



ENJOY MORE FRUITS & VEGETABLES WITH WIC!

OCTOBER 2022

Why is WIC extending the increase in fruits and vegetables? The WIC Cash Value Benefit (CVB) for fruits and vegetables will continue at an increased level for each WIC participant over the age of 1 year, with extra money for inflation.

How much will each WIC participant receive each month?

Children = \$25 (was \$24)

Pregnant and Postpartum Participants = \$44 (was \$43)

Breastfeeding Participants = \$49 (was \$47)

How long will I receive the increased amount for fruits and vegetables? The increased amount is available to WIC participants over the age of 1 at least through December 2022, and likely through September 2023.

How will I receive this increased amount? Your WIC benefits will be updated for October and beyond to include increased fruits and vegetables. If you have more than one WIC participant over age 1, you will see the increase for each participant.

What if I don't see the increased amount on my list? You can call or email your [local office](#), or email WIC@Vermont.gov and we will help correct your account.

Can WIC help me with recipes using fruits and vegetables? Yes! You can ask at your next WIC appointment or check out these fun resources for ideas and recipes:

- ✓ [WIC Shopper App – Recipes](#) – Find recipes that incorporate WIC foods including fruits and vegetables. Access from your computer, or on your tablet or Smartphone using the WIC Shopper app.
- ✓ [MyPlate Kitchen](#) – Search from a large selection of recipes, create your own cookbook, or watch videos to learn how to prepare healthy foods for your family.
- ✓ [ChopChop](#) – Simple and tasty recipes you can make and enjoy with your family. Sign up for their newsletter or cooking club to receive new recipes every month.
- ✓ [WIChealth.org](#) – Health eKitchen is an online library of recipes and videos for cooking with WIC foods. WIChealth.org is also where you may be doing your nutrition education activity. If you don't have an account yet, ask your WIC office for your Family ID to sign up!

How will I know if my increased benefit for fruits and vegetables is in my account? If you have a WIC appointment, you will receive your **Family Food Benefit list** which will show the increased amount. You can create an account at www.connectEBT.com and see your balance online. You can call the Customer Service number at **1-855-769-8890** to hear your current balance.