

Using Your WIC Fruit and Vegetable Benefits at the Farmers Markets and Farm Stores

2023 Farmers Market Nutrition Program (FMNP) and Fruit and Vegetable Benefits

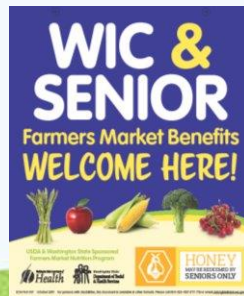
Two Types of WIC Fruit & Vegetable Benefits



Farmers Market Nutrition Program (FMNP)

See these benefits listed in the WICShopper App as *Fruit and Veg – FMNP*

- You can only use these benefits at the authorized farmers markets and farm stores.
- The FMNP benefits are added to your WIC card one time for the season (June 1 – October 31).



Fruit and Vegetable Benefits

See these benefits listed in the WICShopper App as *Fruit and Veg – WIC*

Before June 1, 2023, you're only allowed to use your fruit and vegetable benefits at the grocery store.

- After June 1, 2023, you can use these benefits at the grocery store with your WIC Card and at authorized farmers markets and farm stores with Quick Response (QR) code.
- Use benefits during your monthly benefit period (First Date to Spend to the Last Date to Spend).

New Way to Shop with your FMNP Benefits and Fruit & Vegetable Benefits

- FMNP benefits and Fruit & Vegetable benefits allow you to buy fresh fruits and vegetables at authorized farmers markets or farm stores.
 - **Note:** As you move forward through the slides, all references to farmers markets and farm stores mean authorized farmers markets and farm stores only.
- You'll no longer receive paper checks for FMNP benefits.
- This year you'll receive a Quick Response (QR) code sticker.
- The WIC QR code gives access to your FMNP benefits and Fruit & Vegetable benefits for you and your family.
- Learn how to use the WIC QR code at the farmers markets and farm stores by reviewing the following slides.



New Way to Shop with your FMNP Benefits and Fruit & Vegetable Benefits

Save your WIC QR code multiple ways to make sure you have it when it is time to shop at your local WIC approved farmers market or farm store!

- Save your QR code sticker or printout.
 - Add it to your WIC Card
 - Take a picture of the QR code to save on your phone.
 - E-mail a picture of the QR card to yourself or save to your Google or Apple Wallet.



WIC Shopping at the Farmers Market or Farm Stores

- Know where to shop
- Know what to buy
- Know how much to spend
- Know how to spend your benefits
- Know when to shop




Where to Shop

1) Look for the sign: WIC & Senior Farmers Market Benefits WELCOME HERE!

- When you see this sign, you'll know you can buy fresh, locally grown fruits and vegetables, at this authorized farmers market or farm store using your WIC benefits.



2) You can use the  WICShopper App to find authorized farmers markets and farm stores near you.

3) Look on the [FMNP web site](#) for a list of authorized farmers markets and farm stores.



Know What to Buy

- Use your FMNP benefits and Fruit & Vegetable benefits for only locally grown produce.
- Growers with the “WIC & Senior” signs are approved for locally grown produce. The produce is grown in Washington or in the border counties of Oregon and Idaho.
- Choose:
 - Fresh fruits
 - Fresh vegetables
 - Fresh cut herbs



Know What Not to Buy

You **can't** use FMNP benefits or Fruit & Vegetable benefits for prepared food or nonfood items like:

- Honey
- Dried fruits
- Dried vegetables
- Eggs
- Milk
- Meats
- Seafood
- Nuts or seeds
- Jams
- Flowers
- Potted plants
- Baked goods
- Dried herbs



Know How Much to Spend

- Eligible participants can receive \$28 of FMNP benefits. You'll see the FMNP benefits added to your WIC card one time for the season (June 1 – October 31).
- Participants who receive the monthly Fruit & Vegetable benefits can use them at farmers markets and farm stores in addition to their FMNP benefits.
- Monthly Fruit and Vegetable benefits vary depending on the number and category of participants in a family.
- Look at the WICShopper App, under “My Benefits” to see your Fruit and Veg- FMNP and Fruit & Vegetables – Cash Value Benefit.



