October 15, 2021

VEGGIES AND FRUITS INCREASE EXTENDED FOR WIC FAMILIES

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St. Lucie County, FL — The Florida Women, Infants and Children (WIC) Program is continuing the temporary increase to WIC's Cash Value Benefit (CVB) of fruit and vegetable purchases for women and children. The approved benefit dollar amounts are as follows: $24 for children age 1-4 years, $43 for pregnant and postpartum women, and $47 for fully and partially breastfeeding women per month.

The Florida WIC food package includes fresh, frozen or canned fruits and vegetables up to the dollar amount on the WIC EBT card per participant in the family. For example, a pregnant woman with a 3-year-old child will have a total of $67 CVB on their WIC EBT card per month. WIC includes frozen or canned fruits and vegetables with no added sugar, syrup, artificial sweeteners, fat, or oil. Organic fruits and vegetables are allowed.

The WIC program provides nutrition education, nutrition counseling, breastfeeding support, and a variety of nutritious foods for eligible pregnant women, breastfeeding and post-partum women, infants, and children up to age five who meet eligibility guidelines. See further details at www.FloridaWIC.org.

Call for an appointment to apply for WIC today.

You may contact the St. Lucie West WIC office, 531 NW Lake Whitney Place, Port St Lucie 34986, Monday, 10 a.m.–7 p.m. and Tuesday-Friday, 8 a.m.–5 p.m. at *(772) 785-6124* or the Fort Pierce WIC office, 714 Avenue C, Fort Pierce 34950, Monday, 9:30 a.m.–6:30 p.m. and Tuesday–Friday, 8 a.m.– 5 p.m. at *(772) 462-3900*.

For breastfeeding assistance, you may leave a message on the WIC breastfeeding hotline with your contact information and a brief message at *(772) 873-4891*.

About the Florida Department of Health

The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Facebook, Instagram and Twitter at @HealthyFla. For more information about the Florida Department of Health please visit www.FloridaHealth.gov. Follow DOH-St. Lucie on Twitter at @FDOHStLucie.

To learn more about DOH-St. Lucie programs, visit http://stlucie.floridahealth.gov/index.html.

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(1) mail: U.S. Department of Agriculture
     Office of the Assistant Secretary for Civil Rights
     1400 Independence Avenue, SW
     Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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