

Temporary Increase of Fruit & Vegetable Benefits

The fruit and vegetable dollar amount loaded onto your Virginia eWIC card will increase to **\$35.00** per month for each woman and each child participant in the family.

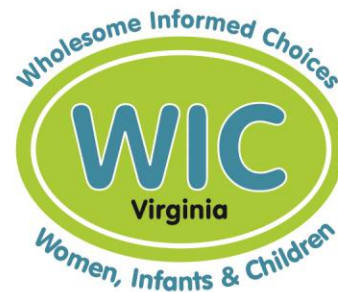
The increased dollar amount will be available for use with your **June, July, August, and September 2021** benefits.

- ✓ 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.

Tips for Using Your Fruit & Vegetable Benefits

- 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.
- Cut up fresh fruits and vegetables and store them in your refrigerator for quick and easy snacks.
- Plan for fruits and vegetables to be HALF of your mealtime plate....then add protein and whole grains.

QUESTIONS?
Contact your local WIC office.



This institution is an equal opportunity provider.