



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

- \$40 to buy fresh, locally grown fruits, vegetables, and herbs
- A list of farmers markets and farmstands to shop at June–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

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

Visit: www.dhs.wisconsin.gov/wic/fmnp/index.htm

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Division of Public Health

Wisconsin Department of Health Services