



Everyone Can Shop at the Farmers Market!

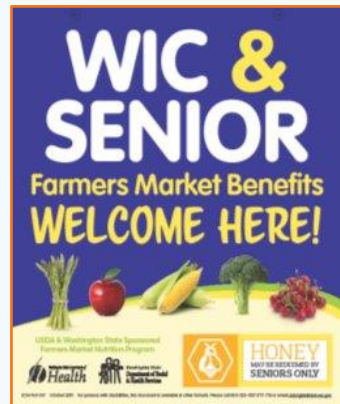
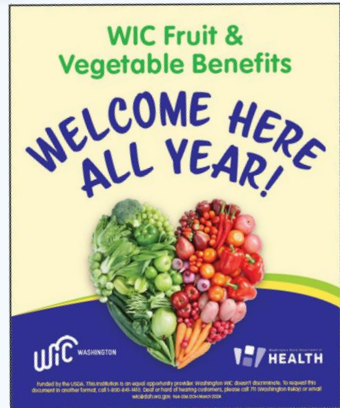
Using Your Farmers Market and Monthly Fruit
and Vegetable Benefits at the Farmers
Markets and Farm Stores

Quick Overview: Two Types of WIC Fruit & Vegetable Benefits



Benefit Type	When to Use	Where to Use
Monthly Fruit and Vegetable Benefits	<ul style="list-style-type: none"> • Between the "First date to spend" and the "Last date to spend". • Year-round at any authorized farmers market or farm store. 	<ul style="list-style-type: none"> • Grocery store • Walgreens pharmacy store • Authorized farmers markets and farm stores
Farmers Market Benefits	June 1 – October 31.	<ul style="list-style-type: none"> • Authorized farmers markets and farm stores

Quick Overview: Two Types of WIC Fruit & Vegetable Benefits



Benefit Type	How Much is Received	How Often Received
Monthly Fruit and Vegetable Benefits	Pregnant- \$47 Breastfeeding- \$52 Postpartum- \$47 Infants 9-11 months- \$4-8 Children- \$26	Added monthly.
Farmers Market Benefits	\$30 for each eligible participant Maximum \$90 per family	Added one time for the farmers market season.

WIC Shopping at the Farmers Market and Farm Stores

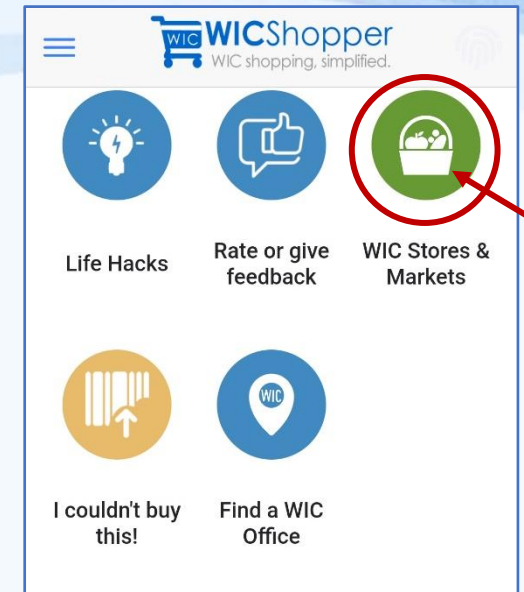
- How to prepare:
 - Where to shop
 - How to find your QR code
 - What to buy and how much you can get
 - How to spend your benefits at farmers markets and farm stores
 - When to spend your benefits
 - How to get help



