Eligible Food List

Apples	Edamame Soybeans	Pears
Asparagus	Eggplant	Peas (snow peas, sugar snap)
Beans (Green)	Figs	Peppers
Beets	Grapes	Plums
Blackberries (thornless & thorny)	Greens (collard, kale, mustard, spinach, swiss chard, turnip)	Potatoes
Black Eyed Peas	Green onions	Pumpkins
Blueberries	Kohlrabi	Radishes
Broccoli	Lettuce	Raspberries
Brussels Sprouts	Melons (muskmelon, honeydew, cantaloupe)	Rhubarb
Cabbage (red, green, savoy, chinese)	Mulberries	Strawberries
Carrots	Mushrooms	Summer Squash (yellow, zucchini, patty pan)
Cauliflower	Okra	Sweet Potatoes
Cherries	Onions	Turnips
Corn (sweet)	Papaws	Winter Squash (acorn, butternut, spaghetti, kabocha)
Crowder Peas	Parsnips	Tomatoes
Cucumber	Peaches	Watermelons

Eligible Cooking Herbs

(must be fresh cut, not dried or in the pot growing) including but not limited to:

Basil	Epazote	Oregano	Shiso
Borage	Fennel	Parsley	Sorrel
Chives	Garlic	Rosemary	Tarragon
Cilantro	Marjoram	Sage	Thyme
Dill	Mint	Savory	

Ineligible Foods:

Non-local, non-Kentucky grown products are not eligible for purchase with KY WIC FMNP FIs. Examples include citrus products such as oranges, mangoes, lemons, limes, bananas and pineapples. Honey is not KY WIC FMNP approved. Medicinal Herbs and others such as aloe, lamb's ear, catnip, rue, white sage, lavender, echinacea, bee balm, chamomile and St. John's Wort are not eligible for purchase with KY WIC FMNP Food Instruments.

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This institution is an equal opportunity provider

Alimentos aprobados

Apples - Manzanas	Figs - el higo	Peppers - Pimentones
Asparagus - Espárragos	Grapes - Uvas	Plums - Ciruelas
Beans - Frijoles/Judías	Greens - Verduras de color verde	Potatoes - Papas
Beets - Remolachas	Green Onions - Cebolleta Cebolla larga	Pumpkins - Calabazas
Blackberries - Zarzamora	Kohlrabi - Colirrábano	Radishes - Rábanos
Black Eyed Peas - Frijoles de ojitos	Lettuce - Lechuga	Raspberries - Frambuesa
Blueberries - Arándanos	Melons - Melón	Rhubarb - Ruibarbo
Broccoli - Brócoli	Mulberries- la mora	Soybeans - Semilla de soya
Brussels Sprouts - Repollitos de Bruselas	Mushrooms - Champiñones	Strawberries - Fresas
Cabbage - Col	Okra - Quimbombó	Summer squash - Calabaza
Carrots - Zanahoria	Onions - Cebollas	Sweet potatoes - Batatas
Cauliflower - Coliflor	Papaws - Chirimoyas	Tomatoes - Tomates
Cherries - Cerezas	Parsnips - Chirivía/Nabo blanco	Turnips - Nabos
Corn - Maíz	Peaches - Melocotones	Watermelon - Sandia
Cucumber - Pepino	Peas - Chícharos/Arvejas	Winter Squash-Calabaza/ Zapallo
Eggplant - Berenjena	Pears - Peras	

Hierbas elegibles para cocinar

(deben estar frescas, no secas ni en la maceta) incluyen pero no se limita a:

Basil - Albahaca	Garlic - Ajo	Savory - Hierbas aromáticas
Borage - Borraja	Marjoram - Mejorana	Shiso - Menta asiática
Chives - Cebollín	Mint - Menta	Sorrel - Acedera
Cilantro	Oregano - Orégano	Tarragon - Estragón
Dill - Eneldo	Parsley - Perejil	Thyme - Tomillo
Epazote	Rosemary - Romero	
Fennel - Hinojo	Sage - Salvia	

Alimentos inelegibles/que no califican:

Productos que no son locales de Kentucky no califican para comprar con KY WIC FMNP FIs (FIs). Algunos ejemplos incluyen miel, productos cítricos como naranjas, mangos, limones, bananos y piñas. Hierbas medicinales y otras como aloe, oreja de cordero, hierba gatuna, ruda, salvia blanca, lavanda, equinácea, bergamota, manzanilla y hierba St. John's Wort (hierba de San Juan o hipérico) no son elegibles para comprar con los volantes de alimentos KY WIC FMNP.

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Esta institución es un proveedor que ofrece igualdad de oportunidades.