
VII. LIST OF AUTHORIZED FRUITS, VEGETABLES AND HERBS

Only fresh fruits, vegetables and herbs may be purchased with WIC Farmers' Market Nutrition Program coupons. Below is the list of authorized fruits, vegetables and herbs. For questions as to the eligibility of an item, please call the Ohio Department of Health, WIC Program at 1-800-282-3435.

Fresh Fruits

Apples	Grapes	Pears
Apricots	Melons (Whole)	Plums
Berries	Nectarines	Strawberries
Cantaloupes (Whole)	Pawpaws	Watermelons (Whole)
Cherries	Peaches	

Fresh Vegetables

Asparagus	Greens (All)	Potatoes
Beans	Kale	Radishes
Beets	Kohlrabi	Rhubarb
Broccoli	Leeks	Rutabagas
Brussels Sprouts	Lettuce	Shallots
Cabbage	Microgreens	Spinach
Carrots	Mushrooms	Sprouts
Cauliflower	Okra	Squash
Celery	Onions	Tomatoes
Corn on the Cob	Parsnips	Turnips
Cucumbers	Peas	Zucchini
Eggplant	Peppers	

Herbs (Cut Herbs Only)

Basil	Garlic	Oregano
Chives	Horseradish	Parsley
Cilantro	Lovage	Rosemary
Coriander	Marjoram	Sage
Dill	Mint	Thyme

Note that citrus fruits (i.e., lemons, oranges, limes, grapefruit, tangerines) and tropical fruits (i.e., bananas, pineapples, mangos) cannot be purchased with Farmers' Market Nutrition Program coupons. These fruits are not grown in this region. Also, herbs must be cut, no potted plants can be sold for WIC coupons.

Coupons cannot be used to purchase baked goods or processed foods, such as jams, honey, apple cider or maple syrup.