

WIC Allowed Fresh Herbs

Starting April 6, 2026, you can use your Cash Value Benefit (CVB) to buy fresh herbs or blends of the fresh herbs below:

Allowed Fresh Herbs:

- Anise
- Basil
- Bay Leaf
- Borage
- Chervil
- Chives
- Cilantro
- Dill
- Fennel
- Lemon Grass
- Marjoram
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme



You can find fresh herbs in bunches, plastic containers, and bags. Look for them in the produce section.

NOT Allowed: Dried herbs, spices, or potted herbs.



For more information
[FNS.USDA.gov/WIC/Food-Packages](https://www.fns.usda.gov/wic/food-packages)



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