

WIC's Cash Value Benefit (CVB) increase has been extended through September 2022!

The CVB is \$24 per month for children, \$43 per month for pregnant and postpartum women, and \$47 per month for breastfeeding women. Below is an example of what you could buy with the increased CVB:



- 2 pounds of bananas
- 3 pound bag of apples
- 2 quarts of strawberries
- 2-6 oz bags of mixed greens
- 2-4 packs of fruit cups in 100% juice
- 4 cans of tomato sauce
- 4 cans of vegetables
- 2-16 oz packages of frozen broccoli
- 2-16 oz packages of frozen corn
- 1.5 pounds of pre-cut, fresh fruit



Note: this is an example of approximately \$48 worth of fruits and vegetables which is the monthly Cash Value Benefit for a family with 2 children participating in WIC.