

## EXAMPLES OF ELIGIBLE FOODS

### **FRESH**

**FRUIT:** apples, avocados, bananas, blueberries, cantaloupe, cherries, clementines, coconuts, cranberries, figs, grapes, grapefruit, guanabana, guava, honeydew, kumquats, lychee, mangoes, nectarines, oranges, papayas, peaches, pears, persimmons, pineapples, plums, pomegranates, pomelo, prickly pear, quince, strawberries, tamarind, tangerines, watermelons.

**VEGETABLES:** aloe vera, artichokes, bamboo shoots, beets, beet greens, bok choy, broccoli, butternut squash, cactus, carrots, cassava, cauliflower, chard, chicory, chiles, collard greens, cucumbers, eggplant, gaudules, garlic, jicama, kale, kohlrabi, lettuce, malanga, mung bean sprouts, mushrooms, okra, onions, peppers, plantains, radishes, rutabagas, seaweed, snow peas, sofrito, spinach, squash, sweet potatoes, taro, tomatillo, tomatoes, turnips, water chestnuts, wax beans, yams, yellow beans, yucca, zucchini

### **FROZEN**

**FRUIT:** bananas, blueberries, cherries, cranberries, guanabana, guava, lychee, mangoes, papayas, pineapple, quince, raspberries

**VEGETABLES:** artichoke hearts, asparagus, baby lima beans, broccoli, brussels sprouts, carrots, corn, fava beans, mixed vegetables (without white potatoes), onions, peas, sofrito, spinach, string beans, sweet peas, winter squash

### **CANNED**

**FRUIT:** applesauce, blueberries, cherries, cranberries, figs, lemons, oranges, peaches, pears, pineapple, plums, strawberries

**VEGETABLES:** aloe vera, artichokes, asparagus, baby lima beans, bamboo shoots, beets, cactus, corn, fava beans, mushrooms, peas, salsa, spinach, string beans, sweet potatoes, tomatoes (diced, pureed, paste, whole), water chestnuts, wax beans, yams, yellow beans, zucchini

### **DRIED**

**FRUIT:** apricots, bananas, blueberries, cherries, cranberries, guanabana, guava, lychee, mangoes, papayas, quince, raspberries, strawberries

**VEGETABLES:** carrots, chiles, jalapeno, mushrooms, onions, pumpkin, sea vegetables, spinach, sweet potatoes, sweet peas, tomatoes, zucchini

## EXAMPLES OF INELIGIBLE FOODS

Condiments (example: ketchup), creamed or sauced vegetables, decorative vegetables (example: mini pumpkins), dried beans, fruit juices, fruit leathers or fruit roll-ups, herbs, infant food, nuts, pickled vegetables, spices, vegetable juices, white potatoes

## IF YOU LIVE IN YOLO COUNTY AND RECEIVE CALFRESH BENEFITS, YOU CAN PARTICIPATE IN THE YOLO BONUS BUCKS PROGRAM!

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Would you like to apply for CalFresh?

Go to  
**GetCalFresh.org**  
or  
**BenefitsCal.com**

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For questions regarding Yolo Bonus Bucks or to request a replacement Bonus Bucks card call us at:

**1-855-278-1594**

**Or visit our website**

YOLO COUNTY  
HEALTH AND HUMAN SERVICES AGENCY



**50% off fruits & vegetables!**

**A program bringing healthy eating habits to Yolo County's CalFresh recipients! Visit our website at [www.yolocounty.org/bonusbucks](http://www.yolocounty.org/bonusbucks)**



## HOW IT WORKS

**TO GET THE DISCOUNT,  
YOU MUST USE YOUR  
CALFRESH EBT CARD FOR ALL  
OR PART OF YOUR PURCHASE!**

1. SHOP AT OUR PARTICIPATING RETAILERS.
2. PICK OUT ELIGIBLE FRUIT AND VEGETABLE ITEMS (REFER TO BACK OF BROCHURE FOR EXAMPLES).
3. GIVE THE CASHIER YOUR BONUS BUCKS DISCOUNT CARD AND YOUR CALFRESH EBT CARD.
4. ELIGIBLE FRUIT AND VEGETABLE ITEMS WILL BE DISCOUNTED BY 50% UP TO \$30/MONTH
5. PROGRAM RUNS ON A YEAR-TO-YEAR BASIS. THIS CARD EXPIRES ON SEPTEMBER 30, 2025 OR EARLIER IF FUNDS RUN OUT



## WHERE YOU CAN SHOP



WEST SACRAMENTO	WOODLAND		DAVIS	
<b>Nugget Market</b> 2000 Town Center Plaza	<b>Food 4 Less</b> 451 Pioneer Ave	<b>Nugget Market</b> 157 Main St	<b>Nugget Market</b> 1414 E. Covell Blvd	<b>Nugget Market</b> 409 Mace Blvd

## Fruits and Vegetables

- ◆ Protect against cancer and other diseases
- ◆ Help you maintain good health
  - Low in sodium and cholesterol
  - Low in calories and fat
  - Great source of vitamins and minerals
  - Great source of fiber
  - Nutritious and delicious!
- ◆ Convenient, quick and easy
- ◆ Eat a rainbow: each color of fruits and vegetables has a different benefit

