



HEALTHY FOOD & NUTRITION TIPS
A COMMUNITY OF EXPERTS & PEERS TO SUPPORT YOU
BREASTFEEDING SUPPORT

Public Health 
Seattle & King County

Public Health Seattle &
King County WIC

WIC Farmers Market Nutrition Program

PHSKC WIC Administration, FMNP Lead: Lindsay Irion, RDN, CD



WIC Eligibility



WIC Food Benefits



WIC Farmers Market Shopping



WIC Eligibility



WIC Benefits



WIC Farmers Market Shopping and eFMNP

Who is Eligible for WIC?

Individuals can be eligible for WIC if they meet all three criteria below:

1. Live in Washington state
2. Meet the income guidelines
3. Currently in one of the following stages of life:
 - a. Pregnant
 - b. Breastfeeding a child under 1 year old
 - c. Pregnant in the past 6 months
 - d. Child under five years of age

kingcounty.gov/wic

[HOME](#) / [PUBLIC HEALTH - SEATTLE & KING COUNTY](#) / [PREGNANCY AND CHILD SUPPORT](#) / [WIC - WOMEN'S, INFANTS, AND CHILDREN](#)

WIC - Women, Infants, and Children

WIC helps families get healthy food and a whole lot more.

WIC is for pregnant individuals, new and breastfeeding moms, and children under age 5. WIC supports mothers and children through healthy foods, nutrition education, breastfeeding support, and connections to additional resources and programs like [First Steps](#).

How to apply for WIC

Public Health offers WIC information and services at locations across King County. Home or off-site visits are also available.

Call us for an appointment at a location near you [206-263-9300](tel:206-263-9300).

Is my family eligible?

Qualifications to be eligible for WIC:

- You live in Washington state; and
- Have a medical or nutrition need; and

Welcome to Washington WIC services

Welcome to Washington WIC

Seattle and King County's Supplemental Food Program for Women, Infants and Children



Watch on  YouTube

Washington State Department of Health



www.kingcounty.gov/wic



WIC Eligibility



WIC Food Benefits



WIC Farmers Market Shopping and eFMNP

WIC foods meet the special nutritional needs of pregnant, breastfeeding and postpartum moms, infants, and children up to 5 years old. WIC supports successful, long-term breastfeeding.

[Baby Food](#)

[Breakfast Cereal](#)

[Canned Beans](#)

[Cheese](#)

[Dried](#)

[Beans/Peas/Lentils](#)

[Eggs](#)

[Fish](#)

[Fruits and Vegetables](#)

[Infant Formula](#)

[Juice for Children](#)

[Juice for Women](#)

[Milk](#)

[Peanut Butter](#)

[Soy Beverage](#)

[Tofu](#)

[Whole Grain Choices](#)

[Yogurt](#)





WIC Eligibility



WIC Benefits



WIC Farmers Market Shopping



NEW! Two Types of WIC Fruit & Vegetable Benefits

Summer Farmers Market Benefits (aka FMNP)

Shows as **Fruit and Veg – FMNP** in the My Benefits section of the WICShopper App.

You can only use these benefits at the authorized farmers markets and farm stores with the WIC QR Code.

The FMNP benefits are added to your WIC card one time for the season (June 1 – October 31).



Monthly Fruit and Vegetable Benefits (aka CVB)

Shows as **All Fruit Veg - WIC** in the My Benefits section of the WICShopper App.

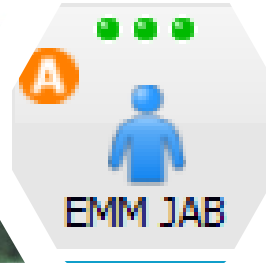
You can use these benefits at the grocery store with your WIC Card **and** at authorized farmers markets and farm stores with the WIC QR code.

Use benefits during your monthly benefit period (First Date to Spend to the Last Date to Spend).





Who is eligible for summer Farmers Market benefits?



WIC Participants in the following categories are eligible to receive summer Farmers Market benefits:

- Pregnant
- Breastfeeding (before infant's first birthday)
- Non-breastfeeding Postpartum
- Child

Participants must be in the "active" status to receive summer Farmers Market benefits.



Who is eligible for monthly Fruit & Vegetable benefits?



