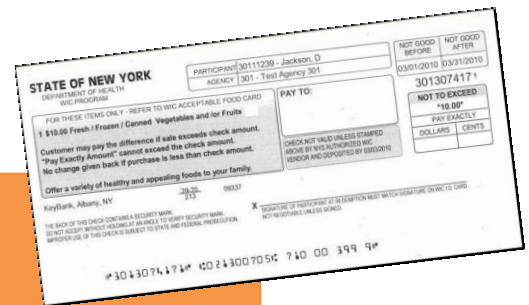


# Guide to Nutrition Programs

at New York State Farmers Markets



## WIC Vegetable and Fruit Checks Program

**Check Value:** \$6, \$10 and \$15

**Am I eligible:** All WIC families receive this monthly benefit

**Where are they distributed:** These checks are given monthly as part of the regular WIC food package

**What are the eligible products:** fresh fruits and vegetables, except potatoes and herbs

**When are the checks valid:** each check is dated and expires 30 days from the Not Good Before Date

**Who accepts them at the market:** look for signage at the farmers tables showing the red WIC logo

**How do I use them:** Use as payment for fresh fruits and vegetables. You may combine a check with an FMNP check, EBT token or cash for sales exceeding the check value. For purchases under the check value, no change is given. You must show your WIC ID and sign each check.



## Food Stamps (EBT) Program

**Token Value:** \$1.00

**Am I eligible:** All food stamp beneficiaries

**Where are they distributed:** Swipe your benefits card at the market manager's booth and purchase food stamp (EBT) tokens

**What are the eligible products:** All food stamp eligible foods

**When are the checks valid:** there is no expiration date

**Who accepts them at the market:** look for signage at the tables of participating farmers saying Tokens Accepted Here

**How do I use them:** use them to purchase food stamp eligible foods, same as cash. No change is given. Must be used at the market where tokens were issued. Can be combined with cash or other nutrition programs.

## Farmers Market Nutrition Program (FMNP)

**Check Value:** \$4.00

**Am I eligible:** All WIC families and seniors over 60 and within 185% of the federal poverty level

**Where are they distributed:** WIC families receive one packet per season during their regular visit to the WIC clinic; Seniors contact their local Office for Aging for distribution sites.

**What are the eligible products:** All fresh fruits and vegetables from farmers at farmers markets

**When are the checks valid:** July 1 through November 15

**Who accepts them at the market:** look for signage at the tables of participating farmers

**How do I use them:** use them to purchase fresh fruits and vegetables, same as cash. No change is given. Can be combined with other nutrition programs or cash for purchases over \$4.00

