

The Farmers' Market Nutrition Program

promotes local farmers by expanding their sales at farmers' markets and farm stands, and fosters healthy communities through the consumption of locally grown fresh fruits and vegetables.

The New York State Department of Agriculture and Markets, Department of Health, and Office for the Aging work together to provide eligible individuals with FMNP coupons to shop for fresh, local fruits and vegetables at New York State farmers' markets and farm stands.

FMNP coupons must be used in the following manner:

- o Used between June 1 and November 30
- o Used to purchase fresh, local fruits and vegetables at participating farmer stalls.
- o Used with farmers only at an authorized FMNP market location.
- o Used for full value. No cash change is allowed when using FMNP coupons. If you buy items worth less than one or more coupons, the farmer may add produce to make up the difference.
- o May not be used after November 30.

Need Ideas? Find Recipes online.

Cornell University offers recipes and guides to help you select fresh nutritious fruits and vegetables.

<https://www.human.cornell.edu/dns/fmnp>



Plan ways to eat healthy with USDA MYPLATE.

Use the MyPlate Plan to identify your ways to eat healthier – personalized for you!

www.myplate.gov/myplate-plan



**Agriculture
and Markets**