





# 2023 WIC “Fruit & Vegetable Benefits”



The WIC and Senior Farmers Market Nutrition Program (FMNP) season ends on October 31. This year, for the first time, WIC shoppers can continue shopping with a second benefit called WIC “Fruit & Vegetable Benefits” (also called “Cash Value Benefits”). This means WIC shoppers can still use their QR code and PIN to shop at your harvest, holiday, fall, winter, and year-round farmers markets and farm stands.

## What’s the Difference between WIC FMNP and WIC Fruit and Vegetable Benefits?

	WIC Farmers Market Nutrition Program (FMNP)	WIC Fruit & Vegetable Benefits
<b>Growers’ Booth Signs</b>	 <p>This is the sign Growers are required to post at their booth from June 1 to Oct 31.</p> <p>This sign is for both the WIC &amp; the Senior FMNP. Seniors are able to buy honey and get \$80 per season.</p>	 <p>This is new in 2023 and created by the WSFMA.</p> <p>Please post in your booth from November 1 to May 31. (Or until the Dept of Health creates a new one.)</p>
<b>When benefits can be used?</b>	June 1 to October 31	All year! However, benefits do expire each month.
<b>Where can benefits be used?</b>	With growers that are authorized by FMNP and selling at Farmers Markets and Farm Stands that are authorized to accept FMNP by the Dept of Health.	Grocery stores and, for the first time in 2023, with growers that are authorized by FMNP at authorized Farmers Markets
<b>What can people buy?</b>	Fresh fruits, vegetables, and cut herbs	Fresh fruits, vegetables, and cut herbs
<b>How much are benefits?</b>	\$28 per farmers market season for up to 3 people per family or \$84 (June 1 to Oct 31).	\$26 and up per month, depending on family  In FFY2024, per month, families may receive \$26.00 for children (1-5 years old); \$47.00 for pregnant and postpartum participants; \$52.00 for breastfeeding participants; \$78 for pregnant and breastfeeding with multiples (twins, etc.).
<b>How much was redeemed in WA in 2022?</b>	WIC FMNP = \$440,076	WIC Fruits and Vegetables = \$24,205,599
<b>Who gets these benefits?</b>	Women who are participating in the Women, Infants, Children (WIC) program <i>and</i> request to receive FMNP.  Only ~30% of all WIC participants receive FMNP. WIC participants with WIC FMNP <i>also get</i> the Fruit and Vegetable Benefits.	<u>All</u> women who are participating in the Women, Infants, Children (WIC) program.  In 2022, there were 53,840 women in Washington participating in WIC. 141,815 infants and children also benefited.
<b>How do people redeem WIC benefits at a farmers market booth?</b>	By using a QR code and PIN.  The QR code is new in 2023 and replaced the paper \$4.00 checks. The QR code may be on the WICShopper app or a sticker that is on their eWIC card (or wherever they saved it).	By using a QR code and PIN.  The QR code may be on the WICShopper app or a sticker that is on their eWIC card (or wherever they saved it).
<b>How do growers get their money?</b>	Money from WIC FMNP sales is deposited into the Growers bank account once a week.	Money from WIC Fruit and Vegetable Benefits is deposited into the Growers bank account once a week.

## What does WIC FMNP and WIC Fruit and Vegetable Benefits look like?

To growers at farmers markets, they look exactly the same. To WIC participants, their QR code may be on a physical card, piece of paper, photo, or on a smart device using the WICShopper app.

e-WIC card



e-WIC card with a QR code

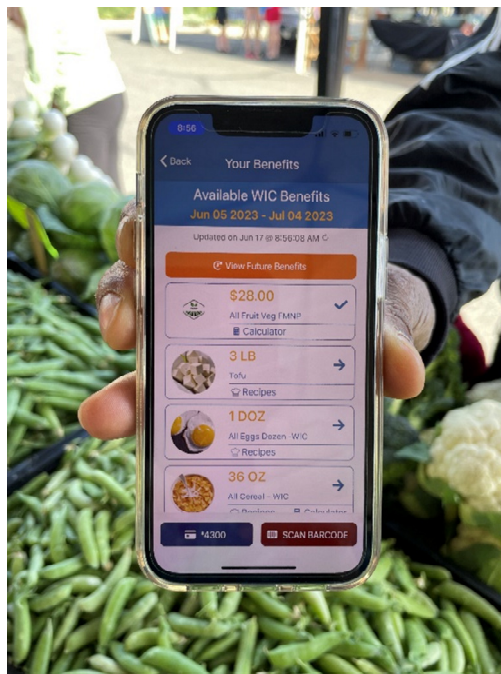


WIC participants were mailed or picked up stickers with their QR code. They could put the sticker anywhere they wanted.

### The WICShopper App



Lots of "how to" info available by clicking Farmers Market Nutrition Program.



## Which Farmers Markets are Accept FMNP?

There are currently around 135 farmers markets authorized to accept FMNP. You can search for farmers markets by "Payment Type" at [www.FindAMarket.com](http://www.FindAMarket.com), pick up a WSFMA Farmers Market Directory, or visit the Washington State Department of Health listing at <https://doh.wa.gov/you-and-your-family/wic/farmers-market/wic-fmnp-wic-participants>.

## More Information?

- Please visit the WSFMA's website and look for the Food Access and Farmers Market Nutrition Program webpages: [www.wafarmersmarkets.org](http://www.wafarmersmarkets.org)
- Washington State Department of Health also has information online or please contact:



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