
FROZEN PRODUCE



SELECT

Choose fruits and vegetables that are frozen solid
Get frozen fruits and vegetables into the freezer
as soon as possible

Frozen produce can be stored 8 -12 months in the freezer
at 0 degrees or lower



FRUIT

Any brand with no added sugar
Any variety or mixture of fruits



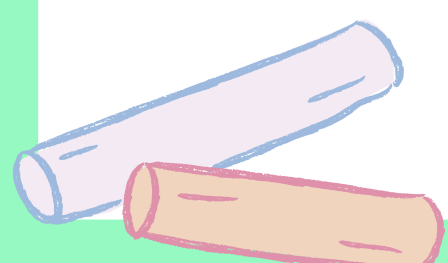
VEGETABLES

Any brand, size, package type
Regular or Low sodium
Plain Vegetables or Vegetable mixtures

Refer to your IL WIC Food List for more details on purchasing frozen items

How to Use Frozen Produce

Toss in frozen
vegetable
mixes to make a
quick and tasty
stir fry!



Add frozen fruit
to your favorite
hot cereal or to
ice cube trays
for a cool treat
to enjoy with
your water!

Try roasting
frozen
vegetables at
425F for 30
minutes for a
warm and
comforting side
dish!

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