

GEORGIA WIC FARMERS MARKET NUTRITION PROGRAM



GEORGIA



Farmers Market Nutrition Program



GEORGIA DEPARTMENT OF PUBLIC HEALTH



What is the Georgia WIC Farmers Market Nutrition Program?

The Georgia Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Farmers Market Nutrition Program (FMNP) makes fresh, nutritious Georgia grown fruits, vegetables and herbs available to program recipients from June through September. Funding for these Farmers' Markets was provided by United States Department of Agriculture

What are the eligibility requirements?

To be eligible for program benefits, you must be enrolled as a WIC participant who is:

- Pregnant, postpartum or breastfeeding woman
- Infant six months of age or older
- Child up to 5 years of age.

What do I receive as an eligible recipient?

- Checks valued at \$30 to purchase fresh produce from your approved WIC farmers market site
- Nutrition education and health information on the benefits of fresh fruits and vegetables
- Suggestions for selecting, preparing and storing fresh fruits and vegetables
- Money-saving tips
- Quick recipes



WIC farmers markets are held each year—beginning June 1 and ending September 30, at participating health departments across the state. You can use your checks at any Georgia WIC FMNP approved farmers market site displaying a Georgia WIC Farmers Market sign. Recipients receive one set of FMNP checks per season.

How do I use my Georgia WIC FMNP Checks?

1. Visit a participating WIC farmers market site near you.
2. Present your WIC ID folder to receive program checks.
3. Choose up to \$30 of eligible produce.
4. Sign your name on the checks.
5. Receive your produce.

Helpful Tips and Reminders

- FMNP checks can only be used to buy produce at Georgia WIC approved farmers market sites.
- Arrive at the farmers' market as early as possible for the best selection.
- If your purchase is more than the value of your FMNP checks, you must pay the difference in cash.
- Use your WIC FMNP check on or before the expiration date.
- Lost, stolen or expired checks cannot be replaced.

What types of produce can I buy at WIC FMNP market sites?

Only fresh, Georgia grown fruits, vegetables and/or herbs may be purchased with WIC FMNP checks at designated market sites. Eligible foods include:

Apples	Corn	Okra	Potatoes, Sweet
Beans, Lima	Cucumbers	Onions	Potatoes, White
Beans, Snap	Eggplants	Peaches	Pumpkin
Beets	Fresh herbs	Pears	Spinach
Blueberries	Grapes	Peas	Squash
Cantaloupe	Muscadines	Peppers, Bell	Strawberries
Cabbage	Mushrooms	Peppers, Hot	Tomatoes
Carrots	Mustard Greens	Peppers, Sweet	Turnip Greens
Collards	Nectarines	Plums	Watermelon

ITEMS ON THIS LIST, AND ANY OTHER GEORGIA GROWN FRUIT OR VEGETABLE NOT LISTED ABOVE, ARE SUBJECT TO AVAILABILITY BASED ON YOUR LOCATION.



GEORGIA GROWN PRODUCE AVAILABLE TO PROGRAM PARTICIPANTS JUNE 1 THROUGH SEPTEMBER 30.

Health Benefits of Eating Fruits & Vegetables

Fruits and vegetables can:

- Give you and your child more energy
- Add color, flavor and a variety of vitamins to your diet
- Lower your risk of getting heart disease, cancer or other health-related conditions
- Help you maintain a healthy weight

Contact us at:

Georgia Department of Public Health
Georgia WIC Farmers Market Nutrition Program
2 Peachtree Street, N.W., 10th Floor
Atlanta, Georgia 30303

CUSTOMER SERVICE HOTLINE:

PHONE: (404) 657-2900

866-814-5468 (toll free in Georgia)

EMAIL: Farmers.Market@dph.ga.gov



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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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