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 support healthier eating and nutrition education for these populations while also providing an additional revenue stream to local farmers and farmers’ markets.

What to look for

Participants get a series of $10 voucher checks to use at Farmers’ Markets, Farm Stands/At Farms, or at Mobile Farm Markets. They can not be used at grocery stores or by unauthorized vendors

• WIC FMNP Vouchers are different from 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)

• Vouchers are now worth $10 rather than $6. Change may not be given.

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!

Faqs - Vendors

**Can I accept these?**

• Only farmers’ that have applied to accept FMNP vouchers can accept them **• It is illegal to accept vouchers if a farm has not applied/been approved**

• 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

FMNP vouchers are now worth $10 - they may look a little different this year so make sure they say 2023 FMNP on the top.

You can NOT accept WIC Cash Value Vouchers, Only FMNP

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

**compared to**

**Pennsylvania Farmers Market Checks (FMNP)**



|  | **WIC Fruit and Vegetable Cash Value Voucher (WIC CVV)** | **Pennsylvania Farmers Market Checks (FMNP)** |
| --- | --- | --- |
| **Where to use?** | Any WIC authorized grocery store | Any local farmers market in Pennsylvania that accepts the checks |
| **When to use?** | Time frames are printed on the check. | From June 1 through November 30, 2016 |
| **What can I buy?** | Any fruit and vegetable which is allowed on the current WIC food list. For example, citrus fruits and bananas are allowed. | Any fresh fruit or vegetable actually grown in Pennsylvania. They must be grown in this state, and not a neighboring one. |
| **What not to buy?** | Any item which is not allowed on the current WIC Food List. | 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. |

**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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