



Farmers' Market Nutrition Program

SPEND YOUR PROGRAM BENEFITS FROM JUNE 1 TO NOVEMBER 30

The Farmers' Market Nutrition Program (FMNP) helps you buy locally grown fresh fruits and vegetables at nearby farmers' markets and farm stands in New York State.



Eating fruits and vegetables daily is a great way to stay healthy. Purchasing fresh, nutritious fruits and vegetables at farmers' markets and farm stands supports your local farmers and community businesses.

Find a farmers' market or farm stand nearby using the enclosed FMNP Market Schedule or finding the list online at www.agriculture.ny.gov/farmersmarkets.



Prepare to Shop at a Farmers' Market and Spend Your Benefits

- o Make sure the market is open. Some close for bad weather.
- o Bring your FMNP coupons, other money and shopping bags.
- o Plan to arrive early for the best selection.
- o Look for the FMNP Sign: "We Gladly Accept Coupons Here".

Scan this QR code with your smartphone to find information on what is in season and ideas for cooking.



NEW YORK STATE Department of Agriculture and Markets
Farmers' Market Nutrition Programs

WE GLADLY ACCEPT COUPONS HERE!

¡ACEPTAMOS CON GUSTO CUPONES AQUI!
МЫ С РАДОСТЬЮ ПРИНИМАЕМ КУПОНЫ ЗДЕСЬ!
我们很乐意在这里接受优惠券!
מיר גערן אָננעמען קופאָנד דאָ!

\$5.00 Farmers' Market Nutrition Programs **\$5.00**

www.agriculture.ny.gov/farmersmarkets

About This Program

USDA | State Office for Aging | State | Agriculture | 65 | INC. | 100

This institution is an equal opportunity provider.

Questions?
WIC Hotline: 1-800-522-5006
Senior Hotline: 1-800-342-9871

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

