

FARMERS' MARKET NUTRITION PROGRAM WPPM #800-30

Subject: Farmers' Market Nutrition Program

Item: Nutrition Education Documentation

PURPOSE:

To establish procedures for offering nutrition education and meeting documentation requirements for the Farmers' Market Nutrition Program (FMNP).

POLICY:

- I. Local agency (LA) staff must:
 - A. Provide nutrition education that emphasizes the use and nutritional value of fruits and vegetables seasonally available at WIC-authorized farmers' markets to all family representatives/caretakers who receive FMNP benefits.
 - B. Offer FMNP nutrition education that is culturally appropriate and meets the nutrition education requirements as specified in the WPPM 400 series.
 - C. Document FMNP nutrition education contacts (NEC) on NE Documentation screen in the WIC Web Information System Exchange (WIC WISE).

PROCEDURES:

- I. A competent professional authority (CPA) must provide a fruits and vegetables-related NEC to the FMNP benefit recipient. Refer to WPPM 130-00.
 - A. Nutrition education must emphasize the relationship between proper nutrition and the overall concept of good health, including the importance of consuming fresh fruits and vegetables. Educational topics can include, but are not limited to:
 1. Health benefits of fruits and vegetables.
 2. Increasing the intake of fruits and vegetables.
 3. Cooking with fruits and vegetables.
 4. Types of fruits and vegetables grown in California.
 5. Selection, storage, preparation and preservation of California-grown fruits and vegetables.
 6. Health benefits associated with the physical activity of visiting farmers' markets and home gardening.
 - B. The FMNP NEC satisfies the WIC requirements for a secondary NEC.
 - II. LA staff must document the fruits and vegetables-related nutrition education topic(s) discussed and the type of contact provided in WIC WISE for the FMNP benefit recipient. LA staff have the discretion to document for all eligible family members.
 - A. When FMNP nutrition education is provided at the time of certification/recertification or an individual follow-up nutrition contact, both the
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certification/recertification or nutrition counseling and the FMNP NEC must be documented, using the state-developed topic, in WIC WISE.

AUTHORITY:

[7 CFR §246.11\(a\)\(1\) and \(2\), \(b\), \(d\)\(1\), \(e\)\(1\) through \(5\)](#)

[7 CFR §248.9\(a\) and \(b\)](#)

[WIC Nutrition Services Standards](#)

CROSS REFERENCE:

WPPM 130-00 Staffing Requirements and Responsibilities Overview

WPPM 400 series