

## A Note About Fresh Locally Grown Foods



1. 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.



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



3. 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.



4. 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.



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

## A Note About Fresh Locally Grown Foods

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 can result in the same actions as for the WIC program.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

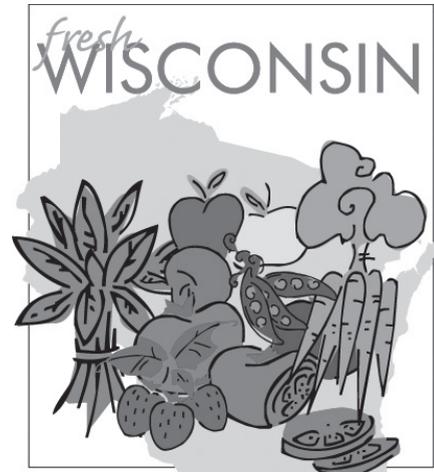
(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

# The Wisconsin WIC Farmers' Market Nutrition Program



Department of Health Services  
Division of Public Health  
P-44749 (02/2016)

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 choose foods 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	(cantaloupe) Bok choy
Kale	Broccoli	Shallots	Broccoli
Leeks	Cabbage	Shell Peas	Onions
Lettuce	Cauliflower	Snow Peas	Pears
Mushrooms	Cherries	Sprouts	Peppers
Parsnips	Chinese Cabbage	Strawberries	Plums
Peas	Cucumbers	Sugar Snap Peas	Potatoes
Radishes	Currants	Summer Squash	Raspberries
Rhubarb	Gooseberries	Sweet Corn	Rutabagas
Snow Peas	Green Onions	Tomatoes	Spinach
Spinach	Greens	Watercress	Sprouts
Sprouts	Herbs	Zucchini	Fennel
Sugar Snap Peas	Huckleberries		Summer Squash
Swiss Chard	Kohlrabi		Sweet Corn
	Lettuce		Garlic
	Mulberries		Grapes
			Swiss Chard
			Tomatillos
			Turnips
			Winter Squash
			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.