

## 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](http://www.FreshConnect.ny.gov)

In New York City, learn more about **Health Bucks** at:

[www.grownyc.org/greenmarket/ebt/healthbucks](http://www.grownyc.org/greenmarket/ebt/healthbucks)

## 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

## For more information

**Getting Fresh Food is a SNAP**

[www.snaptomarket.com](http://www.snaptomarket.com)

**Farmers Market**

**Nutrition Program, NYS Outreach**

[www.fmnp.nutrition.cornell.edu](http://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/>



**Cornell University  
Cooperative Extension**

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

## The Farmers Market Nutrition Program (FMNP) New York State Outreach

*Healthy People, Vibrant Farms and Food-Secure Communities*



# HELP FOR SHOPPERS AT NYS FARMERS MARKETS



**Cornell University  
Cooperative Extension**

[fmnp.nutrition.cornell.edu](http://fmnp.nutrition.cornell.edu)



## 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.

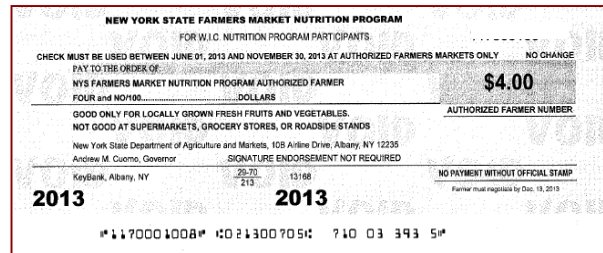
1. **WIC Farmers' Market Nutrition Program (FMNP)**
2. **Senior Farmers' Market Nutrition Program (SFMNP)**
3. **WIC Vegetable & Fruit Checks (WIC VF)**
4. **Supplemental Nutrition Assistance Program (SNAP) benefits** (formerly "Food Stamps")



## 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.

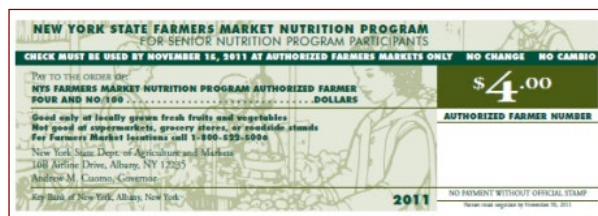


## Senior Farmers' Market Nutrition Program (SFMNP)

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).

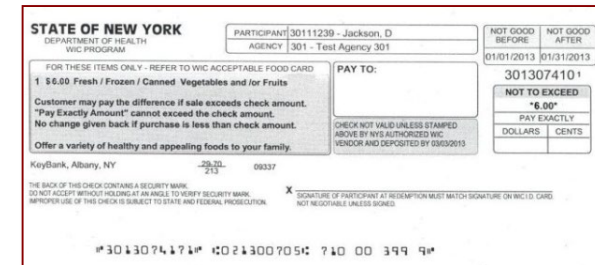
Senior citizens interested in the SFMNP should contact their local **Office for the Aging** or call the New York State Senior Hotline at 1-800-342-9871.



## WIC Vegetable & Fruit Checks Program (WIC VF)

Pregnant 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.



## 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.

