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## Farmers' Market Nutrition Programs

The Maryland Department of Agriculture administers a federally-funded program which provides low-income women, infants & children and seniors with checks that can be exchanged for eligible foods at farmers markets, roadside stands, and farm stands of participating farmers.

In 2014 the two portions of the FMNP that MDA will implement are the Women, Infants, and Children Farmers' Market Nutrition Program (WIC FMNP) and the Seniors Farmers' Market Nutrition Program (SFMNP).

What is the purpose of the WIC FMNP and the SFMNP?

- The WIC FMNP was established to provide fresh, nutritious, unprepared, locally grown fruits and vegetables to Women, Infants and Children (WIC) participants, and to expand the awareness, use of and sales at farmers' markets.
  
- The purposes of the Senior Farmers' Market Nutrition Program are to:
  - Provide fresh, nutritious, unprepared, locally grown fruits, vegetables, cut herbs, and honey from farmers' markets and roadside stands to low-income seniors, and
  - Increase the consumption of agricultural commodities by expanding, developing, or aiding in the development and expansion of domestic farmers' markets, roadside stands, and community supported agriculture programs.

See the reverse side of this sheet for a summary of each program.

## 2014 Farmers' Market Nutrition Programs Fact Sheet

	<b>Women, Infants &amp; Children (WIC) Farmers' Market Nutrition Program (FMNP)</b>	<b>Senior Farmers' Market Nutrition Program (SFMNP)</b>
When did the program start?	1992	2000
When does the program happen?	June - November	June - November
Can I participate?	Applicants must be pregnant women, infants (over 4 months old) or children (up to age 5), with proof of residency in Maryland who have a nutritional need and a household gross (before taxes, deductions and expenses) income that is less than or equal to th	Applicants must be <b>60 or over</b> , have proof of Maryland residency (such as a MD drivers' license), and certify that they meet the income requirements
How much money is it?	for 2014 \$20 per participant for the season (June - November)	for 2014, between \$30 per participant for the season (June - November)
Where do I sign up?	call the Maryland WIC hotline at 1-800-242-4WIC or find the WIC agency located nearest you here: <a href="http://fha.dhmh.maryland.gov/wic/SitePages/wic-apply.aspx">http://fha.dhmh.maryland.gov/wic/SitePages/wic-apply.aspx</a>	contact your local senior center, listed here: <a href="http://www.mdoa.state.md.us/seniorcenterslist.htm">http://www.mdoa.state.md.us/seniorcenterslist.htm</a>
How does it work?	after being approved for the program, you will receive a booklet of 4 \$5 vouchers totaling \$20 for the season	after being approved for the program, you will receive a booklet of 6 \$5 vouchers totaling \$30 for the season
What foods can I buy?	fresh fruits and vegetables (including white potatoes), cut herbs	fresh fruits and vegetables (including white potatoes), cut herbs, honey
What foods are not allowed	honey, eggs, tropical fruits, citrus fruits, baked goods, jams, jellies, cider, flowers, plants, nuts, cheese, meats, seafood	eggs, tropical fruits, citrus fruits, baked goods, jams, jellies, cider, flowers, plants, nuts, cheese, meats, seafood
Where can I find authorized markets?	directories will be distributed to local WIC offices, or check the MDA website here: <a href="http://www.mda.maryland.gov/md_products/farmers_market_dir.php">http://www.mda.maryland.gov/md_products/farmers_market_dir.php</a>	directories will be distributed to local WIC offices, or check the MDA website here: <a href="http://www.mda.maryland.gov/md_products/farmers_market_dir.php">http://www.mda.maryland.gov/md_products/farmers_market_dir.php</a>
How do I use my coupons at an authorized market or farm stand?	select the produce that you would like to purchase, then present your voucher to the farmer/vendor. S/he will ask for your identification and then after verification you should sign the check. No cash change may be given.	select the produce that you would like to purchase, then present your voucher to the farmer/vendor. S/he will ask for your identification and then after verification you should sign the check. No cash change may be given.
Where can I find more information?	<a href="http://fha.dhmh.maryland.gov/wic/SitePages/Home.aspx">http://fha.dhmh.maryland.gov/wic/SitePages/Home.aspx</a> (in Maryland) <a href="http://www.fns.usda.gov/wic/FMNP/FMNPfaqs.htm">http://www.fns.usda.gov/wic/FMNP/FMNPfaqs.htm</a> (National information)	<a href="http://www.mdoa.state.md.us/">http://www.mdoa.state.md.us/</a> (in Maryland) <a href="http://www.fns.usda.gov/wic/SeniorFMNP/SFMNPmenu.htm">http://www.fns.usda.gov/wic/SeniorFMNP/SFMNPmenu.htm</a> (National information)