Use resources from these programs to buy locally grown, fresh fruits and vegetables at NYS farmers’ markets!

**Farmers’ Market Nutrition Program (FMNP) for WIC Participants and Seniors**

FMNP provides WIC families and low-income seniors coupons to use at participating farmers’ markets, farm stands, and mobile markets in NYS. To find a farmers’ market in any county, visit [https://agriculture.ny.gov/find-farmers-market](https://agriculture.ny.gov/find-farmers-market) and select your county from the drop-down list. Look for "FMNP accepted" to make sure the markets accept FMNP coupons.

**WIC participants** can get 5 coupons worth $5 each to buy fresh, locally grown produce at NYS farmers’ markets. That is $25 total for each eligible individual in the household!

To find a local WIC agency, call the Growing Up Healthy Hotline at 1-800-522-5006 or visit [https://www.health.ny.gov/prevention/nutrition/fmnp/](https://www.health.ny.gov/prevention/nutrition/fmnp/).

**Low-income seniors** may receive $5 coupons to buy fresh, locally grown produce at NYS farmers’ markets. Eligibility is based on age (60 years and older) and income.

Visit [https://aging.ny.gov/programs/food-and-meals](https://aging.ny.gov/programs/food-and-meals) for more information. Outside of New York City, you can also contact your local Office for the Aging ([https://aging.ny.gov/local-offices](https://aging.ny.gov/local-offices)) or call
the New York State Senior Hotline at 1-800-342-9871. In the New York City Metro Area, contact the Department of Aging, your local senior center, or call 311.

Visit human.cornell.edu/dns/fmnp/consumers for more information, like how to use your FMNP coupons, healthy eating resources, and recipe ideas for your fresh fruits and vegetables!

**Supplemental Nutrition Assistance Program (SNAP)**

Find a market that accepts SNAP at agriculture.ny.gov/farmersmarkets. At the market, swipe your SNAP or EBT card and decide a dollar amount you want to receive in tokens. Use $1 tokens like cash to purchase SNAP-approved products. Visit https://snaptomarket.com/ to learn more.

**FreshConnect Checks**

If you receive SNAP or if you are a veteran, service member, or immediate family member of a veteran, you may be eligible to receive $2 FreshConnect checks to buy fresh, local produce at participating farmers' markets and farm stands.

Learn more at https://agriculture.ny.gov/consumer-benefits-farmers-markets. Veterans and service members can also call the NYS Division of Veterans' Services at 1-888-838-7697.

**Double Up Food Bucks**

Double Up Food Bucks matches every SNAP EBT dollar spent on SNAP-eligible foods up to $20 a day at participating farmers’ markets across the state. Spend $2 in SNAP, get $2 for fresh, local NYS produce! Visit https://doubleupnys.com/ to learn more.
NYC Farmers’ Market Health Bucks

If you are a SNAP participant living in NYC, for every $2 you spend at farmers’ markets using SNAP on your EBT card, you can get $2 in Health Bucks, up to $10 per day. Health Bucks are available year-round at NYC farmers’ markets that accept EBT. Find out more by visiting https://www.nyc.gov/site/doh/health/health-topics/health-bucks.page.

Other resources may be available in your county! Contact your local Cornell Cooperative Extension office to learn more.

https://cals.cornell.edu/cornell-cooperative-extension/local-offices