Together we strive to:

- **ENHANCE** the health of nutritionally at-risk New Yorkers
- **IMPROVE** nutrition knowledge and food skills
- **PROMOTE** use of farmers’ markets by WIC families and low-income seniors
- **SUPPORT** New York farmers selling fresh produce at farmers’ markets
- **EXPAND & DIVERSIFY** New York State fruit and vegetable production
- **PROMOTE** farmers’ markets for sustainable and vibrant communities

Visit a market in your area

Please call your local Extension office for updated market locations and schedules.

Or visit NYS Agriculture and Markets for market listings in your area: https://data.ny.gov/en/browse?q=farmers+markets

Additional resources

Other resources used to buy fresh fruits and vegetables are available at some farmers’ markets.

For information on **Fresh Connect Checks**, go online to: www.FreshConnect.ny.gov

In New York City, learn more about **Health Bucks** at: www.grownyc.org/greenmarket/ebt/healthbucks

For more information

Getting Fresh Food is a SNAP
www.snaptomarket.com

Farmers Market Nutrition Program, NYS Outreach
www.fmnp.nutrition.cornell.edu

NYS Dept. of Agriculture and Markets
http://www.agriculture.ny.gov/

Farmers’ Market Federation of NY
http://www.nyfarmersmarket.com/

HELP FOR SHOPPERS AT
NYS FARMERS MARKETS

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities
Farmers’ Market Consumer Programs in New York

The Basics
There are four government programs that offer low-income shoppers additional resources to buy produce at farmers’ markets.

1. **WIC Farmers’ Market Nutrition Program (FMNP)**

   Eligible pregnant or nursing mothers, infants and children enrolled in the NYS Special Supplemental Nutrition Program for **Women, Infants and Children (WIC)** get checks worth $4 each to buy fresh produce at farmers’ markets.

   To find a local WIC agency, call the **Growing Up Healthy Hotline** at 1-800-522-5006.

2. **Senior Farmers’ Market Nutrition Program (SFMNP)**

   Low-income seniors statewide may be eligible to receive checks worth $4 each to buy produce at farmers’ markets.

   Eligibility is based on age (60 years and older) and income (no more than 185% federal poverty level).

   Senior citizens interested in the SFMNP should contact their local **Office for the Aging** or call the New York State Senior Hotline at 1-800-342-9871.

3. **WIC Vegetable & Fruit Checks (WIC VF)**

   Pregant and breastfeeding women, and children under the age of 5 enrolled in the WIC Program get $8, $10, and $15 checks. WIC VF checks can be redeemed at traditional WIC retailers such as grocery stores and **NOW** can also be used at authorized farmers’ markets.

   To find a local WIC agency, call the **Growing Up Healthy Hotline** at 1-800-522-5006.

4. **Supplemental Nutrition Assistance Program (SNAP)**

   The Supplemental Nutrition Assistance Program (SNAP) provides monthly electronic benefits for purchase of food items at retail food stores and many farmers’ markets, farm stands, and CSA’s.

   Look for the table at your local farmers’ market with the sign that says **Use Your SNAP Card Here**

   Swipe your SNAP card and specify a dollar amount you wish to receive in tokens. Use tokens as cash to purchase products that are SNAP approved.

   For more information about applying for SNAP, contact your local department of social services or call the toll-free hotline at 1-800-342-3009.