WIC Participants in the following categories are eligible to receive monthly Fruit and Vegetable benefits:

- Pregnant
- Breastfeeding (before infant's first birthday)
- Non-breastfeeding Postpartum
- **Infants 9-11 months old (NEW!)**
- Child

Participants must be in the "active" status to receive monthly food benefits.

How will participants receive their QR Code?

WICShopper
WIC shopping, simplified.

Scan Barcode Key Enter UPC My Benefits

Purchase History **QR Code** Infant Formula

Farmers Market Nutrition Program Cooking Matters Yummy Recipes

Public Health
Seattle & King County
Nutrition Services
401 Fifth Avenue, Suite 1000
Seattle, WA 98104
Do not forward - Return to sender

SAVE THIS CARD TO USE WIC BENEFITS AT LOCAL FARMERS MARKETS!

WIC QR Code

Save the QR code below multiple ways to make sure you have it when it is time to shop at your local WIC-Approved Farmers Market or Farm Store!

- Cut out a wallet card following the dotted lines.
- Take a picture of the QR code to save on your phone.
- E-mail a picture of the QR card to yourself.

WIC QR Code

www.kingcounty.gov/wic/farmers-markets
Fresh Fruits • Fresh Vegetables • Fresh Cut Herbs

The WIC QR Code in the lower left section has been created just for you. It only works if a family has an active WIC account, and can only be used at WIC-Approved Farmers Markets and Farm Stores if there are benefits labeled "Fruit and Veg - FMNP" or "All Fruit & Veg - WIC" in a family's WIC benefit balance. For questions about program eligibility and benefits, contact your local WIC office or visit us at www.kingcounty.gov/wic.

Eligible WIC participants can get **Farmers Market Benefits** loaded into their WIC account at designated events this summer. To see the dates and locations of these Farmers Market and WIC Clinic events, visit our website.

www.kingcounty.gov/wic/farmers-markets

ID and WIC Card required to receive benefits at events.
WIC Farmers Market Benefits are available on a first come, first serve basis.

See this poster in other languages:
• Spanish and Tagalog poster. Encuesta en español y en tagalo.
• Korean poster. 한국어. 한국어 및 한국어로 된 QR 코드 및 영어 언어의 사용.
• Vietnamese poster. QR code để xem thông tin bằng tiếng Việt.
• Arabic poster. QR code to see information in Arabic.
• Gujarati poster. QR code to see information in Gujarati.

Visit our website for more information.
This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn't discriminate.

Participants can find Farmers Market info on our Website.

Desktop Site

WIC shopping at the farmers market

Starting June 1, 2023, WIC families can use their new WIC QR code to [spend summer Farmers Market benefits and monthly Fruit and Vegetable benefits](#) at approved farmers markets and farm stores.

Market benefits?

QR code to spend summer Farmers Market benefits at approved farmers markets and farm stores.

Mobile Site

WIC shopping at farmers market

Starting June 1, 2023, WIC families can use their new WIC QR code to [spend summer Farmers Market benefits and monthly Fruit and Vegetable benefits](#) at approved farmers markets and farm stores.

Farmers Market benefits

[Farmers Market benefits](#) are available during the summer only. This is a special one-time benefit that can be added to your WIC account once for the season (June 1 – October 31).

Eligible WIC participants can receive \$28 Market benefits, with a maximum of \$84.

Is my family eligible?

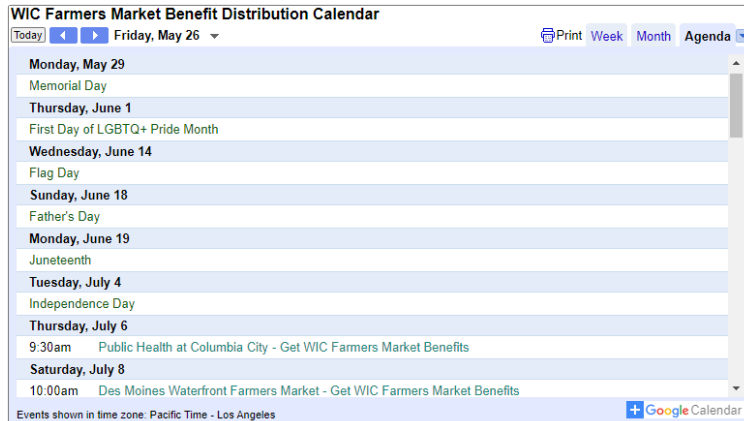
www.kingcounty.gov/wic/farmers-markets

Information available in English, Spanish, Somali, Vietnamese, Dari, and Russian.

