Administered by:     Item Department of Health and Human Services     Item Zervice and Lange and	Produce Quick Reference Guide For detailed guidelines, refer to the agency administering the program.	Woman, Infants, and Children (WIC)	Assistance (SNAP)	WIC & Senior Farmers Market Nutrition Programs
Apricots   V   V   V     Artichokes   V   V   V     Asparagus   V   V   V     Avocadoes   V   V   V     Bananas and Plantains   V   V   V     Beans   V   V   V     Beers   V   V   V     Berties   V   V   V     Bok Choy   V   V   V     Broccoli   V   V   V     Brostel Sprouts   V   V   V     Cablage   V   V   V     Carots   V   V   V     Califlower   V   V   V     Califlower   V   V   V     Califlowers   V   V   V     Carots   V   V   V     Graperfuit   V <td>Administered by:</td> <td colspan="2">Iowa Department of Health and Human Services</td> <td>lowa Department of Agriculture and Land Stewardship</td>	Administered by:	Iowa Department of Health and Human Services		lowa Department of Agriculture and Land Stewardship
Articholes   V   V     Asparagus   V   V     Asparagus   V   V     Banas and Plantains   V   V     Beans   V   V     Beans   V   V     Beets   V   V     Berries   V   V     Box Choy   V   V     Brocoli   V   V     Brocoli   V   V     Brosels Sprouts   V   V     Carrots   V   V     Callflower   V   V     Callflower   V   V     Carrots   V   V     Carrots   V   V     Currants   V   V     Currants   V   V     Cragon fuit   V   V     Edamane   V   V     Grapes   V   V     Grapes   V   V     Grapefruit   V   V     Kale   V   V     Kiwi   V   V     Kiwi	Apples			✓
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		✓	
Rutabaga	$\checkmark$		$\checkmark$
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Shallots	$\checkmark$	$\checkmark$	$\checkmark$
Spinach	$\checkmark$	$\checkmark$	✓
Squash	$\checkmark$	$\checkmark$	$\checkmark$
Star fruit	✓	✓	
Sweet Corn	$\checkmark$	$\checkmark$	$\checkmark$
Sweet Potato	$\checkmark$	✓	$\checkmark$
Swiss Chard	$\checkmark$	$\checkmark$	$\checkmark$
Tomatillos	√	✓	✓
Tomatoes	$\checkmark$	$\checkmark$	✓
Turnips	$\checkmark$	✓	$\checkmark$
Watercress	$\checkmark$	$\checkmark$	
Yams	√	✓	✓
Zucchini	√	$\checkmark$	✓
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Basil		$\checkmark$	✓
Chives		$\checkmark$	√
Cilantro		$\checkmark$	$\checkmark$
Dill		✓	✓
Garlic		$\checkmark$	✓
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NOTE:

- 1. Decorative or ornamental pumpkins cannot be purchased with WIC, SNAP, FMNP, or SFMNP benefits.
- 2. Only fresh and/or frozen non-processed item can be purchased with WIC benefits.
- 3. Hot prepared food or drink not allowed for purchase with WIC, SNAP, FMNP, or SFMNP benefits.
- 4. Locally produced, pure, unpasteurized honey is eligible with SFMNP vouchers.
- 5. Only fresh, unprocessed and locally grown produce can be purchased with FMNP or SFMNP vouchers.

This institution is an equal opportunity provider.