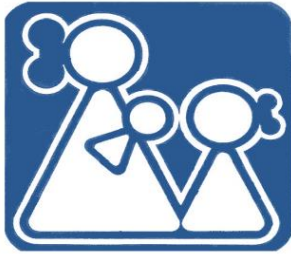


FOR A LIMITED TIME ONLY!!



The Navajo WIC Nutrition Program is increasing the fruit and vegetable benefits to \$35 per month for a limited time only!

New! For your eWIC benefits that have a 'first date to use' in May, June, July, and August 2021, WIC is increasing the fruit and vegetable benefits to \$35 per month for **each** participating woman and child.

Have fun with your increased fruit and vegetable benefits! Did you know you can buy the following fruits and vegetables with your Navajo eWIC card?

- ✂️ 🚫 Applesauce
- ✂️ 🚫 Bagged salads (without dressing)
- ✂️ 🚫 Cactus leaves (nopales)
- ✂️ 🚫 Edamame
- ✂️ 🚫 Fruit cups (packed in water or 100% juice)
- ✂️ 🚫 Garlic
- ✂️ 🚫 Green onions
- ✂️ 🚫 Peppers (i.e., bell, poblano, serrano, jalapeño)
- ✂️ 🚫 Riced vegetables
- ✂️ 🚫 Salsa
- ✂️ 🚫 Spiralized vegetables
- ✂️ 🚫 Squeezable pouches
- ✂️ 🚫 Sweet potatoes
- ✂️ 🚫 Tomato sauce, paste, puree
- ✂️ 🚫 Whole or cut-up fruit and vegetables
- ✂️ 🚫 Yams

Please refer to the [Arizona WIC Food List](#) or EzWIC app for a complete list of foods that you may buy using your eWIC card.

Did you know?

- ✂️ 🚫 Canned and frozen fruits and vegetables can be stored for months and are easy to add to your favorite meals. You can use your increased fruit and vegetable benefits to stock up! Remember to check the expiration dates.
- ✂️ 🚫 If you see a barcode on fruits and vegetables, you can try scanning it with the EzWIC app to see if you can purchase it with your eWIC card!
- ✂️ 🚫 The Navajo WIC Nutrition Program allows fruits and vegetables in many forms: fresh, frozen, organic, bagged or pre-packaged, cut-up or whole, and in cups, cans, jars, and pouches.

Need ideas for how to use fruits and vegetables?

Check out the [AZ Health Zone website](#) for recipe ideas, or talk to your WIC clinic staff for tips.

Do you have other questions?

You may contact your WIC clinic or the Navajo WIC Nutrition Program Manager at **1-800-307-4231** with other questions about this change.

Share this exciting news with your family and friends. Tell them to apply for WIC, **all by phone at this time**, at your nearest NWIC Clinic.

This institution is an equal opportunity provider.





EXTRA!
MORE FRUITS AND VEGGIES ARE COMING.



GO TO [HTTPS://WWW.SIGNUPWIC.COM](https://www.signupwic.com) TO LEARN MORE.

1-800-307-4231



FILL UP ON EXTRA VEGGIES AND FRUITS THIS SUMMER WITH WIC.

Go to <https://www.signupwic.com> to learn more.



1-800-307-4231



**EAT THE RAINBOW
THIS SUMMER WITH
WIC'S ADDED VALUE
FOR VEGGIES AND
FRUITS.**

1-800-307-4231

Go to <https://www.signupwic.com> to learn more.

Navajo Nation
WIC
1-800-307-4231

wic
WOMEN, INFANTS,
& CHILDREN

**WASH,
CUT,
REPEAT
VEGGIES AND
FRUITS ARE REALLY
NEAT!**

Go to <https://www.signupwic.com> to learn more.



wic WOMEN, INFANTS,
& CHILDREN

**SWIPE YOUR WIC
EBT CARD FIRST
WHEN CHECKING
OUT AT THE
GROCERY STORE.**

Go to <https://www.signupwic.com> to learn more.

 **WIC**

1-800-307-4231



1-800-307-4231



Fruits and Veggies Increase: What To Know

Our vegetables and fruits value
has been temporarily increased
to \$35 per month for four months.

Be sure to redeem these
additional benefits!





WIC WOMEN, INFANTS & CHILDREN

EXTRA!

**MORE
FRUITS & VEGGIES
ARE COMING.**

Go to <https://www.signupwic.com> to learn more.



1-800-307-4231