

Wisconsin WIC and Senior Farmers' Market Nutrition Program (FMNP)

Approved Food List

Vegetables

Asparagus
Beans (all)
Beets
Bok choy
Broccoli
Brussel sprouts
Cabbage (all)
Carrots
Cauliflower
Celeriac
Celery
Corn (*not ornamental or popcorn*)
Cucumbers
Eggplant
Fennel
Greens (all)
Kohlrabi
Leeks
Lettuce (all)
Mushrooms

Okra
Onions
Parsnip
Peas (all)
Peppers (all)
Potatoes (all)
Pumpkins
Radishes
Rutabagas
Scallions
Shallots
Spinach
Sprouts
Sunchokes
Swiss chard
Squash (winter)
Squash (summer)
Tomatoes
Tomatilla
Turnips
Watercress

Fruits

Apples
Berries (all)
Cherries
Grapes
Ground cherries
Melons
Peaches
Pears
Plums
Rhubarb

Herbs

Basil
Chives
Cilantro
Cutting celery
Dill
Epazote
Garlic
Garlic chives
Horseradish
Lemon balm
Lemon grass
Lovage
Marjoram
Mint
Oregano
Parsley
Rosemary
Sage
Summer savory
Sorrel
Tarragon
Thyme

Non-Eligible Items

Foods that are **not** approved to be sold with FMNP checks include, but are not limited to:

- Processed fruit or vegetable products such as jams/jellies, popcorn, juices/cider, baked goods of any kind including pies and breads.
- Dried beans/peas, cheese, eggs, meats, honey, syrup, nuts, seeds, ornamental corn, gourds, flowers/plants, and other non-food items