



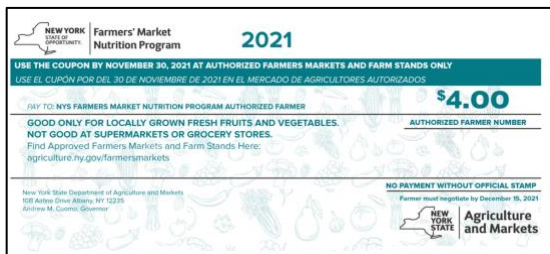
Use resources from these programs to buy locally grown, fresh fruits and vegetables at NYS farmers' markets!

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**, go to agriculture.ny.gov/farmersmarkets and select your county from the drop down list.

Women, Infants, and Children (WIC) participants can get 5 coupons worth \$4 each to buy fresh, locally grown produce at NYS farmers' markets. That is \$20 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 health.ny.gov/prevention/nutrition/fmnp.



Low-income seniors may receive \$4 coupons to buy fresh, locally grown produce at NYS farmers' markets. Eligibility is based on age (60 years and older) and income. Visit aging.ny.gov/local-offices for more information.

Outside of New York City, you can also contact your local Office for the Aging 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**.

Check out the **Cornell Cooperative Extension FMNP outreach website** at 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!

The 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 specify a dollar amount you wish to receive in tokens. Use \$1 tokens as cash to purchase SNAP-approved products. **Visit <https://snaptomarket.com/> to learn more.**



Double Up Food Bucks

Double Up Food Bucks matches every SNAP EBT dollar spent on SNAP-eligible foods at participating farmers' markets across the state. Spend \$1 in SNAP, get \$1 for fresh, local NYS produce! doubleupnys.com

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.

SNAP participants, learn more at agriculture.ny.gov/consumer-benefits-farmers-markets. Veterans and service members, call the New York State Division of Veterans' Services at 1-888-838-7697 or visit veterans.ny.gov/content/freshconnect-checks-veterans-and-families.



CNY Health Bucks

Live in Central New York? CNY Health Bucks help low-income families shop at farmers' markets. Consumers who receive SNAP also get Health Bucks when using EBT dollars at participating markets. foodbankcny.org/nutrition-information/community-food-security

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 about Health Bucks by visiting** <https://www1.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. cals.cornell.edu/cornell-cooperative-extension/local-offices