




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

Administered by:

 Woman, Infants, and Children (WIC)	 Food Assistance (SNAP)	 WIC & Senior Farmers Market Nutrition Programs
 Iowa Department of Public Health	 Iowa Department of Human Services	 Iowa Department of Agriculture and Land Stewardship

Apples	✓	✓	✓
Apricots	✓	✓	✓
Artichokes	✓	✓	
Asparagus	✓	✓	✓
Avocados	✓	✓	
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	✓	✓	✓

			
Peppers	✓	✓	✓
Persimmons	✓	✓	✓
Plums	✓	✓	✓
Pomegranates	✓	✓	
Potatoes	✓	✓	✓
Pumpkins ¹	✓	✓	✓
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		✓	

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 WIC, SNAP, FMNP, or SFMNP benefits.
4. Locally produced, pure, unpasteurized honey is eligible with SFMNP vouchers.
5. Only fresh, unprocessed and locally grown produce can be purchased with FMNP or SFMNP vouchers.

This institution is an equal opportunity provider.