



Fresh. Canned. Dried. Frozen.
It's **HIP** to be healthy!

What are HIP Eligible fruits and vegetables?

Examples of HIP Eligible Fruits and Vegetables (without added salt, sugar, fat, or oil)

- ALL fresh whole or cut fruits and vegetables
- SNAP eligible seeds and plants intended for cultivation and consumption (e.g., tomato seeds or tomato plants)
- White potatoes
- Dried beans
- Herbs (fresh)
- Mushrooms
- Nuts
- Garlic, onions, scallions
- Tomatoes: diced, pureed, paste, sauce, whole
- Applesauce
- Pickled vegetables or fruits (e.g., includes sauerkraut, lacto-fermented products, and pickles)
- Fruit leather (i.e., natural fruit roll-ups)

Examples of HIP non-Eligible Fruits and Vegetables

- Catsup or other condiments
- Olives
- Dried herbs and spices
- Creamed or sauced vegetables
- Vegetable-grain (pasta or rice) mixtures
- Breaded vegetables
- Ornamental and decorative fruits and vegetables, gourds, painted pumpkins, fruit baskets
- Foods that come in baskets, ceramic or decorative containers
- Items such as blueberry muffins and other baked goods
- Fruit and vegetable juices, cider, smoothies