



Georgia WIC and Senior Farmers Market Nutrition Programs

Eligible Foods (only fresh fruits and vegetables)

Apples	Grapes	Plums
Beans, Lima	Muscadines	Potatoes, Sweet
Beans, Snap	Mushrooms	Potatoes, White
Beets	Mustard Greens	Pumpkin
Blueberries	Nectarines	Spinach
Cantaloupe	Okra	Squash
Cabbage	Onions	Strawberries
Carrots	Peaches	Tomatoes
Collards	Pears	Turnip Greens
Corn	Peas	Watermelon
Cucumbers	Peppers, Bell	Other Georgia-grown produce
Eggplants	Peppers, Hot	
Fresh herbs	Peppers, Sweet	

Ineligible Foods

Baked Goods	Meat
Cider	Non-foods (i.e., Gasoline)
Dairy	Nuts
Dried Herbs	Ornamental Corn
Dried Peas and Beans	Plants
Eggs	Popcorn
Flowers	Processed, Heated, Dried or cooked fruits or vegetables
Honey	Rice
Jam	Seeds
Jelly	
Maple Syrup	