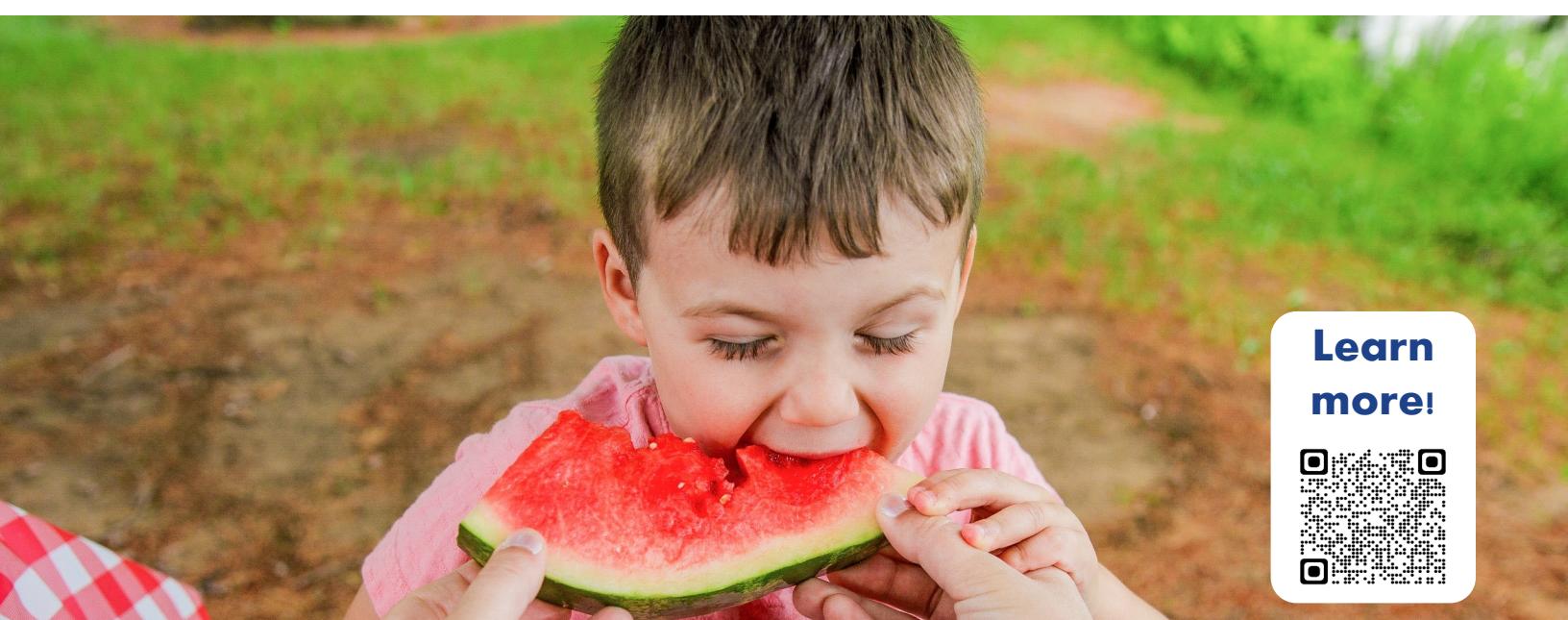




# Connecting Your Family to Farm Fresh Food

WIC Farmers Market Nutrition Program (WIC FMNP)



**Learn  
more!**



## **WIC FMNP serves families participating in WIC**

- Must be enrolled in Wisconsin WIC
- Must be pregnant, just had a baby, or a child 9 months to 5 years old

## **WIC FMNP makes eating local easy**

- \$25 to buy fresh, locally grown fruits, vegetables, and herbs
- A list of farmers markets and farmstands to shop at July –October
- Seasonal tips for using fresh produce
- Over 1,000 local farmers to buy from

## **Ask your WIC agency about WIC FMNP**

- Ask about farmers' market checks at your WIC appointment!
- You can still receive WIC, FoodShare, and TEFAP food assistance.

**Find a  
market  
near you!**



Email: [dhswicfmnp@dhs.wisconsin.gov](mailto:dhswicfmnp@dhs.wisconsin.gov)

Dial: 2-1-1 to speak to an information and referral specialist

Visit: [www.dhs.wisconsin.gov/wic/fmnp/index.htm](http://www.dhs.wisconsin.gov/wic/fmnp/index.htm)

This institution is an equal opportunity provider.

