



WIC FAMILIES HAVE ACCESS TO MORE FRUITS & VEGETABLES

OCTOBER 2022

Why is WIC extending the increase in fruits and vegetables? The WIC Cash Value Benefit (CVB) for fruits and vegetables will continue at an increased level for each WIC participant over the age of 1 year, with extra money for inflation.

How much will each WIC participant receive each month?

Children = \$25 (was \$24)

Pregnant and Postpartum Participants = \$44 (was \$43)

Breastfeeding Participants = \$49 (was \$47)

How will WIC families receive this increased amount?

WIC benefits will be provided to families on their WIC card. If families have more than one WIC participant over age 1, they will have the increased amount for each participant.

What if a family doesn't see the increased amount in their benefits?

They can call or email the [local office](#), or email WIC@Vermont.gov and we will help correct the account.

Where can families spend this benefit?

This increase in fruit and vegetable benefit can only be redeemed at authorized WIC grocery stores that accept the WIC card. The benefit cannot be spent at farm stands or farmers markets.

Can WIC help families with recipes using fruits and vegetables?

Yes! Families can ask at their next WIC appointment, or they can check out these fun resources for ideas and recipes:

- ✓ [WICShopper App – Recipes](#) (ebtshopper.com/recipes) – Find recipes with WIC foods including fruits and vegetables. Access from computer, tablet or Smartphone using the WICShopper app.
- ✓ [MyPlate Kitchen](#) (myplate.gov/myplate-kitchen) – Search from a large selection of recipes, create a cookbook, or watch videos to learn how to prepare healthy foods.
- ✓ [ChopChop](#) (chopchopfamily.org) – Simple and tasty recipes to make and enjoy with family. Sign up for their newsletter or cooking club to receive new recipes every month.
- ✓ [WICHealth.org](#) (wichealth.org) - *Health eKitchen* is an online library of recipes and videos for cooking with WIC foods. WICHealth.org is also where WIC families complete nutrition education activities. If a family doesn't have an account yet, they can ask their WIC office for Family ID to sign up!

How will families know if their increased benefit for fruits and vegetables is in their WIC account?

At their WIC appointment, they will receive a **Family Food Benefit list** which will show the increased amount. They can also create an account at www.connectEBT.com and view current and future balances. Their

current balance can be heard by calling the Customer Service number at **1-855-769-8890** (does not provide future balance).

Know a family who is not on WIC and might qualify?

WIC gives families access to healthy foods, nutrition education and counseling, and breastfeeding support. For people who are pregnant, a caregiver, or a parent with a child under five, WIC is right for them! Interested families can apply online at healthvermont.gov/applytowic or text VTWIC to [855-11](tel:855-11) to sign up.