



What is the WIC and Senior Farmers' Market Nutrition Program (FMNP)?

The purpose of the FMNP is:

- To provide fresh fruits, vegetables and herbs from farmers' markets to women, children and seniors at nutritional risk.
- Expand awareness and use of farmers' markets through increased sales.

In Illinois, the FMNP operates during the summer season.



Who can participate in FMNP?

- Eligible WIC Program Participants - Pregnant, Postpartum, Breastfeeding women, and children 1-5 years of age.
- Eligible seniors who are 60+ years old and who have household incomes of not more than 185 percent of the federal poverty income guidelines.

For more information contact the Illinois WIC and Senior Farmers' Market Nutrition Program (FMNP):

Monday - Friday during business hours
1-217-782-2166

For our office locator, visit our website at:

www.dhs.state.il.us

If you have questions about any Illinois Department of Human Services (IDHS) programs, you may call the automated helpline 24 hours a day at:

1-800-843-6154

1-866-324-5553 TTY



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Illinois WIC and Senior Farmers' Market Nutrition Program (FMNP)



**A Guide for
Participants
and Farmers**





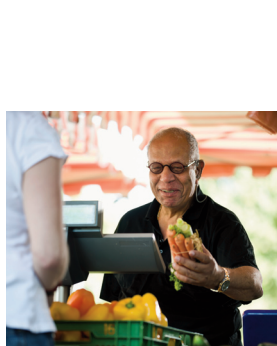
FMNP benefits farmers

- Supports local agriculture by increasing sales at farmers' markets.
- Promotes growth of family farms by creating a market for fresh fruits, vegetables and herbs.
- Encourages growth of more varieties of fruits and vegetables.



FMNP benefits participants

- Provides participants with a chance to improve their health by eating tasty and nutritious fresh fruits and vegetables.
- Introduces participants to farmers' markets and teaches them to select and prepare many different kinds of locally grown produce.



How do you use your FMNP checks?

- Checks can be used during the summer season.
- Not all vendors take FMNP checks. Look for signs showing which stands accept FMNP checks.
- If you are unable to get to the market your proxy may use the FMNP checks. Please contact your agency to check on your proxy status.
- Lost or stolen FMNP checks cannot be replaced.
- No change can be given so be sure to use the full amount of your checks.
- If you go over the amount you must pay the difference.
- Sales tax cannot be charged or be a part of the price you pay for your FMNP produce.
- Only eligible foods may be purchased with your FMNP checks.



Eligible foods for purchase with FMNP checks include:

Fresh Vegetables

Artichokes	Mushrooms
Asparagus	Okra
Beans (all fresh varieties)	Onions
Beets	Parsley Root
Bok Choy	Parsnip
Broccoli	Peas
Brussels Sprouts	Peppers
Cabbage	Potatoes (all varieties)
Carrots	Pumpkins (edible)
Cauliflower	Radishes
Celeriac	Rhubarb
Celery	Rutabagas
Corn	Scallions
Cucumbers	Shallots
Eggplant	Spinach
Fennel	Sprouts
Garlic	Squash
Greens	Sunchokes
Herbs (edible)	Swiss Chard
Horseradish	Tomatoes
Kale	Turnips
Kohlrabi	Tomatillos
Leeks	Watercress
Lettuce	Zucchini

Fresh Fruits

Apples	Melons
Apricots	Nectarines
Berries	Peaches
Cantaloupe	Pears
Cherries	Persimmons
Currants	Plums
Grapes	Rhubarb

Other Items Allowed

Cut Herbs	Honey (Seniors Only)
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Items Not Allowed

Popcorn	Any processed food item such as:
Nuts	
Dried beans/peas	
Potted Plants/Herb Plants	
Eggs	
Flowers	
Ornamental	
Pumpkins/Gourds/Corn	
	Jellies/Jams
	Juices/Cider
	Canned Vegetables
	Baked goods
	Fruit pies