also be mapped to the National Standard PLU list. However, mixed vegetables and mixed fruits must be mapped to only one National Standard PLU.

Example:

Mixed Broccoli and Cauliflower may be mapped to either Broccoli or Cauliflower but not to both.

Mixed Watermelon and Cantaloupe may be mapped to either Watermelon or Cantaloupe but not to both.

A complete listing of the National Standard PLU/UPC may be found on the WIC Website in the Grocer Section.

Examples of fresh fruits and vegetables that are acceptable are, but certainly not limited to:

All varieties of apples

All varieties of oranges

All varieties of mushrooms

Celery

All types of cucumbers

Leeks

Star Fruit

Kiwi fruit

All varieties of avocado

All varieties of lettuce

All varieties of peppers, bell, and hot

All varieties of grapefruit

All varieties of onions

All varieties of tomatoes

Shallots

Cauliflower

Broccoli

All varieties of corn

Radishes
Asparagus
Lemons
Limes
Peaches
Nectarines
All varieties of plums
And many more !!!