

Enjoy more fresh, frozen or canned fruits & vegetables!

CHANGES COMING TO YOUR ILLINOIS EWIC BENEFITS

WHAT YOU WILL SEE ON YOUR FAMILY SHOPPING LIST



For A WIC family with two eligible participants:

2 LB	CHEESE - ALL AUTHORIZED
2 DOZ	WIC APPROVED EGGS
72 OZ	WIC APPROVED CEREAL
2 JAR	WIC APPROVED PEANUT BUTTER - 16 - 18 OZ CONTAINER
1 CTR	BEAN CHOICE - CANNED BEANS (4 CANS 15-16 OZ) OR DRIED BEANS (1 BAG 16 OZ)
48 OZ	WHOLE WHEAT BREAD OR WHOLE GRAINS (BROWN RICE; BULGUR; OATMEAL; PASTA; SOFT CORN OR WHEAT TORTILLAS)
70 \$\$\$	FRUITS AND VEGETABLES - CASH VALUE BENEFIT
2 QT	YOGURT - NONFAT AND LOW FAT
1 HGL	MILK - 1%/SKIM (FAT-FREE) MILK
7 GAL	MILK - 1%/SKIM (FAT-FREE) MILK
3 CTR	WIC APPROVED JUICE - 12 OZ FROZEN OR 48 OZ LIQUID
2 CTR	WIC APPROVED JUICES - 64 OZ CONTAINER

**JUNE 2021 - SEPTEMBER 2021 WIC
FAMILIES WILL RECEIVE A MONTHLY
\$35 CASH VALUE BENEFIT FOR
FRUITS & VEGETABLES FOR EVERY
ELIGIBLE MOM AND CHILD**

FOR RECIPES FEATURING FRUITS AND VEGETABLES:

- **WIC Health E Kitchen - wichealth.org**
- **My Plate - myplate.gov**
- **Kids Eat Right - eatright.org**
- **Illinois Nutrition Education Program - inep.extension.illinois.edu**
- **Fruits and Veggies More Matters - fruitsandveggiesmorematters.org**

This institution is an equal opportunity provider.