Farmers' Market Nutrition Program

A **fun experience** for the entire family!

Using Your Farmers' Market Checks

- Each check is worth $10.00.
- You must spend the entire check with one farmer.
- Farmers cannot give back change.
- Checks can only be used to purchase eligible foods from WIC authorized farmers.
- Farmers cannot accept FMNP checks that are torn, damaged or missing a serial number.
- If your purchase costs more than the value of the check, pay the extra amount in cash or another form of payment.

Use your checks by November 30!

Only WIC authorized farmers can accept FMNP checks. Look for the WIC sign posted in the farmer's booth.

State of California
Department of Public Health
Department of Food and Agriculture

WIC and Senior Farmers' Market Checks Welcome

CALIFORNIA WIC
WOMEN, INFANTS & CHILDREN
Families grow healthy with WIC

cdfa

Cheques del Programa de WIC y de personas mayores son aceptados aquí.

This sign must be posted prominently at the point of sale at WIC-Authorized Farmers' Markets.

WIC is an equal opportunity provider and employer. For information about the Farmers' Market Nutrition Program, please contact 1-800-852-5770 or wicfmnp@cdph.ca.gov

Where to Use Your Checks

Use your Farmers' Market checks at any WIC Authorized Farmers' Market. They **cannot** be used at grocery stores.

To find a local WIC authorized farmers' market:

- Ask your WIC local agency for a list.
- Use the free CA WIC app on your smart phone.
- Go to **wicfarmers.ca.gov**
- Visit **MyFamily.WIC.ca.gov**

Keep Your Checks Safe

- Treat your checks like cash.
- Lost or stolen checks will not be replaced. Please report lost or stolen checks to your WIC Local Agency.

Buy Fresh. Buy Local.

Can Buy:

✓ Fresh Fruits
✓ Fresh Vegetables
✓ Cut Edible Herbs

(Organic is allowed)

Cannot Buy:

✗ Honey
✗ Eggs
✗ Nuts
✗ Flowers
✗ Baked Goods
✗ Processed Foods
✗ Dried Fruits
(including raisins)
✗ Plants
✗ Meat/Fish

Fruit and Vegetables are great! They...

- Can be eaten anytime.
- Make a healthy snack.
- Are low in calories.
- Are rich in vitamins, minerals, and anti-oxidants.
- Add color, texture, and appeal to every meal.
- Provide fiber to help lower cholesterol, prevent constipation, and control blood sugar.

Questions or Concerns?

If you feel that you have been treated unfairly, you can file a complaint form with the California Department of Health WIC Division.

Visit **wicfarmers.ca.gov** to access the complaint form.

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