Know Where to Shop

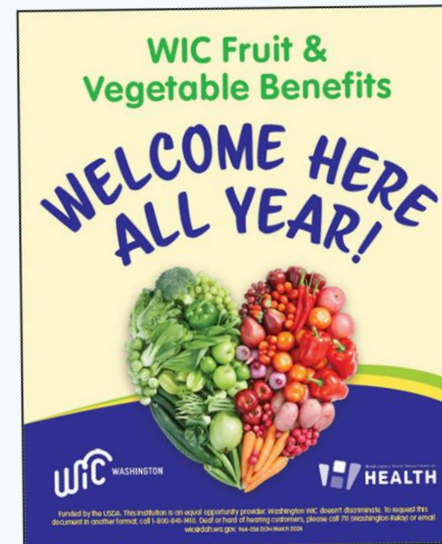
1. Find authorized farmers markets and farm stores:

- a) In the WICShopper App  by clicking the WIC Stores & Markets button.
- b) By looking on the farmers market web site (wicfmnp.com) for lists in Eastern and Western Washington.



2. Look for these signs for authorized growers that can accept farmers market and monthly fruit and vegetable benefits:

- WIC & Senior Farmers Market Benefits
WELCOME HERE!
- WIC Fruit & Vegetable Benefits
WELCOME HERE ALL YEAR!



These growers offer fresh, locally produced fruits, vegetables and herbs harvested in Washington or in the border counties of Oregon and Idaho.

Know How to Find Your QR Code

Find and save your WIC QR code multiple ways to make sure you have it when it is time to shop:

- WICShopper App
 - Register your WIC card in the app
 - Use the QR code button
- WIC Card
 - Your WIC clinic will have WIC cards with printed QR codes
- Ask your WIC staff
 - Staff can help you get a copy of your QR code
 - Save your QR code to your phone



Know How Much to Spend

- Each eligible participant receives \$30 of **Farmers Market Benefits** with a maximum of 3 participants per family (\$90 max).
- **Monthly Fruit and Vegetable Benefits** vary depending on if the participant is:
 - Pregnant- \$47
 - Breastfeeding- \$52
 - Postpartum- \$47
 - Infant 9-11 months- \$4-8
 - Child- \$26
- Look at the WICShopper App under “My Benefits” to see how many fruit and vegetable benefits are available.



Know What to Buy

- Use your farmers market benefits and monthly fruit & vegetable benefits for locally grown produce at farmers markets and farm stores.
- Choose:
 - Fresh fruits
 - Fresh vegetables
 - Fresh cut herbs



Know What to Buy

Find the Seasonal Fruit
and Vegetable Calendar
on the back of the
[How to Use Your WIC QR
Code Handout.](#)

SEASONAL FRUIT AND VEGETABLE CALENDAR

January

Vegetables: Beets, Brussel Sprouts, Kale, Leeks, Onions, Potatoes, Pumpkins

Fruits: None in season

Herbs: Parsley, Rosemary

May

Vegetables: Asparagus, Beets, Lettuce, Potatoes, Spinach, Zucchini

Fruits: Strawberries

Herbs: Cilantro, Rosemary

September

Vegetables: Beets, Broccoli, Carrots, Cauliflower, Kale, Leeks, Lettuce, Onions, Potatoes, Pumpkins, Spinach, Zucchini

Fruits: Apples, Blueberries, Nectarines, Peaches, Pears

Herbs: Basil, Cilantro, Parsley, Rosemary

February

Vegetables: Beets, Brussel Sprouts, Kale, Leeks, Onions, Potatoes

Fruits: None in season

Herbs: Rosemary

June

Vegetables: Asparagus, Beets, Broccoli, Carrots, Cauliflower, Lettuce, Onions, Spinach, Zucchini

Fruits: Cherries, Nectarines, Peaches, Raspberries, Strawberries

Herbs: Cilantro, Rosemary

October

Vegetables: Beets, Broccoli, Brussel Sprouts, Carrots, Cauliflower, Kale, Leeks, Lettuce, Onions, Potatoes, Pumpkins, Spinach, Winter Squash, Yams

Fruits: Apples, Pears

Herbs: Cilantro, Parsley, Rosemary

March

Vegetables: Asparagus, Beets, Brussel Sprouts, Kale, Leeks, Onions, Potatoes

Fruits: None in season

Herbs: Rosemary

July

Vegetables: Beets, Broccoli, Carrots, Cauliflower, Kale, Lettuce, Onions, Spinach, Zucchini

