

NEW YORK STATE FARMERS MARKET NUTRITION PROGRAM

For WIC & Senior Nutrition Program Participants

Use June 1 to November 30

Eating plenty of fresh fruits and vegetables can help maintain your family's good health and well-being. Be good to yourself and make sure to eat vitamin and fiber-rich fruits and vegetables several times each day!

The New York State Farmers Market Nutrition Program (FMNP) helps you buy locally grown fresh fruits and vegetables at nearby farmers markets. The produce is:

- Fresh picked, flavorful, and nutritious
- Sold directly by the farmers
- Reasonably priced
- Seasonal and varies each month



FRUITS	VEGETABLES
AVAILABLE IN JULY:	
Berries, cherries, early peaches	Beans, broccoli, cabbage, cauliflower, sweet corn, cucumbers, lettuce, peas, radishes, tomatoes, yellow squash, zucchini
AVAILABLE IN AUGUST & SEPTEMBER:	
Apples, blueberries, melons, peaches, pears, plums	Beans, beets, broccoli, cabbage, carrots, celery, sweet corn, cucumbers, eggplant, lettuce, onions, peppers, potatoes, radishes, spinach, tomatoes, turnips
AVAILABLE IN OCTOBER & NOVEMBER:	
Apples, grapes, pears, plums, raspberries	Beets, broccoli, cabbage, carrots, sweet corn, cauliflower, celery, cucumbers, eggplant, lettuce, potatoes, pump-kins, radishes, spinach, tomatoes, winter squash, turnips

This summer, WIC families and low-income seniors at selected sites will receive a one-time benefit of New York State Farmers Market Checks. This folder contains your checks and a list of participating farmers markets in your area.



How to use your Farmers Market Checks:

- Choose a farmers market from the list included in this folder and note its day(s) and hours of operation.
- For the freshest fruits and vegetables and the best selection, come soon after the market opens for the day.
- Look for the farmers with the sign: "We Gladly Accept New York State Farmers Market Checks".
- Use your checks to buy locally grown fresh fruits, vegetables, and herbs. You may use cash as well.
- **Each check is worth \$5.00. You cannot get change.**
- If you buy items worth less than one or more checks, the farmer will add produce to make up the difference.
- You **cannot** use your checks to buy non-produce items like apple cider, honey, maple syrup, eggs, baked goods, jams and jellies, plants, flowers, ornamental pumpkins, gourds, or tropical or citrus items.
- **You must use your checks between June 1 and November 30. Some markets close for the season before November 30. Be sure to check the Farmers Market List or ask at the market.**
- If you have questions about selecting, storing, and preparing fresh produce ask farmers at the market.
- Plan several trips to the market so you use all of your checks before November 30.
- If you have questions or problems, contact your WIC or Senior program staff. If you need more information on farmers market locations, call the **WIC Hotline: 1-800-522-5006 or the Senior Hotline 1-800-342-9871.**

The FMNP is sponsored by:
NYS Dept. of Agriculture and Markets
NYS Dept. of Health, NYS Office for the Aging, Cornell
Cooperative Extension, USDA Food and Nutrition Service

Kathy Hochul, Governor

This institution is an equal opportunity provider.