

Vermont WIC

Allowed Fresh Herbs

Updated October 2025

Allowed fresh herbs

Herbs must be fresh and can include those packaged in a plastic container / bunch / etc.
Blends of any of the herbs below are also allowed.

Basil	Fennel	Mint	Tarragon
Bay leaf	Garlic	Oregano	Thyme
Chives	Ginger root	Parsley	
Cilantro	Lemongrass	Rosemary	
Dill	Marjoram	Sage	



Not allowed

Dried or potted herbs are not allowed.



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