**WHAT IS FMNP**

The FMNP was established by the USDA to provide fresh, unprepared, locally grown fruits and vegetables to low-income seniors and WIC participants. The program intends to both support healthier eating and nutrition education for these populations while also supporting local farmers and farmers’ markets.

**WHAT TO LOOK FOR**

Participants get a series of $5 voucher checks to use at Farmers’ Markets, Farm Stands/At Farms, or at Mobile Farm Markets. They can not be used at grocery stores

- WIC FMNP Vouchers are different than Fruit and Vegetable Cash Value Vouchers (See reverse page. Checks may be a different color year to year but will always say FMNP on the top)

**FAQS - PARTICIPANTS**

What can I purchase with my vouchers?

- Eligible Items: *Fresh, unprepared fruits, vegetables, and herbs grown in PA*
  - Tomatoes, peaches, strawberries, cilantro, corn, apples, broccoli, lettuce, cabbage, blueberries, watermelon, peppers, beets, rosemary, and more!
- Ineligible items: Fruits and vegetables *not* grown in PA (citrus, bananas, plantains, etc), meat, bread, dairy, eggs, prepared or processed foods

How do I use my vouchers?

- Bring your checks to a vendor that accepts FMNP vouchers
- Pick out the fruits, vegetables, and/or herbs that you would like to purchase
- Sign your voucher and hand it to the farmer as payment
- You can not get change back so be sure to pick out enough to spend the entire value of your voucher - ask the farmer to help you!

When can I use my vouchers?

- Vouchers can be used from June 1st to November 30th

Where can I use my vouchers?

- Farmers’ Markets, Farm Stands/At Farms, or at Mobile Farm Markets
- Spend them here!
- Your Market Vendors that accept FMNP Vouchers:

**FAQS - VENDORS**

Can I accept these?

- Only farmers’ that have applied to accept FMNP vouchers can accept them
- They must be fruit/vegetable/herb farmers to qualify

How do I redeem the vouchers that I have accepted?

- Once you apply and are accepted, PDA will give you information on reimbursement
- If you accepted a voucher, but are not an approved FMNP farmer, or you accepted a voucher for ineligible foods, you will not be able to be reimbursed
WIC is funded by the USDA. This institution is an equal opportunity provider.

No change will be given if you do not use the full amount.

With both checks you will pay the difference if you exceed the maximum amount.

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

Revised April 2016

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**Fruit and Vegetable Cash Value Voucher (WIC CVV)**

Compared to Pennsylvania Farmers Market Checks (FMNP)

<table>
<thead>
<tr>
<th>What to use?</th>
<th>What can I buy?</th>
<th>What not to buy?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any WIC authorized grocery store</td>
<td>Any fruit and vegetable which is allowed on the current WIC food list</td>
<td>Any item which is not allowed on the current WIC food list</td>
</tr>
<tr>
<td>Any local Farmers Market in Pennsylvania (FMNP)</td>
<td>Any Fresh Fruit or Vegetable actually grown in Pennsylvania</td>
<td>Any item which is not allowed on the current WIC food list</td>
</tr>
<tr>
<td>From June 1 through November 30, 2016</td>
<td>The current WIC food list. For example, citrus fruits and bananas are allowed.</td>
<td>Fruits or vegetables that are not grown in Pennsylvania. Examples: citrus or other tropical fruits such as bananas. Other items are also not allowed:</td>
</tr>
</tbody>
</table>

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**FMNP**

**What to use?**

Any WIC authorized grocery store

**What can I buy?**

Any fruit and vegetable which is allowed on the check.

**What not to buy?**

Any item which is not allowed on the current WIC food list.

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**FMNP**

**What to use?**

Any WIC authorized grocery store

**What can I buy?**

Any fruit and vegetable which is allowed on the check.

**What not to buy?**

Any item which is not allowed on the current WIC food list.

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**FMNP**

**What to use?**

Any WIC authorized grocery store

**What can I buy?**

Any fruit and vegetable which is allowed on the check.

**What not to buy?**

Any item which is not allowed on the current WIC food list.