Produce
Quick Reference Guide
For detailed guidelines, refer to the agency administering the program.

Administered by:	See Notes 1,2 Iowa Department of Public Health	Food Assistance (SNAP) 1,3 Iowa Department of Human Services	WIC & Senior Farmers Market Nutrition Programs 1,4,5,6 Iowa Department of Agriculture and Land Stewardship
Apples	✓	✓	✓
Apricots	✓	✓	✓
Artichokes	▲	✓	
Asparagus	✓	✓	✓
Avocadoes	▲	✓	
Bananas and Plantains	▲	✓	
Beans	✓	✓	✓
Beets	✓	✓	✓
Berries	✓	✓	✓
Bok Choy	✓	✓	✓
Broccoli	✓	✓	✓
Brussels Sprouts	✓	✓	✓
Cabbage	✓	✓	✓
Carrots	✓	✓	✓
Cauliflower	✓	✓	✓
Celery	✓	✓	✓
Cherries	✓	✓	✓
Coconut	▲	✓	
Cucumbers	✓	✓	✓
Currants	✓	✓	✓
Dragon fruit	▲	✓	
Edamame	✓	✓	✓
Eggplant	✓	✓	✓
Grapefruit	▲	✓	
Grapes	✓	✓	✓
Greens	✓	✓	✓
Guava	▲	✓	
Jicama	▲	✓	
Kale	✓	✓	✓
Kiwi	▲	✓	
Kohlrabi	✓	✓	✓
Leeks	✓	✓	✓
Lemons	▲	✓	
Lettuce	✓	✓	✓
Lychees	▲	✓	
Limes	▲	✓	
Mangoes	▲	✓	
Melons	✓	✓	✓
Nectarines	▲	✓	
Okra	✓	✓	✓
Onions	✓	✓	✓
Oranges	▲	✓	
Papaya	▲	✓	
Parsnips	✓	✓	✓
Passion fruit	▲	✓	
Peaches	✓	✓	✓
Pears	✓	✓	✓
Peas	✓	✓	✓

	IOWA WIC	Iowa	FARMERS MARKET NUTRITION PROGRAM CHECKS AND WIC CASH VALUE VOUCHERS WELCOME HERE
Peppers	✓	✓	✓
Persimmons	✓	✓	✓
Plums	✓	✓	✓
Pomegranates	▲	✓	
Potatoes		✓	✓
Pumpkins	✓	✓	✓
Radicchio	✓	✓	✓
Radishes	✓	✓	✓
Rhubarb	✓	✓	✓
Rutabaga	✓	✓	✓
Shallots	✓	✓	✓
Spinach	✓	✓	✓
Squash	✓	✓	✓
Star fruit	▲	✓	
Sweet Corn	✓	✓	✓
Sweet Potato	✓	✓	✓
Swiss Chard	✓	✓	✓
Tomatillos	✓	✓	✓
Tomatoes	✓	✓	✓
Turnips	✓	✓	✓
Watercress	✓	✓	
Yams	✓	✓	✓
Zucchini	✓	✓	✓
Nuts		✓	
Basil		✓	✓
Chives		✓	✓
Cilantro		✓	✓
Dill		✓	✓
Garlic		✓	✓
Mint		✓	✓
Oregano		✓	✓
Parsley		✓	✓
Rosemary		✓	✓
Sage		✓	✓
Tarragon		✓	✓
Thyme		✓	✓
Food Bearing Plants		✓	
Food Bearing Seeds		✓	

▲ **Indicates item can be purchased with the WIC cash value voucher check only at an authorized grocery store.**

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 SNAP benefits.**
4. **Potato refers to common or white potatoes and its derivatives and cultivars.**
5. **Locally produced, pure, unpasteurized honey is eligible with SFMNP vouchers.**
6. **Only fresh, unprocessed and locally grown produce can be purchased with FMNP or SFMNP vouchers.**

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