Produce in Season

- Asparagus
- Collards
- Parsnips
- Turnips

Herbs are in season but not available on e-WIC benefits. Herbs can be purchased from farmers market locations that accept WIC vouchers from June-October.



WIC MYTH OR FACT?

"WIC program benefits include more than food"

Fact! Participants have access to a number of resources, including health screening, nutrition and breastfeeding counseling, immunization screening and referral, substance abuse referral, and more.

APRIL 2023

e-WIC cash value benefit for fresh fruits and vegetables:

\$25 - for children (1-5 years old)

\$44 - pregnant and postpartum

\$49 - breastfeeding women

\$44

This benefit is on your e-WIC card to be used at WIC authorized grocery stores.

For more information about the Delaware WIC program, visit: https://delaware.wicresources.org



Spinach

Serving Size: 1 cup, raw 20% of Daily Value



Sweet Potato

Serving Size: 1 medium, baked 160% of Daily Value



Carrots

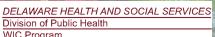
Serving Size: 0.5 cup 51% of Daily Value

Vitamin A

Helps with cell growth, maintenance of heart, lungs, eyes and other organs. It's also important for vision and overall eye health.









NEW WIC FOOD



Instant Grits are available on the WIC food package!

Click on the image below to see how to make this recipe!



Click on the image below to view the Delaware WIC Authorized Food Package!



Recipe Corner Grits and Greens

Prep/Cook Time: 15min

Servings: 4

Ingredients

- 2 cups instant grits
- Milk or water, as called for by package directions
- 1 bunch fresh, hearty market greens like chard or collards
- 2 tbsp butter, divided
- 3 cloves garlic, minced
- ½ cup water
- Optional: 1 egg per serving

Directions

- 1. Cook grits according to package directions, using milk or water. Keep warm.
- 2. Separate leaves and stems of your greens. Don't throw stems away! Thinly chop stems. Roll up leaves and thinly slice into
- 3. Heat 1 tbsp of the butter in a large saucepan or frying pan over medium heat. Add stems and garlic, and saute until soft and when garlic is just beginning to brown. Add leaves, and sauté, stirring occasionally until wilted and tender.
- 4. Add 1/4 cup water and keep stirring. Add remaining butter and stir vigorously to create a silky sauce.
- 5. Spoon grits into bowls or deep plates. Make an indent with the spoon and add a portion of greens, making sure to include some of the liquid.
- 6. Bonus! Fry an egg to your liking and add on top to make it a hearty breakfast.