

DC Senior and WIC FMNP Approved Fruit and Vegetables

Fruit

Apples – (all)
Apricots
Berries – (all)
Cherries
Grapes – (all)
Figs
Melons – (all)
Nectarines
Peaches – (all)
Pears – (all)

Plums – (all)

Vegetables

Artichokes – (all)
Asparagus
Beans – (all)
Beets
Bok Choy

Broccoli
Brussel sprouts
Cabbage – (all)
Carrots
Cauliflower
Corn
Cucumbers
Eggplants (all)
Greens – (Collards, Kale, Mustard, Spinach, Swiss chard and Turnip)
Leeks
Lettuce – (all)
Okra
Onions – (all)
Peas – edible pods (shelled and unshelled), (all)
Peppers – (all)
Potatoes – (all)
Radishes – (all)
Squash – (all)
Tomatoes – (all)
Turnip roots and Rutabagas (all)

Herbs

Cilantro, Parsley, Thyme, Garlic, Chives, Basil, Rosemary and Sage

