



# Now You Can Get More Fruits and Vegetables!

FOR A LIMITED TIME ONLY



- From **June 1 through September 30, 2021**, all WIC participants older than age 1 can get an increase in their Fruit and Vegetable cash value benefit (CVB) to \$35 on their eWIC Card!
- The increase happens automatically each month on your “first day to spend” date.

- **The easiest ways to know if you received the increase are to:**

- Check the WIC Connect website at [www.wicconnect.com](http://www.wicconnect.com). When you log into your account, you should see your updated balance.
- Call eWIC customer service at **855-765-7871**. The automated system will tell you your balance.
- Contact your local WIC office.

- **Remember, you can use the extra CVB money for fresh, frozen, and canned fruits and vegetables at your grocery store!**

- This is a great time to stock up on pantry and freezer favorites. Watch for sales!
- Visit the [Information for WIC Participants](#) webpage for approved types of fruits and vegetables and recipes.
- Visit the [WICShopper Recipes](#) webpage for more recipes.

- **The WICShopper app provides more information about the CVB increase.**

- If you don't have the app, download it on your iPhone or Android device, and choose Rhode Island from the list of states.



[health.ri.gov/wic](http://health.ri.gov/wic)

For more information or to apply for WIC, find your local WIC office [here](#).

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