

WIC Fruit & Vegetable Benefits

WELCOME HERE ALL YEAR!



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The WIC and Senior Farmers Market Nutrition Program (FMNP) season is from June 1 to October 31. WIC participants also get an additional "Fruit and Vegetable Benefit". The WIC QR code will allow WIC shoppers to use their Fruit and Vegetable Benefit to buy fresh fruit, vegetables, and cut herbs from authorized FMNP growers at farmers markets – all year, from January 1 to December 31.

Please post this sign in your booth.

ELIGIBLE FOODS: Fresh fruits, fresh vegetables, and fresh cut herbs.
Shoppers cannot buy honey with WIC benefits.

Questions or need materials?

Email: FMNPTeam@DOH.WA.GOV or call (360) 236-3771

Customer support for shoppers and growers: (800) 841-1410

