

## Pennsylvania Grown Foods

This is a partial listing of fruits and vegetables available for purchase with FMNP checks.

- No jack-o-lantern pumpkins allowed. Pumpkins must be for eating only.
- No actual plants are permitted. Only the mature fruit and/or vegetable is allowed for purchase.
- Fresh cut herbs are allowed if they are used for cooking and/or flavoring.

Apples	Cucumbers	Peas
Apricots	Eggplant	Peppers
Artichokes	Grapes	Plums
Asparagus	Greens	Potatoes
Beans (fresh)	Kohlrabi	Pumpkin (eating)
Berries	Leeks	Radishes
Beets	Lettuce	Rhubarb
Broccoli	Melons	Rutabagas
Brussel sprouts	Mushrooms	Spinach
Cabbage	Nectarines	Sweet potatoes
Carrots	Okra	Tomatoes
Cauliflower	Onion	Turnips
Celery	Parsnips	Winter squash
Cherries	Peaches	Yams
Corn	Pears	Zucchini

Pennsylvania Department of Agriculture

Bureau of Food Distribution

Farmers Market Nutrition Program

2301 North Cameron Street

Harrisburg, PA 17110-9408

[www.pafmnp.org](http://www.pafmnp.org)



PA WIC is funded by USDA.  
This institution is an equal opportunity provider.

# Using Your Farmers Market Checks



Allegheny County Health Department  
WIC Program  
Investment Building, 6th floor  
239 Fourth Avenue  
Pittsburgh, PA 15222  
[www.achd.net/wic](http://www.achd.net/wic)  
412-350-5801

## What is the Farmers Market Nutrition Program?

The Farmers Market Nutrition Program (FMNP) provides eligible WIC participants with \$24 worth of checks to use at local farmers markets and farm stands. These checks can be used to purchase unprocessed fresh fruits, vegetables and herbs grown in Pennsylvania.

## Who is eligible?

Every summer, all WIC participants who are pregnant, breastfeeding and bottle feeding postpartum women and children ages 1—5 receive \$24 worth of FMNP checks. These checks are good from June 1—November 30 and are redeemable at authorized farmers markets and farm stands.

## Why should I use my FMNP checks?

There are many reasons to redeem your Farmers Market checks.

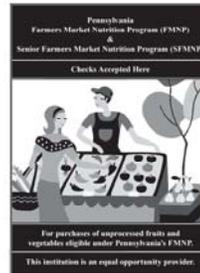
- The FMNP helps encourage your family to eat more fruits and vegetables.
- More fruits and vegetables will help keep your family healthy.
- Supports local farmers and the local economy.



*The PA FMNP Market Locator app is available on Google Play or the App Store.*

## Tips for Using Your Farmers Market Checks

Look for the sign below to find participating farmers.



- eWIC cards CANNOT be used at the farmer's market. FMNP checks CANNOT be used in the grocery store.
- PA FMNP checks are good from June 1 to November 30.
- ACHD WIC holds FMNP walk-in days in May if you don't want to wait for your WIC appointment to get your checks.
- You receive \$24 worth of checks for each eligible person. Each check is worth \$6.
- If you spend less than the \$6, you won't receive change. If you go over the \$6, you can add your own money.
- You can use more than one check at a time.
- Your proxy can use your checks.
- Checks can only be used to purchase produce grown in Pennsylvania.
- No citrus, baked goods, jams, jellies or processed foods allowed.
- You can purchase herbs as long as they're grown in Pennsylvania.

## At the Farmers Market

- Look for the FMNP sign at the market or ask the farmer if they participate.
- Bring your own bags or backpack. Bring small bills and change. Many vendors only accept cash. However, at some markets, you can convert debit, credit and SNAP cards to wooden tokens. Look for the Fresh Access booth at the market. Convert \$5 of SNAP and receive an extra \$2 for fruits and veggies.
- Walk through the market and compare prices and quality before deciding what to buy.
- Buy in bulk and freeze or can produce for use in winter.
- Ask the farmer for "seconds". These are items that aren't on display because of imperfections like small bumps or bruises. This is a great way to stretch your dollars, especially if you're preparing something in large batches and appearance isn't an issue, such as jam or tomato sauce.
- Talk to the farmers. This is a wonderful way to get tips on preparing and storing produce. Many farmers have recipes using their produce right at the booth.

## For Market Listings

- Download the PA FMNP Market Locator app available on Google Play or the App Store.
- Visit [www.pafmnp.org](http://www.pafmnp.org) or ACHD WIC's website at [www.achd.net/wic](http://www.achd.net/wic).
- Ask your WIC staff for a printed list.