

# FOOD ACCESS AT FARMERS MARKETS

## “WIC and Senior FMNP” Farmers Market Nutrition Program



FMNP helps low-income shoppers buy fresh (unprocessed) fruits and vegetables or cut herbs. Seniors can also buy honey.

The FMNP “season” is June 1 to October 31. Benefits expire each year.

Shoppers do not have to go to the Information Booth; they can buy directly from any authorized grower at a farmers market or authorized farm stand.

In 2023, the \$4.00 checks were replaced with a QR code that growers would read with their smart device.

For help and to sign up for a monthly FMNP e-newsletter, contact the FMNP Team at [FMNPTeam@doh.wa.gov](mailto:FMNPTeam@doh.wa.gov)



### Farmers Markets

Farmers markets are authorized by DOH on a 3-year cycle (2024-2026). Markets help growers and shoppers; they may also work with WIC and Senior partners.



### Growers

Growers apply to DOH on a 2-year cycle (2023-2024). They must use the WIC Direct Vendor Portal (a mobile website) to read the QR code.



### Shoppers

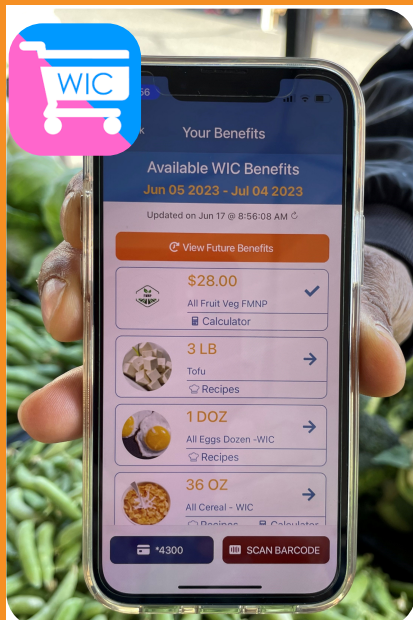
WIC participants and Seniors must sign up every year. People with WIC can ask to get FMNP at their local clinic. Seniors sign up through a mix of local agencies that work with seniors.

## Senior FMNP

Low-income seniors sign up with a local senior agency and get a “SFMNP” card with a QR code on it. (SFMNP cards from 2023 can be reused in 2024.) Once the benefits are activated, they have \$80 to buy shop at farmers markets from June 1 to October 31. Many seniors need help with their PIN and checking their balance.



Download the new Senior FMNP app by searching for “SFMNP app”. After installing, select Washington and enter card info.



## Women, Infants & Children (WIC) FMNP

In 2024, WIC participants get \$30 per person up to \$90 per household. They request FMNP from their WIC clinic. The FMNP QR code can be on the WIC Shopper app, an e-WIC card, or photo. Season is June 1 to October 31.



## “Fruit & Vegetable Benefits” for all WIC

Whereas only some WIC participants get FMNP, all WIC participants get “Fruit & Vegetable Benefits” of \$26 or more each month. New in 2023, they can use the QR code to spend “Fruit & Vegetable Benefits” with FMNP growers at farmers markets. And this is available year-round; there is no “season” like FMNP.