Fruits: Blueberries, Cherries, Nectarines, Peaches, Raspberries, Strawberries

Herbs: Basil, Cilantro, Parsley, Rosemary

November

Vegetables: Beets, Broccoli, Brussel Sprouts, Cauliflower, Kale, Leeks, Lettuce, Onions, Potatoes, Pumpkins, Spinach, Winter Squash, Yams

Fruits: Apples, Pears

Herbs: Cilantro, Parsley, Rosemary

April

Vegetables: Asparagus, Beets, Kale, Leeks, Potatoes, Spinach

Fruits: None in season

Herbs: Rosemary

August

Vegetables: Beets, Broccoli, Carrots, Cauliflower, Kale, Lettuce, Onions, Potatoes, Spinach, Zucchini

Fruits: Apples, Blueberries, Cherries, Nectarines, Peaches, Raspberries, Strawberries

Herbs: Basil, Cilantro, Parsley, Rosemary

December

Vegetables: Beets, Broccoli, Brussel Sprouts, Kale, Leeks, Onions, Potatoes, Spinach, Winter Squash, Yams

Fruits: None in season

Herbs: Parsley, Rosemary

Know What Not to Buy

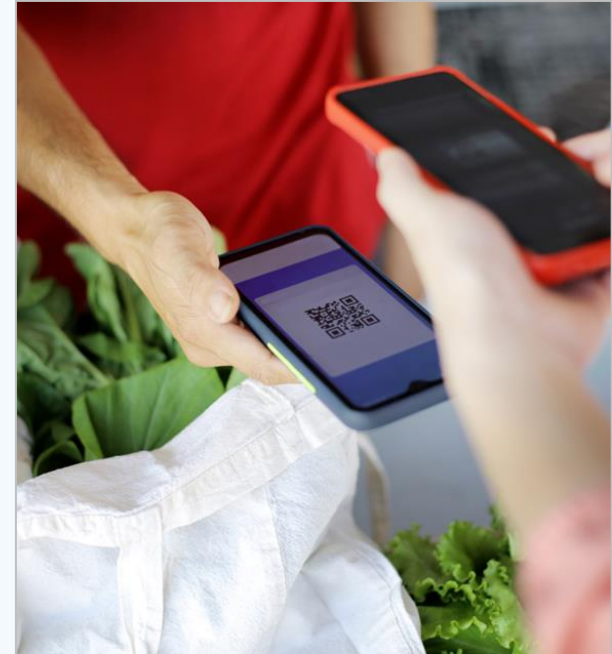
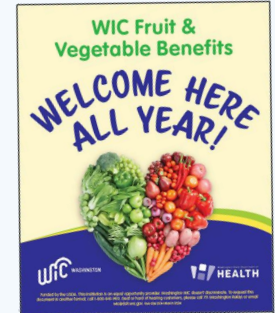
Your farmers market and monthly fruit and vegetable benefits **can't** be used to buy the following:

Honey	Seafood
Dried fruits	Nuts or seeds
Dried vegetables	Jams
Eggs	Flowers
Milk	Potted plants
Meats	Baked goods
Prepared foods	Dried herbs

Know How to Spend Your Benefits at Farmers Markets and Farm Stores

- Take your QR code to the market.
- At the farmers market or farm store, select your fruits and vegetables from the authorized grower.
- The grower will scan your QR code and enter in the amount of the purchase on their mobile smart device.
- The grower will show you the purchase price of the fruit and vegetables.
 - **Make sure you confirm the price with the grower before the transaction is completed.**

