

# FMNP (FARMERS' MARKET NUTRITION PROGRAM) CHEAT SHEET

## 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
- Apply here: <https://bit.ly/2NLFrWJ>

### 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

# Fruit and Vegetable Cash Value Voucher (WIC CVV) compared to Pennsylvania Farmers Market Checks (FMNP)



	<p style="text-align: center;"><b>WIC Fruit and Vegetable Cash Value Voucher (WIC CVV)</b></p>	<p style="text-align: center;"><b>Pennsylvania Farmers Market Checks (FMNP)</b></p>
<p><b>Where to use?</b></p>	<p>Any WIC authorized grocery store</p>	<p>Any local farmers market in Pennsylvania that accepts the checks</p>
<p><b>When to use?</b></p>	<p>Time frames are printed on the check.</p>	<p>From June 1 through November 30, 2016</p>
<p><b>What can I buy?</b></p>	<p>Any fruit and vegetable which is allowed on the current WIC food list. For example, citrus fruits and bananas are allowed.</p>	<p>Any fresh fruit or vegetable actually grown in Pennsylvania. They must be grown in this state, and not a neighboring one.</p>
<p><b>What not to buy?</b></p>	<p>Any item which is not allowed on the current WIC Food List.</p>	<p>Fruits or vegetables that are not grown in Pennsylvania. Examples: Citrus or other tropical fruits such as bananas. Other items at farmer markets such as baked goods, jams and jellies are also not allowed.</p>

**With both checks you will pay the difference if you exceed the maximum amount.  
No change will be given if you do not use the full amount.**

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