

Farmers' Market Nutrition Program Tip Sheet

What is the Farmers' Market Nutrition Program?

The Farmers' Market Nutrition Program (FMNP) provides eligible WIC participants with fresh, nutritious, unprepared, locally grown fruits, vegetables, and herbs from approved farmers in Pennsylvania (PA).

FMNP Rules

- ✓ Only fruits and vegetables grown by an approved farmer and/or purchased directly from a PA farmer may be purchased with FMNP checks.
- ✓ FMNP checks cannot be used before the *First Day to Use* (June 1) or after the *Last Day to Use* (November 30).
- ✓ FMNP customers **must wait to sign the check until they are making the purchase at the market, NOT before.**
- ✓ Change will not be provided to the customer when the full amount of a check is not used. The customer might be offered additional FMNP eligible produce so that the purchase reaches the amount the check is worth.
- ✓ Foods purchased with FMNP checks are only for the recipient's consumption.
- ✓ FMNP checks can only be used at approved farmers' markets. For a list of approved markets, visit www.PAFMNP.org.

What can be purchased with FMNP checks?

YES	NO
<ul style="list-style-type: none"> • Fruits that are grown in PA*, such as apples, apricots, berries, cherries, melons, nectarines, peaches, pears, grapes, and plums • Vegetables that are grown in PA*, such as artichokes, asparagus, fresh beans, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, greens, kohlrabi, leeks, lettuce, mushrooms, okra, onion, parsnips, peas, potatoes, radishes, rhubarb, rutabaga, spinach, sweets potatoes, tomatoes, turnips, winter squash, yams, and zucchini • Fresh cut herbs if they are being used for cooking or flavoring 	<ul style="list-style-type: none"> • Processed foods, such as jams, honey, nuts, cider, or baked goods • Produce that is grown outside of PA, such as citrus or tropical fruits like bananas, oranges, lemons, limes, grapefruit, tangerines, pineapples, and mangoes • Dried fruits and vegetables, and dried herbs • Plants

*Produce grown outside of PA cannot be purchased.

TIP: Not all produce sold in farmers' markets is grown in PA. Look for signs that tell you which produce is grown in our state. When unsure, ask the market's attendant for help.

This institution is an equal opportunity provider.