

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

## Approved Food List

<u>Vegetables</u>		<u>Fruits</u>	<u>Herbs</u>
asparagus	okra	apples	basil
beans(all)	onions	berries (all)	chives
beets	parsnip	cherries	cilantro
bok choy	peas(all)	grapes	cutting celery
broccoli	peppers (all)	ground cherries	epazote
brussel sprouts	potatoes (all)	melons	garlic
cabbage (all)	pumpkins	pears	garlic chives
carrots	radishes	plums	horseradish
cauliflower	rutabagas	rhubarb	lemon balm
celeriac	scallions		lemon grass
celery	shallots		lovage
corn (not ornamental)	spinach		marjoram
or popcorn)	sprouts		mint
cucumbers	sunchokes		oregano
eggplant	swiss chard		parsley
fennel	squash (winter)		rosemary
greens (all)	squash (summer)		sage
kohlrabi	tomatoes		summer savory
leeks	tomatillo		sorrel
lettuce (all)	turnips		tarragon
mushrooms	watercress		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, flowers/plants, and other non-food items.