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](http://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](http://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 NSAP-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](http://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](http://veterans.ny.gov/content/freshconnect-checks-veterans-and-families).

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**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](http://foodbankcny.org/nutrition-information/community-food-security)

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**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](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. calis.cornell.edu/cornell-cooperative-extension/local-offices