Know How to Spend Your FMNP Benefits

FMNP Benefits:

- Shop only at authorized farmers markets and farm stores between **June 1-October 31, 2023**.
- FMNP benefits don't work at the grocery store.
- You can see your FMNP benefits listed with your other WIC benefits by viewing in the WICShopper App, on a printed shopping list, a grocery store receipt, or ask your local WIC clinic.

Note: Market growers and farm stores won't be able to provide you with a receipt.



Know How to Spend Your Fruit and Vegetable Benefits

Fruit & Vegetable benefits :

- Can be used at authorized farmers markets and farm stores starting **June 1, 2023**.
- Can be used year around at open farmers markets and farm stores.
- Are listed with your other WIC benefits by viewing in the WICShopper App, on a printed shopping list, a grocery store receipt, or ask your local WIC clinic.
- Are used monthly between the First Day to Spend to the Last Day to Spend.

Note: Market growers and farm stores won't be able to provide you with a receipt.



Know How to Spend Your Benefits

- Take your WIC QR code to the market.
- At the farmers market or farm store, select your fruits and vegetables from the authorized grower.
- The grower will scan your WIC QR code and enter in the amount of the purchase on their mobile smart device.
- The grower will show you the purchase price of the fruit and vegetables.
- The grower will ask you to enter in your WIC Card 4-digit PIN to approve the price of the purchase.
- If you receive both FMNP and Fruit & Vegetable benefits, the **FMNP benefits are always used first before using your Fruit & Vegetable benefits.** If you use up your FMNP benefits, the Fruit & Vegetable benefits will cover the rest of the purchase (depending on the Fruit & Vegetable benefits balance available).



*This sign =
Authorized
grower*



Know How Much to Spend

You can spend any amount of your FMNP benefits at any authorized farmers market or farm store.



For example: If you have \$28 of FMNP benefits:

- Spend \$4.75 with one grower and \$12.50 with another grower.
- You still have a \$10.75 balance of FMNP benefits on your WIC card. You can spend this balance at the farmers market or farm store any time **before October 31st.**

Note: You can't use your FMNP benefits or Fruit & Vegetable benefits to buy market tokens, pay for non-eligible foods, or receive cash.

Know How Much to Spend



For example:

You visit the farm store. There's a \$10.75 FMNP balance on your WIC Card.

You select \$12.00 worth of fruits and vegetables

- The \$10.75 FMNP balance on your WIC Card is used first.
- This leaves a \$1.25 you still owe the grower.
- The \$1.25 is taken automatically off from your Fruit & Vegetable benefits. No additional action is needed by the grower or by you to remove the \$1.25.

Benefits are removed first from FMNP benefits and then the Fruit & Vegetable benefits

Tips for Shopping for Produce with Fruit & Vegetable Benefits

You can use your Fruit & Vegetable benefits year around at:

- Authorized farmers markets and farm stores with the WIC QR code and
- At the grocery stores by swiping the WIC Card.



If you don't use your Fruit & Vegetable benefits at the farmers market or farm store, use the benefits at the grocery store for items not allowed with the FMNP benefits, like:

- Frozen fruits and vegetables
- Oranges, pineapple, or other non-locally grown produce



Help

For Help with the WIC QR code:

- Call 1-800-841-1410
 - Press 3, then press 2
- If your WIC Card, with the QR code sticker, is lost or stolen, contact your WIC clinic immediately.

