**WIC Families will have Access to More Fruits & Vegetables**

**June through September 2021**

**Why is WIC providing more fruits and vegetables?**

As part of the [American Rescue Plan Act](https://www.congress.gov/bill/117th-congress/house-bill/1319/text/eas), the WIC Cash Value Benefit (CVB) for fruits and vegetables will be temporarily increased from $9 for children and $11 for women to $35 a month for each WIC participant over the age of 1 year.

**What is the timeframe for the increased amount for fruits and vegetables?**

The increased amount is available to WIC participants over the age of 1 from June through September 2021.

**How will WIC families receive this increased amount?**

WIC benefits will be updated beginning June 1st to include $35 a month for fruits and vegetables. If families have more than one WIC participant over age 1, they will have $35 for each participant.

**What if a family doesn’t see the increased amount in their benefits?**

They can call or email the [local office](https://www.healthvermont.gov/local), or email WIC@Vermont.gov and we will help correct the account.

**Where can families spend this benefit?**

This increase in fruit and vegetable benefit can only be redeemed at authorized WIC grocery stores that accept the WIC card. The benefit cannot be spent at farm stands or farmers’ markets.

**Can WIC help families with recipes using fruits and vegetables?**

Yes! Families can ask at their next WIC appointment or they can check out these fun resources for ideas and recipes:

* [WIC Shopper App – Recipes](http://www.ebtshopper.com/recipes/)  (<https://ebtshopper.com/recipes/>) – Find recipes that incorporate WIC foods including fruits and vegetables. Access from computer, tablet or Smartphone using the WIC Shopper app.
* [MyPlate Kitchen](https://www.myplate.gov/myplate-kitchen)  (<https://www.myplate.gov/myplate-kitchen>) – Search from a large selection of recipes, create a cookbook, or watch videos to learn how to prepare heathy foods.
* [ChopChop](http://www.chopchopmag.org/) (<https://www.chopchopfamily.org/>) – Simple and tasty recipes to make and enjoy with family. Sign up for their newsletter or cooking club to receive new recipes every month.
* [WIChealth.org](https://wichealth.org/) (<https://wichealth.org/>) - Health eKitchen – is an online library of recipes and videos for cooking with WIC foods. WICHealth.org is also where WIC families complete nutrition education activities. If a family doesn’t have an account yet, they can ask their WIC office for Family ID to sign up!

**How will families know if their increased benefit for fruits and vegetables is in their WIC account?**

At their WIC appointment, they will receive a **Family Food Benefit list** which will show the increased amount. They can also can create an account at [www.connectEBT.com](http://www.connectEBT.com) and view current and future balances. Beginning in June, their current balance can be heard by calling the Customer Service number at **1-855-769-8890** (does not provide future balance, just current month balance).

**Know a family who is not on WIC but might qualify?**

WIC gives families access to healthy foods, nutrition education and counseling, and breastfeeding support. People who are pregnant, a caregiver, or a parent with a child under five, WIC is right for them!   Interested families can apply online at [healthvermont.gov/applytowic](https://www.healthvermont.gov/children-youth-families/wic/apply) or text VTWIC to 855-11 to sign up.

