The Pennsylvania Farmers’ Market Nutrition Program (FMNP) distributes checks to eligible seniors and Women, Infants & Children (WIC). These checks can be used at participating farm markets and roadside stands to purchase fresh fruits and vegetables grown in Pennsylvania.

Created by Buy Fresh Buy Local of the Greater Lehigh Valley.
What They Are and How to Get Them

Farmers Market Nutrition Program vouchers are a series of $5 checks that can be used to purchase fresh, locally grown fruits and vegetables directly from farmers.

**Mothers participating in WIC** are eligible for $20 worth of vouchers if they are pregnant, breast feeding and/or postpartum. Moms are also eligible for $20 worth of vouchers for each child up to age 5. Talk with your WIC manager to get vouchers and learn more!

**Low-income seniors 60 and over** with income eligibility may qualify. Proof of age and residence must be presented to recieve the vouchers. Checks are distributed at a number of locations throughout the season, but most distributions occur in June. Find the check distribution schedule here: [www.buylocalglv.org/resources](http://www.buylocalglv.org/resources)

Where and When you can use them

Use them from June 1st - November 30th

You can use your FMNP vouchers at farmers markets, farm stands and the Kellyn Foundation’s Eat Real Food Mobile Market. Vouchers can not be used at grocery stores. For a full list of participating locations, visit: [www.buylocalglv.org/resources](http://www.buylocalglv.org/resources)

What You can Buy

**Fresh, unprepared fruits and vegetables grown in PA**

Such as tomatoes, strawberries, cilantro, corn, apples, broccoli, lettuce, cabbage, watermelon, peppers, and so much more!

See the back of this brochure for a calendar of what's in season so you know when to find your favorite fruits and veggies!

Ineligible items: Fruits and vegetables **not** grown in PA (citrus, bananas, plantains, etc), meat, bread, dairy, eggs, prepared or proccessed foods

How to use them

Once you receive your vouchers, using them is easy! Simply take your check to a participating location and select the produce you would like to purchase.

When you’re ready to pay, sign your check and hand it to the farmer. You can not receive change so be sure to use the entire value of the check!

If you have any questions about using your checks, farmers or market info tents are more than happy to help.

Why you should use them

- Fresh, locally grown produce is healthier and tastier
- **More food** on your table, at no extra cost!
- **Support** your local farmers and community
- Enjoy a **fun** day!
  - At Markets: Enjoy live music, events, cooking demos, socializing, and more!
  - At Farm Stands: See a farm! Some farms even offer fun activities like farm tours, hayrides, pick-your-own days, petting zoos, & more!
- **Teach** your kids or grandkids shopping skills, get them excited about eating healthy, and increase their knowledge of food and farmers!

Helpful tools


Healthy Cooking Resources
[https://cookingmatters.org/](https://cookingmatters.org/)

Using Food Stamps?
Get more food with Lehigh Valley Fresh Food Bucks
[http://www.lvfreshfoodbucks.org](http://www.lvfreshfoodbucks.org)