You will find:

- General WIC Farmers Market Info and links
- How can I access my Farmers Market benefits?
- How to shop with WIC benefits at the Farmers Market
- How to get QR code Help

Summer Farmers Market Benefit Issuance Events



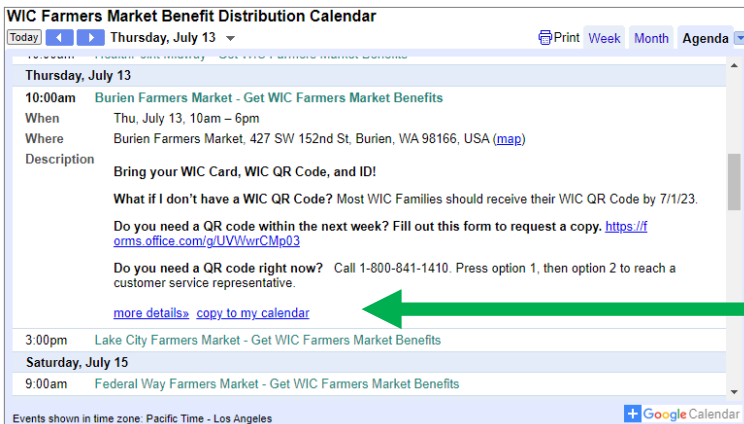
Limited funding provides enough summer Farmers Market benefits for approximately one-third of eligible WIC participants.

To have the best chance at getting summer Farmers Market Benefits PHSKC WIC participants can attend any Farmers Market Benefit Distribution event.

Summer Farmers Market Benefits will be issued at our distribution events on a first come, first serve basis.

There is no guarantee that there will be benefits available to all eligible participants.

WIC Participants can view our WIC Farmers Market Benefit Distribution Calendar on our updated PHSKC WIC Farmers Market Webpage.



Participants can see key information about Farmers Market Distribution events and copy the events to their personal calendar. Events saved to a personal calendar will generate automated reminders the upcoming events.

www.kingcounty.gov/wic/farmers-markets

Know Where to Shop

The [WIC Shopper App](#) has been updated to provide helpful information.

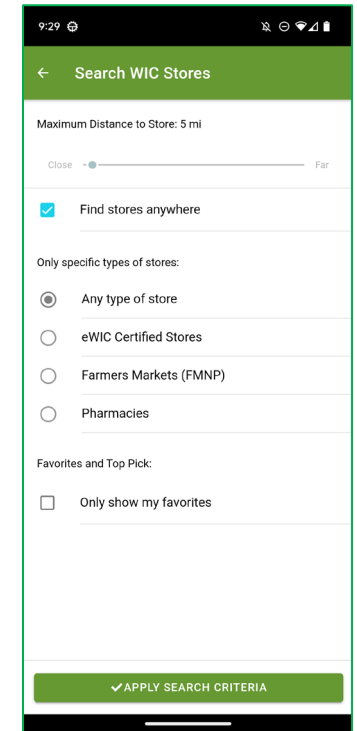
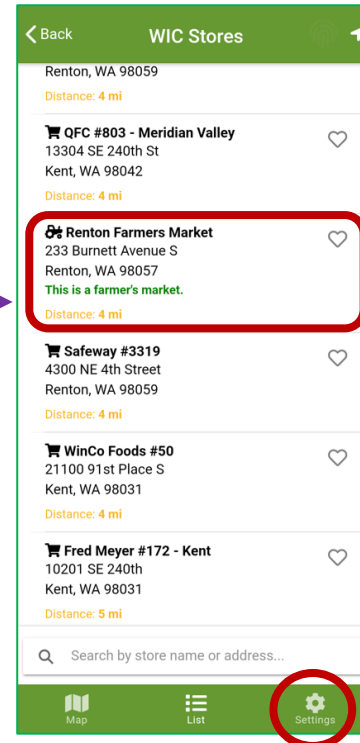
General Farmers Market Information can be found in English and Spanish by clicking the banner at the bottom of the WIC Shopper App screen.



Farmers Market locations are now integrated into the WIC Stores directory.



Use the settings in the WIC Stores screen to customize your search for different types of stores and locations.



When you see this sign at a farmers market vendor both or farm store, you'll know you can buy fresh, locally grown fruits and vegetables using your WIC benefits.



Know What to Buy

Locally grown produce only

Fresh fruits
Fresh vegetables
Fresh cut herbs



Know What NOT to Buy

Prepared Food
Non-food Items

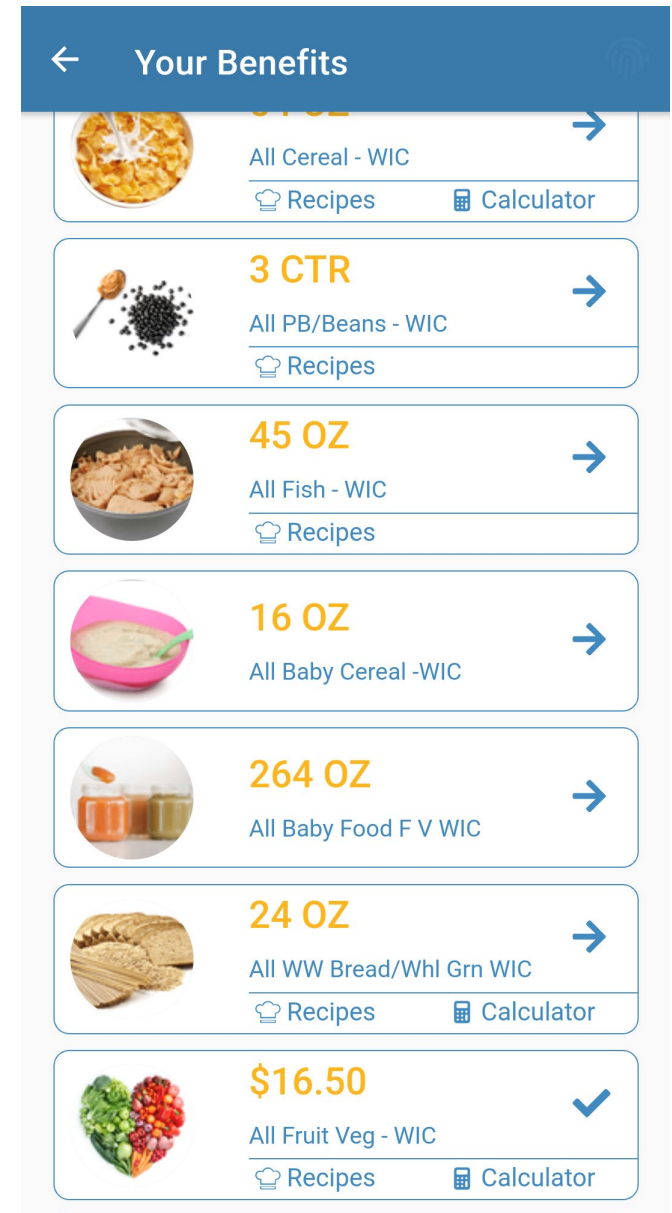
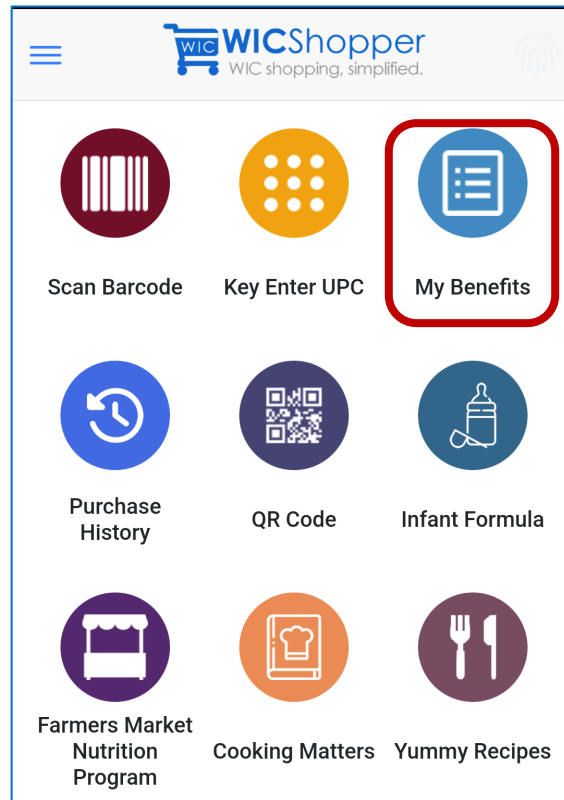
Honey
Dried fruits
Dried vegetables
Eggs
Milk
Meats
Seafood
Nuts or seeds
Jams
Flowers
Potted plants
Baked goods
Dried herbs



Know How Much to Spend

Monthly Fruit and Vegetable benefits vary depending on the number and category of participants in a family.

Look at the WICShopper App, under “My Benefits” to see your "Fruit and Veg- FMNP" and “All Fruit Veg – WIC” benefits.





HOW TO USE YOUR WIC QR CODE AT AUTHORIZED FARMERS MARKETS AND FARM STORES

Your monthly fruit and vegetable benefits and the Farmers Market Nutrition Program (FMNP) benefits can be used with the WIC QR code. Please visit the [WIC Fruits and Vegetables](#) and the [Farmers Market Nutrition Program](#) webpages.

Take the following steps to use your WIC QR code:



STEP 1

Find an authorized WIC farmers market or farm store.

TIP Check your WICShopper app or see a list on the [FMNP webpage](#).



STEP 2

Make sure you have your WIC QR code.

TIP Take a picture of your QR code with your phone and use it at the farmers market or farm store.



STEP 3

Select your fruit and vegetables.

TIP Look for growers displaying this sign!



STEP 4

The grower will scan your QR code with their mobile device and enter in the amount of the purchase.



STEP 5

Verify the amount of your purchase and enter in your WIC card 4-digit PIN.

TIP FMNP benefits will be used first before your WIC fruit and vegetable benefits!
Note: If you don't have enough benefits to cover your purchase, you can pay with another method or choose not to buy as much.

HELP Contact Cascades Support at 1-800-841-1410, extension 3, select 2



DOH 964-024 April 2023 | To request this document in another format, call 1-800-841-1410. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email WIC@doh.wa.gov.



CÓMO UTILIZAR SU CÓDIGO WIC QR EN MERCADOS AGRÍCOLAS Y TIENDAS RURALES AUTORIZADAS

Sus beneficios mensuales de frutas y verduras y los beneficios del Programa de Nutrición de Mercados Agrícolas (FMNP) se pueden utilizar con el código QR de WIC. Por favor visite el sitio web de [Frutas y Verduras WIC](#) y el [Programa de Nutrición en Mercados Agrícolas](#) de WIC.

Tome los siguientes pasos para utilizar su código QR de WIC:



PASO 1

Encuentre un mercado de agricultores o una tienda rural WIC autorizados.

CONSEJO Consulte su App WICShopper o vea una lista en la página web del [FMNP](#).



PASO 2

Asegurese de tener su código QR de WIC.

CONSEJO Tome una foto de su código QR con su teléfono y utilícelo en mercados agrícolas y tiendas rurales autorizadas.



PASO 3

Seleccione sus frutas y verduras.

CONSEJO ¡Busque los productores que exhiban este cartel!



PASO 4

El productor escaneará su código QR con su dispositivo móvil e ingrese el monto de la compra.



PASO 5

Verifique la cantidad de su compra e ingrese su PIN de 4-dígitos de su tarjeta WIC.

CONSEJO ¡Los beneficios FMNP se utilizaran primero antes que sus beneficios de frutas y verduras de WIC! **Nota:** Si no tiene beneficios suficientes para cubrir su compra, puede pagar con otro método u optar por no comprar tanto.

AYUDA Contacte Cascades Support al 1-800-841-1410, extensión 8, seleccione 3



DOH 964-024 April 2023 | Para solicitar este documento en otro formato, llame al 1-800-841-1410. Clientes sordos o con problemas de audición, favor de llamar al 711 (servicios de relé de Washington) o envíe un correo electrónico a WIC@doh.wa.gov.

For Help with the WIC QR code:

- Call 1-800-841-1410, Press 3, then press 2

To Check Your Benefit Balance at the Farmers Market or Farm Store:

- Use WICShopper App
- Call the WIC Card Line (1-844-359-3104) listed on the back of WIC Card.





QUESTIONS?



Thank you!

Lindsay Irion, RDN, CD

WIC Administration

Public Health – Seattle & King County

Lindsay.irion@kingcounty.gov

(206) 477-0578

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Washington WIC doesn't discriminate.