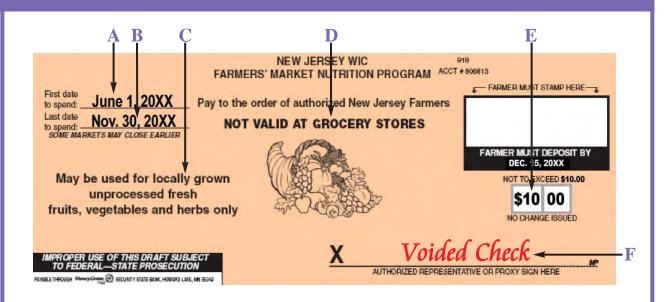
WIC FARMERS' MARKET CHECK



A: First Date to Spend

B: Last Date to Spend

C: Must be used for Locally Grown Unprocessed Fresh Fruits, Fresh Vegetables and Fresh Cut Herbs Only

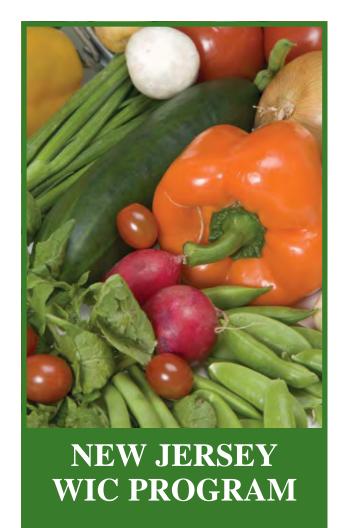
D: Not Valid at Grocery Stores

E: Not to Exceed \$10.00

F: Authorized Representative or Proxy Sign Here

Use Your Farmers' Market Checks to Buy

Locally grown fresh fruits, fresh vegetables and fresh cut herbs only.



Farmers' Market Nutrition Program (FMNP) Fact Sheet





What Is The WIC Farmers' Market Nutrition (FMNP) Program?

The WIC FMNP is a nutrition program that provides fresh fruits, vegetables and herbs to low income WIC participants.

The WIC FMNP provides:

- 1. Checks to eligible WIC participants to buy locally grown fresh fruits, fresh vegetables, and fresh cut herbs only from certified farmers during the growing season; and
- 2. Nutrition information about the importance of eating fresh produce.

WIC FMNP checks are only accepted by certified farmers.

Checks <u>are not</u> accepted at grocery stores.

How to Use Your
WIC Farmers' Market
Nutrition Program
Checks

Before you redeem the FMNP checks:

- Check your list of certified farmers for their addresses, days and times of operation.
- Call the location to verify the times and days because changes may occur due to weather and the availability of produce.
- Review the "First Date to Spend" and "Last Date to Spend" on the WIC FMNP check, and use the check before the "Last Date to Spend."
- ✓ Always take your WIC ID Folder with you.

No rain-checks, cash, change or substitution will be given for purchase.

When you are at the market or roadside stand:

- Look for the Farmers' Market
 Poster at the community market or
 roadside stand. If the poster is not
 available, ask the farmer if he or
 she is participating in the WIC
 Farmers' Market Nutrition Program.
- Select \$10.00 worth of fresh eligible produce.
- If the produce costs more than \$10.00, you must pay the difference with cash or any other form of payment.
- Show the farmer your WIC ID Folder.
- Sign the check in front of the farmer. DO NOT SIGN THE CHECK BEFORE YOU GO TO THE MARKET.



Call your local WIC Office if you have any questions or concerns.