

## What is the WIC Farmers' Market Nutrition Program (FMNP)?

In Virginia we call it Farm Market Fresh!

Virginia's Farm Market Fresh program helps WIC families get fresh, tasty, and nutritious locally-grown fruit, vegetables, and cut herbs. The program helps support local farmers and farmers' markets in Virginia.

What is provided?

- You will receive \$30.00 worth of checks per eligible individual good for the current growing season.
- Each check is worth \$5.00 and may be used to purchase fresh, in-season fruit, vegetables, and cut herbs grown by participating authorized farmers at the following farmers'.
- Certified retail farmers market vendors will accept checks for fresh, locally grown fruit and vegetables in-season, depending on the produce items available.

### ITEMS NOT ELIGIBLE

Items that you may NOT purchase with the Farm Market Fresh checks include:

- produce that is not locally grown such as oranges, bananas, and pineapples
- processed foods such as honey, maple syrup, cider, nuts, meat, bread, and cheese
- non-food items such as flowers and plants are NOT eligible
- dried herbs or teas

# FARM MARKET FRESH

## Where can I use WIC FMNP checks?

S/FMNP checks may be used at any Virginia Farmers' Markets with Farmers' who participate and display the 2020 Senior & WIC/FMNP sign.

Farmers cannot accept coupons before June 1st. The last day to spend the coupons is Nov. 21st.



*This institution is an equal opportunity provider.*

### QUESTIONS?

Ask your local WIC office or call the Virginia WIC office at 1-888-942-3663 [www.wicva.com](http://www.wicva.com)

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## What's in season?

Farm Market Fresh checks are issued for the summer growing season and normally must be spent during the months of June through November, depending on availability of produce.

Farm Market Fresh checks are used only for typical fruit and vegetables that authorized farmers grow in Virginia and may be found at Virginia's farmers' markets in a normal season, such as those listed.

The varieties, volume, and quantity of available produce may vary depending on the weather and other factors.

## Look for:

### VEGETABLES

Broccoli  
Cabbage  
Cucumbers  
Eggplant  
Greens  
Green beans  
Green peppers  
Lima beans  
Mushrooms  
Pumpkins  
Spinach  
Squash  
Sweet corn  
Sweet potatoes  
Potatoes

### FRUIT

Apples  
Blackberries  
Cantaloupe  
Nectarines  
Peaches  
Pears  
Strawberries  
Tomatoes  
Watermelons

### OTHER PRODUCE

Fresh cut herbs

## Farmers Markets

### Urban Farm @ God's Storehouse

760 Memorial Drive  
Danville, VA 24541  
(434) 793-3663

### Danville Hours of Operation

July-August: Wednesday 10-1 PM

### Pittsylvania Co. Health Department

200 H.G. McGhee Drive  
Chatham, VA 24531  
(434) 433-3563

### Chatham Hours of Operation

July-August: Tuesday 10-1 p.m.

