

TIPS FOR ADDING VEGGIES AND FRUITS TO MEALS AND SNACKS



- ✓ Make it easy to reach for a veggie. Keep cut up raw veggies, like carrots, broccoli, snap peas, or cauliflower on hand.
- ✓ At mealtime put out a dish of cut up raw veggies or fruits on the table.
- ✓ Berries and peaches make cereal and yogurt more fun and delicious!
- ✓ At lunchtime add a salad to your meal!
- ✓ Keep a fruit bowl. Add fresh fruit to any bowl. Keep it out on your counter!
- ✓ Have a Make Your Own Salad Night! Offer chopped veggies, cooked chicken or beans, shredded cheese, and add something new, like chopped apples.
- ✓ Bake almost any vegetable in the oven for a quick side dish. Just mix the veggie with a drizzle of oil and some seasoning for a delicious addition to any meal.
- ✓ Summer fruits getting ripe all at the same time? Make a smoothie, or slice and cook in a little water and serve as a topping for pancakes, or make jam! Look for easy jam recipes on your favorite recipe web site.

AMAZING REASONS TO EAT MORE FRUITS AND VEGGIES

GET THAT HEALTHY GLOW!

Your skin benefits when you eat more veggies.

YOUR KIDS TAKE THE LEAD FROM YOU!

When you eat fruits and veggies, they will too.

IMPROVE YOUR HEALTH AT ALL AGES!

Powerful nutrients are found in produce that help boost your energy and manage your weight. Fiber helps with better digestion.

ABOUT WIC FMNP AND SENIOR FMNP

WIC Farmers Market Nutrition Program (FMNP) is part of the Special Supplemental Nutrition Program for lower income Women, Infants, and Children (WIC). The WIC Program provides healthy foods, nutrition education, breast/chest feeding support and referrals to health and social services.

Senior Farmers Market Nutrition Program (SFMNP) is part of the DSHS Aging and Long-Term Support Administration (AL TSA). The Senior Nutrition Program improves nutrition for lower income adults age over age 60 with nutritious meals in group settings and home delivered meals.

CONTACT INFORMATION

WIC FMNP



WEBSITE: <https://doh.wa.gov/you-and-your-family/wic/farmers-market>

PHONE: 1-800-841-1410, press 0

EMAIL: FMNPteam@doh.wa.gov

Have a complaint about FMNP? Mail, email, or fax using a complaint form found at: <https://doh.wa.gov/you-and-your-family/wic/farmers-market/wic-fmnp-wic-participants>

SENIOR FMNP



WEBSITE: <https://www.dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program>

PHONE: 1-800-422-3263



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USDA is an equal opportunity provider and employer. Washington Senior FMNP and WIC FMNP doesn't discriminate.

To request this document in another format, call 1-800-841-1410. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email WIC@doh.wa.gov.



WIC & SENIOR FARMERS MARKET NUTRITION PROGRAM

EAT FRESH! BUY LOCAL!
SUPPORT FARMERS!

USING YOUR FARMERS MARKET BENEFITS

- With your QR code, use farmers market benefits at authorized farmers markets and farm stores.
- Find your QR code on your WIC or SFMNP card or in the app.
- No change or tokens will be given with your benefits.
- Grower will scan QR code and enter the amount of purchase.
- Confirm amount and enter your PIN
- Report a lost or stolen card with QR code to the agency that gave you the benefits.
- You must use your benefits between June 1 and October 31.

SENIOR FMNP CARD AND APP ICON



WIC CARD AND APP ICON



HOW TO STORE YOUR FRUITS AND VEGGIES

- Store most veggies in your fridge!
- Put fresh produce like leafy greens and berries in the crisper unwashed.
- Wash all produce with running water just before using. Greens can also be washed in a sink of cold water changed a couple of times.
- Keep vegetables like onions and potatoes in a cool, dark cupboard or pantry. Not in the fridge! Do not store onions and potatoes together.
- Keep tomatoes and unripe fruits at room temperature, usually on a counter or table.
- For longer storage, consider freezing or canning produce.

WHAT CAN YOU BUY WITH FARMERS MARKET BENEFITS?

Buy local, fresh and unprocessed fruits, vegetables and cut herbs with your farmers market benefits grown in Washington and in bordering counties in Idaho and Oregon. Items you can buy with your farmers market benefits include but are not limited to:

VEGETABLES

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

FRUITS

Apples, Blueberries, Cherries,
Nectarines, Peaches, Pears,
Raspberries, Strawberries

HERBS

Basil, Cilantro, Parsley, Rosemary

PLEASE NOTE:
Only Senior FMNP participants
can purchase honey.



LOOK FOR GROWERS AT THE MARKET THAT HAVE THESE SIGNS!

For a complete list of eligible produce, please see:
<https://doh.wa.gov/you-and-your-family/wic/farmers-market/wic-fmnp-wic-participants>

FARMERS MARKET SEASON TIMELINE

- --- **SPRING**
 - ▶ Senior FMNP participants apply to receive farmers market benefits.
 - ▶ Local agencies begin distributing Senior FMNP cards.
- --- **JUNE 1**
 - ▶ Farmers market season begins.
 - ▶ First day to spend farmers market benefits.
- --- **SEPTEMBER 30**
 - ▶ Last day to receive farmers market benefits depending on availability.
- --- **OCTOBER 31**
 - ▶ Last day to spend farmers market benefits.

Note: WIC participants can use their monthly fruit and vegetable benefits at open farmers markets and farm stores year round.



TRY SOMETHING NEW AT THE FARMERS MARKET!