



Fill up on more veggies and fruit with WIC.

WIC participants can receive up to \$47 per family member for vegetables and fruits every month. Use the benefits to try new things, stock up on freezable favorites and make healthier snacks and meals.

What you can do with your extra vegetables and fruits:

- Add sliced bananas or strawberries to cereal.
- Mix berries into oatmeal.
- Make a salad with lettuce and fresh peppers, tomatoes, broccoli and carrots.
- Snack on watermelon or cantaloupe chunks.
- Add veggies to casseroles, rice dishes and pastas.
- Buy frozen or freeze your favorites for later.



To learn more and see if you are eligible, call **651-266-1300** or visit **ramseycounty.us/WIC**

WIC is here to help you **be the mom you want to be.**

WIC provides food to participants through benefits that they can redeem at grocery stores and participating farmers markets. WIC is a nutrition, breastfeeding and supplemental food program that helps eligible pregnant women, new mothers, babies and young children eat well, learn about nutrition and stay healthy.



*Expecting or a new mom? Get support to help meet your breastfeeding goals. Scan the QR code or visit **ramseycounty.us/WIC***