

UPDATED CVB Amounts

<u>Participant Category</u>	<u>CVB Amount</u>
<ul style="list-style-type: none"> • Children 	\$ 24.00
<ul style="list-style-type: none"> • Pregnant • Postpartum • MINIMALLY Breastfeeding (> MMA) 	\$ 43.00
<ul style="list-style-type: none"> • Fully Breastfeeding • MOSTLY Breastfeeding (\leq MMA) • Pregnant with Multiples • Pregnant & Breastfeeding an Infant 	\$47.00
<ul style="list-style-type: none"> • Fully Breastfeeding Multiples from SAME Pregnancy 	\$70.50

Talking Points

- ✓ The increased dollar amount will be available for use with current benefits - through September 2022.
- ✓ Before going to the store, call 1-877-677-5963 to check the fruit and vegetable dollar amount available on your Virginia eWIC card.
- ✓ Remember to spend your entire fruit and vegetable dollar amount each month. Any unused benefits will expire on your Last Day to Spend.
- ✓ Spend your fruit and vegetable dollars to buy fresh, frozen, and/or canned fruits and vegetables.
- ✓ Use your Virginia WIC Food List to help you pick out approved fruits and vegetables.
- ✓ Now is the perfect time to stock up on frozen and canned fruits and vegetables. They can be stored safely for future use.
- ✓ Allow children to help pick out fruits and vegetables at the store. Children are more willing to try foods they pick out.
- ✓ Experiment with new recipes or ways of preparing fruits and vegetables.

Updated: March 2022