







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

Administered by:

	 <b>Woman, Infants, and Children (WIC)</b>  <b>Iowa Department of Health &amp; Human Services</b>	 <b>Food Assistance (SNAP)</b>  <b>Iowa Department of Health &amp; Human Services</b>	 <b>WIC &amp; Senior Farmers Market Nutrition Programs</b>  <b>Iowa Department of Agriculture and Land Stewardship</b>
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 <sup>1</sup>	✓	✓	✓
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.