

# Canned Fruits and Vegetables

## BEGINNING JUNE 1, 2023!

- You can get canned fruits and vegetables along with fresh and frozen using your WIC fruit and vegetable benefits.
- **Scan *canned and frozen* foods with the WIC App to make sure they're WIC-allowed.**
- Do not use the WIC App to scan ***fresh*** fruits and vegetables. See WIC [Shopping Guide](https://www.health.state.mn.us/docs/people/wic/vendor/fpchng/shopguide.pdf) (<https://www.health.state.mn.us/docs/people/wic/vendor/fpchng/shopguide.pdf>) for details.

## Options:

### Canned Fruit:

- Any fruit or fruit mixtures packed in water or juice (**no added sugar** or artificial sweeteners)
- Any container type or size (except pouches)
- Unsweetened applesauce (with cinnamon allowed)
- Organic is allowed
- Stevia is allowed (natural sweetener)

#### Do Not Buy:

- Added sugar
- Syrup (heavy, light)
- Artificial sweeteners like Sucralose (Splenda)
- Pie filling
- Cranberry sauce
- Pouches

### Canned Vegetables:

- Any plain variety or vegetable mixture
- Any container type or size (except pouches)
- Tomatoes (with herbs or seasoning are allowed)
- Organic is allowed

#### Do Not Buy:

- Pasta sauce, spaghetti sauce, pizza sauce or salsa/picante sauce
- Creamed corn
- Mixtures with legumes (like lima, black, kidney beans)
- Fermented foods (like Sauerkraut)
- With butter, fats or oils
- Artificial sweeteners and heavy syrup
- Items with vinegar
- Pouches

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