

WIC's Cash Value Benefit (CVB) Nutrition Education Resources

Below is a list of participant nutrition education materials and resources related to fruits and vegetables and using the increased CVB. The CVB has been increased to \$24 per month for children, \$43 per month for pregnant and postpartum women, and \$47 per month for breastfeeding women through September 2022.

HANDOUTS (PDF LINKS)

[10 Tips: Kid-Friendly Veggies and Fruits](#) | [10 Consejos: Vegetales y frutas para niños](#): Tips for encouraging children to eat vegetables and fruits.

[10 Tips: Liven Up Your Meals with Vegetables and Fruits](#) | [10 Consejos: Anime sus comidas con vegetales y frutas](#): Tips for adding vegetables and fruits to meals.

[10 Tips: Add More Vegetables to Your Day](#) | [10 Consejos: Agregue más vegetales a su día](#): Tips to fit more vegetables into meals and snacks.

[10 Tips: Focus on Fruits](#) | [10 Consejos: Enfóquese en las frutas](#): Tips for eating more whole fruits as part of a healthy eating style.

MATERIALS FROM THE COMMUNITY NUTRITION SERVICES SECTION

[Choosing More Fruits and Vegetables \(50/pad\) #1432 \(E/S\)](#): Tear pad available in both English and Spanish with tips on eating more fruits and vegetables. Includes a recipe.

[1 Great Plate \(50/pad\) #4670 \(E/S\)](#): Tear pad available in both English and Spanish from MyPlate.gov that reviews filling half of your plate with fruits and vegetables.

WEBSITES

<https://fruitsandveggies.org/>: Recipes, nutrition information, storage, and handling information on a variety of fruits and vegetables.

<https://www.myplate.gov/>: Learn more about the food groups, portion sizes, and download activities and handouts for families.

RECIPES

[Beans and Greens Salad](#): a budget-friendly recipe with beans for protein and a variety of vegetables!

[Chicken and Fruit Salad](#): unique recipe that adds a variety of fruit and vegetables to chicken salad!

[Strawberry Banana Parfait](#): a fruit and yogurt sweet treat!

[Chicken Vegetable Soup with Kale](#): a hearty soup with variety of nutrient-rich vegetables.

