Using your Farmers' Market Checks

- Each check is worth $5.00.
- Farmers cannot give change.
- Farmers can take cash or CalFresh (EBT) to pay for fruits and vegetables that cost more than your $5 check.
- Farmers cannot take damaged checks or checks without serial numbers.

Keeping Your Checks Safe

- Checks cannot be traded for cash.
- Treat your checks like cash.
- Lost or stolen checks will not be replaced. Please report lost or stolen checks to your WIC Local Agency
- Farmers' Market checks **CANNOT** be used at grocery stores.
- Contact the Farmers' Market Manager or your WIC Local Agency if you feel you have been treated unfairly.

Use WIC Farmers' Market Nutrition Program checks before:

NOVEMBER 30

Food Safety

Follow these simple steps to enjoy the farm-fresh food you buy at the Farmers' Market:

- Wash your hands really well before and after preparing fruits and vegetables.
- Wash all fruits and vegetables well under running water.
- Put cut or peeled fruits and vegetables in the refrigerator right away.

For more information, visit:
foodsafety.gov/blog/farmers_market.html

CDPH

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

California Department of Public Health, California WIC Program
This institution is an equal opportunity provider.
1-800-852-5770 Rev 04/16

Farmers' Market Nutrition Program

Buy Fresh. Buy Local.

Where to Use Farmers' Market Checks

To find a WIC-authorized Farmers' Market in your area:

- Ask your WIC staff for a list, or
- Go online to wicfarmers.ca.gov
  - » Click "Authorized Farmers and Market Lists"
  - » Click on "Farmers"

Only WIC-authorized farmers who display the sign below can accept Farmers' Market checks

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

WIC & Senior Farmers' Market Checks Welcome

CALIFORNIA WIC WOMEN, INFANTS & CHILDREN cdfa

Cheques de WIC Farmers' Market y Senior Farmers' Market aceptados aquí.

This sign must be posted prominently at points of sale at WIC authorized Farmers' Markets

WIC is an equal opportunity provider and employer. For information about Farmers' Market Nutrition Program, please contact 1-888-WIC-WORKS or wicfmnp@cdph.ca.gov.

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.