





## A Note About Fresh Locally Grown Foods

-  By allowing only locally grown foods, you will receive fresh foods that were grown at a nearby farm, and not shipped by truck or plane from far away.

-  Sometimes farmers sell food that is not grown at or near their farm. These foods cannot be bought with farmers' market checks.

-  While shopping at the farmers' market, you will learn quickly which foods are grown locally and when! The chart inside this brochure will help you decide when to shop at the farmers' market.

-  Farmers will help you identify foods that can be bought with farmers' market checks. Farmers can also give you ideas on how to prepare the foods you buy.

-  Your local WIC office can give you lots of tips on how to select and cook fresh foods.

## Questions or Problems?

Lost and/or stolen farmers' market checks will not be replaced. Report complaints you may have about the program with your local WIC Project. Abuse of the WIC Farmers' Market Nutrition Program results in the same actions as for the WIC program.

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Department of Health Services  
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State of Wisconsin

# The Wisconsin WIC Farmers' Market Nutrition Program



The WIC Farmers' Market Nutrition Program offers eligible WIC families checks to buy fresh fruits, vegetables, and fresh cut herbs at approved farmers' markets.

### How to Use the Farmers' Market Checks

- Farmers' Market checks may be used no later than October 31 of the year issued.
- Go to an FMNP market (WIC will give you a list) and look for this yellow sign:



Farmers with this sign can accept farmers' market checks.

Note: Do not use farmers' market checks at grocery stores; they cannot accept farmers' market checks.

- Buy only approved locally grown foods listed in this brochure.
- The amounts of the checks are preprinted on the checks. Sales tax will not be charged. The farmer can help you get food for the amount you want to spend. No change will be given if you buy less than the amount of the check(s).
- You DO NOT need the WIC ID to use farmers' market checks.
- You DO NOT need to sign the farmers' market checks.

### Approved Locally Grown Foods

Locally grown foods are foods that are grown in Wisconsin or near Wisconsin. Fruits and vegetables not locally grown should be labeled, but ask the farmer if you are not sure. Available foods may vary depending on the region and weather that may affect crops.

Spring (June)	Early Summer (June - July)	Late Summer (August - September)	Autumn (September - October)
Asparagus	Beans	Mushrooms	Apples
Garlic	Beets	New Potatoes	Lettuce
Green Onions	Blackberries	Peas	Apples
Greens	Blueberries	Peppers	Beets
Herbs	Bok Choy	Raspberries	Muskmelon
Kale	Broccoli	Shallots	(cantaloupe)
Leeks	Cabbage	Shell Peas	Bok Choy
Lettuce	Cauliflower	Snow Peas	Parsnips
Mushrooms	Cherries	Sprouts	Broccoli
Parsnips	Chinese Cabbage	Strawberries	Pears
Peas	Cucumbers	Sugar Snap Peas	Brussels Sprouts
Radishes	Currants	Summer Squash	Potatoes
Rhubarb	Gooseberries	Sweet Corn	Burdock Root
Snow Peas	Green Onions	Swiss Chard	Pumpkins
Spinach	Greens	Tomatoes	Radishes
Sprouts	Herbs	Watercress	Cabbage
Sugar Snap Peas	Huckleberries	Zucchini	Peppers
Swiss Chard	Kohlrabi		Plums
	Lettuce		Carrots
	Mulberries		Carrots
			Potatoes
			Cauliflower
			Celery
			Raspberries
			Celery
			Rutabagas
			Cucumbers
			Rutabagas
			Eggplant
			Spinach
			Sprouts
			Fennel
			Summer Squash
			Garlic
			Sweet Corn
			Grapes
			Garlic
			Summer Squash
			Ground Cherries
			Tomatillos
			Herbs
			Tomatoes
			Herbs
			Tomatoes
			Watermelon
			Kale
			Winter Melon
			Kohlrabi
			Leeks
			Zucchini
			Leeks
			Zucchini
			Leeks
			Yams



### Foods that Cannot be Bought with Farmers' Market Checks

Farmers' Market Checks cannot be used to buy:

- Oranges
- Bananas
- Mangoes
- Kiwis
- Nectarines
- Pineapple
- Caramel Apples
- Fruit with stickers on them (like Dole or Sunkist)
- Jams/Jellies
- Cider
- Cheese
- Eggs
- Honey/Syrup
- Breads/Cookies
- Meat/Chicken
- Fruit, vegetables and herbs not locally grown

Also, farmers' market checks may not be used to buy non-food items such as plants or ornamental corn. Buying these foods with farmers' market checks is against WIC rules. WIC families who break this rule can be suspended from the WIC program.