



WIC Farmers Market Nutrition Program

Eligible Foods List

The foods listed here are eligible for purchase with WIC FMNP benefits. Eligible foods must be fresh, unprepared, fruits, vegetables, and herbs in their raw form. They may not be processed or prepared beyond their natural state except for usual harvesting and cleaning processes.

Fresh cut cooking herbs: basil, borage, chives, cilantro, dill, fennel, garlic, marjoram, mint, oregano, parsley, rosemary, sage, savory, shiso, sorrel, tarragon and thyme.

Fruits (raw or fresh only): apples, apricots, blackberries, blueberries, cantaloupes, cherries, currants, elderberries, gooseberries, grapes, melons, peaches, pears, plums, raspberries, strawberries and watermelon.

Vegetables (raw or fresh only): arugula, asparagus, artichokes, beans, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, greens (various), kale, kohlrabi, leeks, lettuce, mushrooms, onions, okra, peas, peppers, potatoes, pumpkins, radishes, rhubarb, rutabaga, salad mixes, spinach, squash, swiss chard, tomatoes, turnips and zucchini.

NOT ELIGIBLE FOODS:

Food not grown in Missouri or a bordering Kansas or Illinois county, dried fruits or vegetables such as prunes, raisins, sun-dried tomatoes or dried chili peppers are not eligible. Meats, eggs, cheese, processed goods and baked goods are not allowed. Potted fruit or vegetable plants, potted or dried herbs, wild rice, nuts of any kind, maple syrup, cider, seeds, flowers, seafood, and honey are also not eligible.