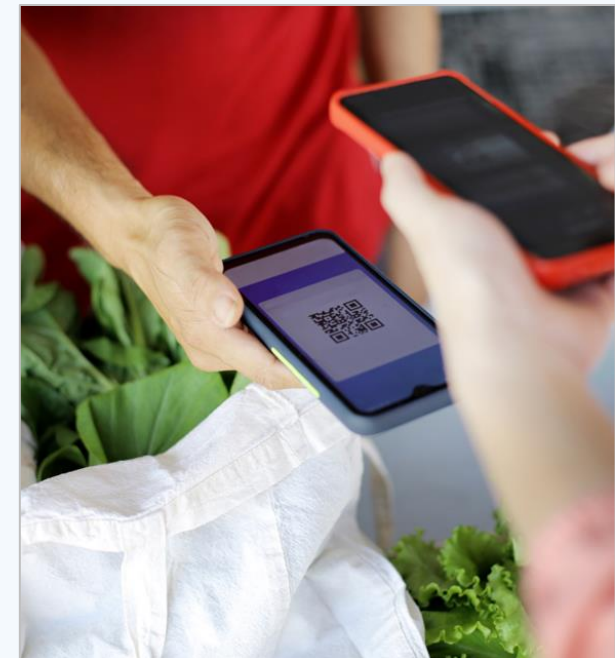
These signs = Authorized grower



Know How to Spend Your Benefits at Farmers Markets and Farm Stores

- The grower will ask you to enter in your WIC Card 4-digit PIN to approve the price of the purchase.
 - Do not verbally give the grower your PIN.
- If you receive both farmers market and monthly fruit & vegetable benefits, the farmers market benefits are always used first before your monthly fruit & vegetable benefits.
- If you don't have enough WIC benefits to cover your purchase, you can pay with another method or choose not to buy as much.

These signs = Authorized grower



See How to Use Your WIC QR Code Handout

WIC HOW TO USE YOUR WIC QR CODE AT AUTHORIZED FARMERS MARKETS AND FARM STORES

Your monthly fruit and vegetable benefits and the Farmers Market Nutrition Program (FMNP) benefits can be used with the WIC QR code. Please visit the [WIC Fruits and Vegetables](#) and the [Farmers Market Nutrition Program](#) webpages.

Take the following steps to use your WIC QR code:

STEP 1

Find an authorized WIC farmers market or farm store.

TIP Check your WICShopper app or see a list on the [FMNP webpage](#).

STEP 2

Make sure you have your WIC QR code.

TIP Find your QR code in the WICShopper App or on your WIC card. If you receive your QR code by email, you can take a picture and save it to your phone.

STEP 3

Select your fruit and vegetables. See backside for Seasonal Fruit & Vegetable Calendar.

TIP Look for growers displaying these signs.

STEP 4

The grower will scan your QR code with their mobile device and enter in the amount of the purchase.

TIP Growers can manually enter your WIC card number if you forget your QR code or if your QR code is not scanning correctly.

STEP 5

Verify the amount of your purchase and enter in your WIC card 4-digit PIN.

TIP FMNP benefits will be used first before your WIC fruit and vegetable benefits!
Note: If you don't have enough benefits to cover your purchase, you can pay with another method or choose not to buy as much.

HELP Contact Cascades Support at 1-800-841-1410, press zero

EVERYONE CAN SHOP AT THE FARMERS MARKET AND FARM STORES!

Benefit Type	What to Use	Where to Use	When to Use
Farmers Market Benefits	QR code: <ul style="list-style-type: none"> In the WICShopper App Printed on the WIC card Image on phone via text/email Printed on paper 	Authorized Farmers Market and Farm Stores	Between June 1st and October 31st
Monthly Fruit and Vegetables Benefits	QR code: <ul style="list-style-type: none"> In the WICShopper App Printed on the WIC card Image on phone via text/email Printed on paper 	Authorized Farmers Market and Farm Stores	Year-round
	WIC Card	Grocery and Walgreen pharmacy stores	

