

# Extra fruits and veggies benefits for each family member on WIC.\*

Increase to \$35 issued through:

June

July

August

September

- Add fresh fruits and vegetables in **summer meals**.
- Stock up on **more** canned and frozen fruits and vegetables for later.

Visit [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov)  
for more information!

\* Every WIC participant who is 12 months and older is eligible.



California Department of Public Health, California WIC Program  
*This institution is an equal opportunity provider.*

Local Agency Information:

