**FMNP Recipient Rules and Regulations**

* FMNP customers may buy only the fruits and vegetables grown by the approved farmers and/or purchased directly from a Pennsylvania farmer.
* FMNP checks cannot be used before the First Day to Use (June 30th) or after the Last Day to Use (November 30th)
* FMNP customers sign in the “Signature Recipient or Proxy” block in the lower right corner of the check.
  + Must sign at the market when making a purchase, not prior.
* FMNP purchase must total $10.
  + Receiving change is not permitted.
  + You may be offered additional FMNP eligible produce to make the purchase an even $10.
* Food purchased with FMNP checks is only for the recipients consumption.
* FMNP checks can only be used for purchases with FMNP approved farmers.
  + For a list of approved farmers and their selling locations, please go to [www.PAFMNP.org](http://www.PAFMNP.org)

**FMNP Eligible Foods**

FMNP eligible food is defined as GROWN BY A PENNSYLVANIA FARMER.

Below is a **partial list** of eligible foods under Pennsylvania’s FMNP program.

**\*Do Not Accept FMNP Checks for Processed Food.\***

Examples: jams, honey, nuts, cider, or baked goods

**\*Do Not Accept FMNP Checks for Citrus or Tropical Fruits.\***

Examples: bananas, oranges, lemons, limes, pineapples, mangoes and dried fruits, vegetables, or herbs.

**Partial List of Eligible Fruit:**

apples, melons, grapes, apricots, nectarines, plums, berries, peaches, cherries, pears

**Partial List of Eligible Vegetables:**

Artichokes, eggplant, radishes, asparagus, greens, rhubarb, beans, kohlrabi, rutabagas, beets, leeks, spinach, broccoli, lettuce, sweet potatoes, brussels sprouts, mushrooms, tomatoes, cabbage, turnips, carrots, onions, winter squash, cauliflower, zucchini, cucumbers, potatoes