SEASONAL FRUIT AND VEGETABLE CALENDAR

<p>January</p> <p>Vegetables: Beets, Brussel Sprouts, Kale, Leeks, Onions, Potatoes, Pumpkins</p> <p>Fruits: None in season</p> <p>Herbs: Parsley, Rosemary</p>	<p>February</p> <p>Vegetables: Beets, Brussel Sprouts, Kale, Leeks, Onions, Potatoes</p> <p>Fruits: None in season</p> <p>Herbs: Rosemary</p>	<p>March</p> <p>Vegetables: Asparagus, Beets, Brussel Sprouts, Kale, Leeks, Onions, Potatoes</p> <p>Fruits: None in season</p> <p>Herbs: Rosemary</p>	<p>April</p> <p>Vegetables: Asparagus, Beets, Kale, Leeks, Potatoes, Spinach</p> <p>Fruits: None in season</p> <p>Herbs: Rosemary</p>
<p>May</p> <p>Vegetables: Asparagus, Beets, Lettuce, Potatoes, Spinach, Zucchini</p> <p>Fruits: Strawberries</p> <p>Herbs: Cilantro, Rosemary</p>	<p>June</p> <p>Vegetables: Asparagus, Beets, Broccoli, Carrots, Cauliflower, Lettuce, Onions, Spinach, Zucchini</p> <p>Fruits: Cherries, Nectarines, Peaches, Raspberries, Strawberries</p> <p>Herbs: Cilantro, Rosemary</p>	<p>July</p> <p>Vegetables: Beets, Broccoli, Carrots, Cauliflower, Kale, Lettuce, Onions, Spinach, Zucchini</p> <p>Fruits: Blueberries, Cherries, Nectarines, Peaches, Raspberries, Strawberries</p> <p>Herbs: Basil, Cilantro, Parsley, Rosemary</p>	<p>August</p> <p>Vegetables: Beets, Broccoli, Carrots, Cauliflower, Kale, Lettuce, Onions, Potatoes, Spinach, Zucchini</p> <p>Fruits: Apples, Blueberries, Cherries, Nectarines, Peaches, Raspberries, Strawberries</p> <p>Herbs: Basil, Cilantro, Parsley, Rosemary</p>
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Know When to Spend Your Fruit & Vegetable Benefits

- Use the QR code at authorized farmers markets and farm stores:
 - For farmers market benefits June 1- October 31
 - For monthly fruit & vegetable benefits year-round
- If you don't use your monthly fruit and vegetable benefits at the farmers market or farm store, use the benefits with you WIC Card at the grocery or Walgreens pharmacy store to buy:
 - Fresh, frozen or canned fruits and vegetables
 - Non-locally grown produce such as oranges and pineapple



Spending Example

Let's look at an example:

If you have \$30 of farmers market benefits:

- You can spend \$4.75 with one grower and \$12.50 with another grower.
- You still have a \$12.75 balance of farmers market benefits on your WIC card.
- You can spend the rest of your farmers market benefits at your next shopping trip!



Note: You can't use your farmers market benefits or monthly fruit & vegetable benefits to buy market tokens, pay for non-eligible foods, or receive cash.

Getting help

For help with the WIC Card with QR code:

- Contact your WIC Clinic
- If you need further assistance, call 1-800-841-1410
 - Press zero
- If your WIC Card, with the QR code, is lost or stolen, contact your WIC clinic immediately.


To check your benefit balance:

- Use WICShopper App
- Review the printed shopping list
- Ask WIC staff at an appointment
- Check the grocery store receipt
- Call 1-844-359-3104 (back of WIC Card)

We want to hear from you if...

You feel you've been:

- Denied benefits
- Treated unfairly
- You can complete a complaint form or ask staff to help you. Find the form:
 - [Farmers Market webpage: wicfmnp.com](http://wicfmnp.com)
 - [WIC & Senior Farmers Market Nutrition Program brochure](#)
 - WICShopper App
- Email the complaint form to the Farmers Market Team at FMNPTeam@doh.wa.gov



Now you're ready to shop!
We hope you and your family
enjoy all that the farmers market
has to offer!



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Washington WIC doesn't discriminate.

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

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