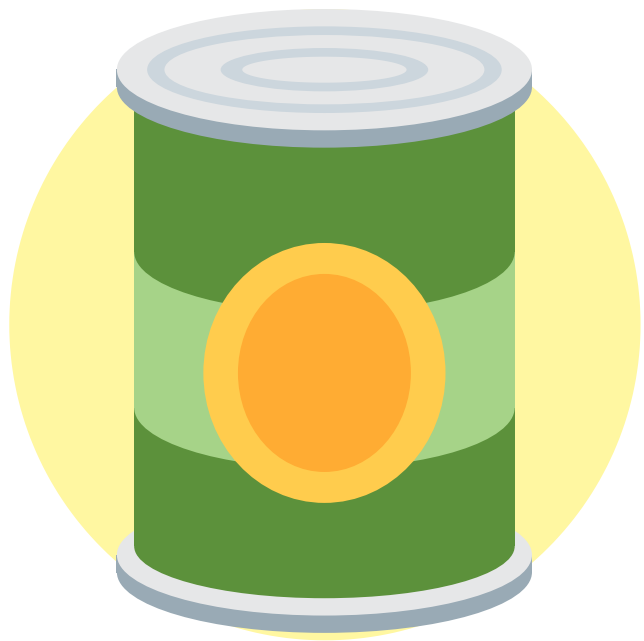

CANNED PRODUCE



SELECT

Choose canned fruits and vegetables that are free from damage, dents or rust

Canned produce should be stored in a cool, dry place

Use canned produce within a year of purchase for best taste and flavor



FRUIT

Any brand, size, container type

Plain Fruit or Fruit mixtures packed in water or juice

Applesauce (no sugar added or unsweetened only)



VEGETABLES

Any brand, size, container type

Regular or Low sodium

Plain Vegetables or Vegetable mixtures

Tomato Products

(crushed, whole, puree, sauce, salsa or picante)

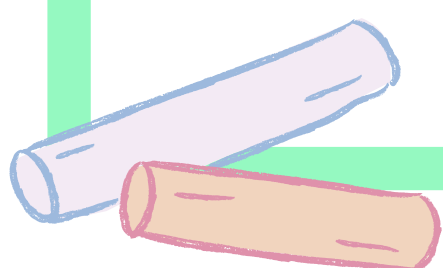
Refer to your IL WIC Food List for more details on purchasing canned items

How to Use Canned Produce

Canned tomatoes can be used to make chili or pasta sauce, just add dried or fresh herbs!

Add canned fruits on top of fat-free or low-fat cottage cheese, yogurt, pancakes or waffles for a sweet treat!

Add to soups, casseroles or enjoy as is- it's a great option that does not spoil as quick as fresh produce



This institution is an equal opportunity provider.