



# Use all of your WIC Fruit and Vegetable Dollars each month!

Fruits and vegetables are nutritious and delicious—include them in your meals each day.

## Before You Shop

- Plan your weekly meals and snacks before you go shopping. Look at grocery store flyers from the newspaper or go online to see what fruits and vegetables are on sale.
- Think variety! Try a new fruit or vegetable each week.

## While You Shop

- Purchase fresh fruits and vegetables in season when they tend to be cheaper.
- Buy fruits and vegetables that you will cut up at home, not the ones already cut up in the store. Pre-cut fruits and vegetables are a lot more expensive.
- Buy canned and frozen fruits with no added sugar, syrup, or artificial sweeteners.
- Choose vegetables with low or reduced sodium.
- Buy extra cans of fruits and vegetables to keep on hand in case of an emergency.
- Consider store brands instead of name brands. Store brands tend to cost less.

## After You Shop

- Use fresh fruits and vegetables within a few days after shopping. Use frozen and canned fruits and vegetables later on.
- Chop some fruits and vegetables and place them in storage containers. Keep them in the refrigerator so they will be ready to grab for lunches and snacks.
- Top off cereal or yogurt with fruit.
- Homemade soup is a healthy and tasty way to use fresh, frozen, or cooked vegetables.
- Visit [wichealth.org](http://wichealth.org) for recipes.

**Make sure you use all of your WIC baby fruits and vegetables each month until your baby is 1 year old!**



### Stage 2 fruits & vegetables start at about 6 months.

While giving these pureed baby foods, you can also begin giving your baby some mashed foods at about 8 months and soft, chopped foods at about 10 months.



**Seeing Is Believing** Parents should set a good example by eating fruits and vegetables often.

## Prevent Choking

**For children under 4 years of age:**

- Cut grapes, apples, and other firm fruits into very small pieces. Remove any tough skins.
- Cook carrots and hard vegetables until soft, then cut into small pieces.



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