



Eligible Fresh Fruits & Fresh Vegetables Montana WIC Program FMNP 2025

Approved foods are locally grown, fresh, unprepared fruits and vegetables.

Fresh Vegetables

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|------------------------|-------------------------|----------------------|
| Asparagus | Garlic | Rhubarb |
| Beans, yellow or green | Kale | Rutabagas |
| Beets | Kohlrabi | Spinach |
| Broccoli | Leeks | Squash- |
| Brussels | Lettuce | Summer & winter |
| Sprouts Cabbage | Mushrooms | varieties |
| Carrots | Mustard Greens | Sweet potatoes |
| Cauliflower | Okra | Swiss Chard |
| Celery | Onions | Tender Greens - |
| Chinese Cabbage | Parsnips | like lettuce |
| Collard Greens | Peas | Tomatoes |
| Corn | Peppers | Turnip/Turnip Greens |
| Cucumbers | Pumpkins | Watercress |
| Eggplant | Radishes/Horse radishes | Zucchini |
| Potatoes | Fresh Cut Herbs | |

Fresh Fruits

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|---------------|---------------|--------------|
| Apples | Chokecherries | Peaches |
| Apricots | Currants | Pears |
| Blackberries | Gooseberries | Plums |
| Blueberries | Grapes | Raspberries |
| Cantaloupe | Huckleberries | Strawberries |
| Casaba Melons | Melons | Watermelons |
| Cherries | Nectarines | |

Items that may not be purchased with WIC FMNP
Any processed produce or non-foods items, including:

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|-------------|------------------------------|
| Baked Goods | Honey |
| Cheese | Juices |
| Crafts | Nuts |
| Eggs | Plants (herbs or vegetables) |



This institution is an equal opportunity provider.