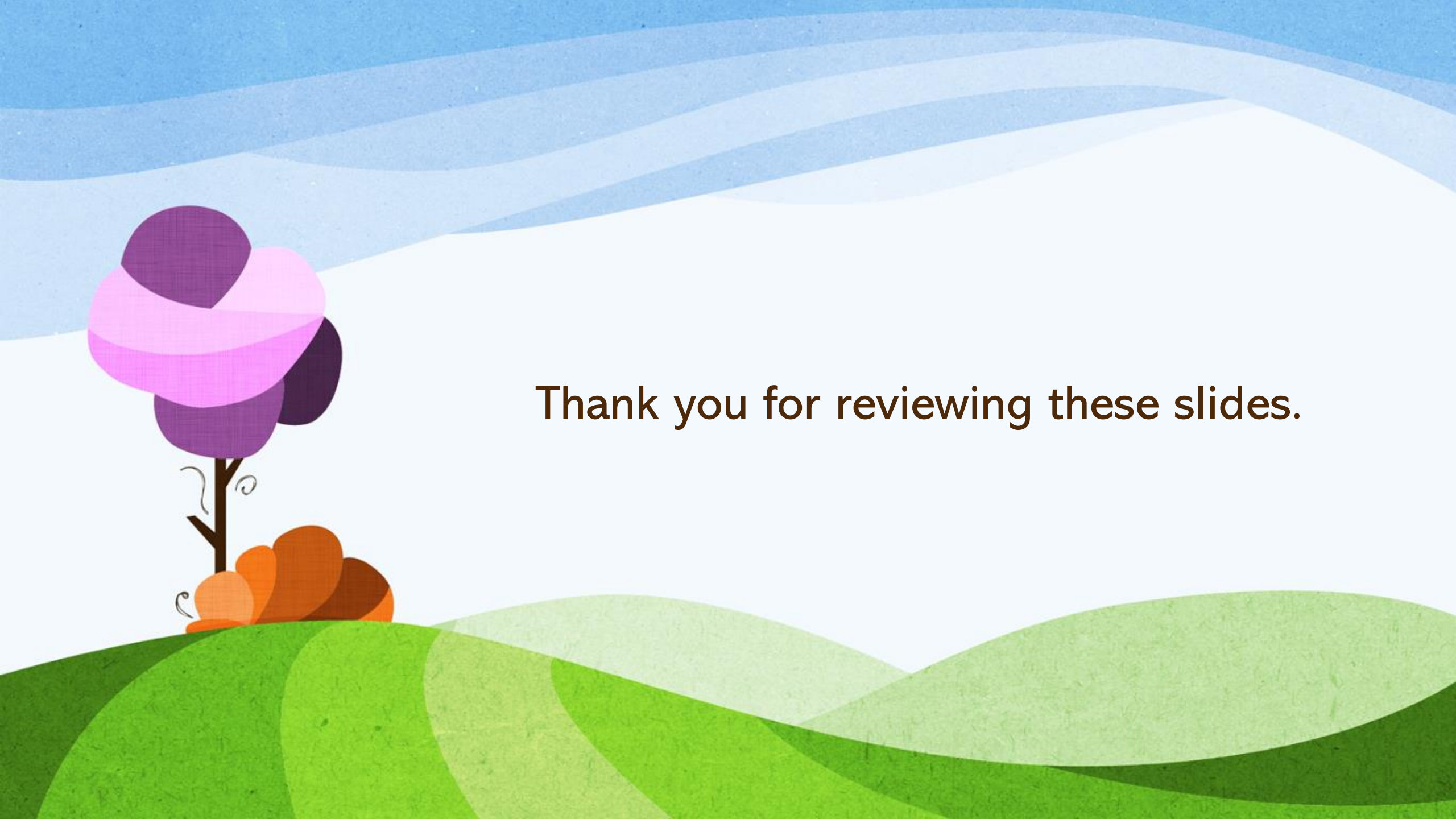
To Check Your Benefit Balance:

- Use WICShopper App
- Review the printed shopping list
- Ask WIC staff at an appointment
- Check the grocery store receipt
- Call 1-844-359-3104 (back of WIC Card)



Delight your tastebuds with fresh fruits and vegetables!

Enjoy your experience at the farmers markets or farm stores.



Thank you for reviewing these slides.



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