

Where to Use Farmers' Market Checks

- See your WIC staff for a list of WIC authorized Farmers' Markets in your area or go to:
<http://www.wicworks.ca.gov>
 - » Under "Farmers' Market" click on "Program Overview"
 - » Under "WIC Authorized" click on "Markets"
- Farmers' Market checks can be accepted only at WIC approved farm stalls displaying the sign below.

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

FARMERS' MARKET

Nutrition Program (FMNP)

A fun outdoor shopping experience for the entire family.



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

WIC & Senior Farmers' Market Checks Welcome



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

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 wicmnp@cdph.ca.gov.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



Developed by the California WIC Program, California Department of Public Health. IC# 910201 (03/12)



Buy Fresh. Buy Local.

Fruits and Vegetables are “Anytime” Foods

- Add color, texture and appeal to every meal.
- Make healthy snacks for you and your children.

Benefits of Fruits & Vegetables

- Rich in vitamins and minerals to help you feel healthy and energized.
- Low in calories.
- Provide fiber to help lower cholesterol, prevent constipation, and control blood sugar.
- Help to maintain your weight.

Find easy, low-cost recipes at:
www.cachampionsforchange.cdph.ca.gov

Last date to use WIC Farmers’ Market Nutrition Program checks is:



NOVEMBER 30

Facts about Farmers’ Market Checks

- Each check is worth \$4.00.
- If you buy less than \$4.00, farmers cannot give change back.
- If you buy more than \$4.00, farmers may accept cash or CalFresh (EBT) to cover the amount over the check value.
- Checks cannot be exchanged for cash.
- Handle your checks safely as if they were cash.
- Lost or stolen checks will not be replaced. Please report lost or stolen checks to your WIC agency.
- Damaged checks or checks without serial numbers will not be accepted.
- Farmers’ Market checks CANNOT be used at grocery stores.
- If you feel that you have been treated unfairly, contact the Farmers’ Market Manager or your WIC staff.

ENJOY FRESH
LOCALLY-GROWN
FRUITS &
VEGETABLES.

