

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

In Virginia, we call it *Farm Market Fresh!*

Virginia's *Farm Market Fresh* program helps WIC families get fresh, tasty, and nutritious locally grown fruit, vegetables, and cut herbs. The program also supports local farmers and farmers' markets in Virginia.



Who is eligible? WIC families who are served by the following WIC Clinics:

Central Shenandoah Health District	Augusta/Staunton Health Department 1414 North Augusta Street, P.O. Box 2126 Staunton, VA 24402-2126
Central Virginia Health District	307 Alleghany Avenue Lynchburg, VA 24501
Chesapeake Health Department	South Norfolk WIC Office 490 Liberty St., Ste. A Chesapeake, VA 23324
	Chesapeake City Health Center 748 Battlefield Boulevard, North Chesapeake, VA 23320
Cumberland Plateau Health District	Russell County Health Department 75 Rogers Ave. Lebanon, VA 24266
	Tazewell County Health Department 253 Chamber Dr. Tazewell, VA 24651
	Dickenson County Health Department 334 Brush Creek Rd. Clintwood, VA 24228
Lenowisco Health District	Wise Co. Health Department 134 Roberts St, SW Wise, VA 24293
Mount Rogers Health District	Wythe County Health Department 290 S 6 th Street Wytheville, VA 24382
	Grayson County Health Department 186 W Main Street Independence, VA 24348
Pittsylvania/Danville Health District	Danville Health Department 326 Taylor Drive Danville, Virginia 24541
	Pittsylvania Co. Health District 200 H.G. McGee Drive Chatham, Virginia 24531
West Piedmont Health District	Patrick County Health Department 106 Rucker St.; Suite 123

	Stuart, VA 24171
	Henry-Martinsville Health Department 295 Commonwealth Blvd. Martinsville, VA 24112

What is provided?

- You will receive \$30.00 worth of checks per eligible WIC participant good for the current growing season.
- Each check is worth \$5.00 and may be used to purchase fresh, in-season fruit, vegetables, and cut herbs grown by *Farm Market Fresh* authorized farmers at participating farmers’ markets. *Please note: change cannot be given if the entire \$5 is not used.

What is in season? Locally grown Virginia produce www.viriniagrown.com

Farm Market Fresh checks are issued for the summer growing season and must be spent during the months of June through November, depending on availability of produce.

Farm Market Fresh checks are used only for typical fruit and vegetables that **authorized farmers** grow in Virginia and may be found at Virginia’s farmers’ markets in a normal season, such as those listed below. The varieties, volume, and quality of available produce may vary depending on the weather and other factors.

VEGETABLES

- Broccoli
- Cabbage
- Cucumbers
- Eggplant
- Greens
- Green beans
- Green peppers
- Lima beans
- Mushrooms

- Pumpkins
- Spinach
- Squash
- Sweet corn
- Sweet potatoes
- Potatoes

FRUIT

- Apples
- Blackberries

- Cantaloupe
- Nectarines
- Peaches
- Pears
- Strawberries
- Tomatoes
- Watermelons



OTHER PRODUCE

- Fresh cut herbs

ITEMS NOT ELIGIBLE

- Items that you may NOT purchase with the *Farm Market Fresh* checks include:
- produce that is not locally grown such as oranges, bananas, and pineapples
 - processed foods such as honey, maple syrup, cider, nuts, meat, bread, and cheese
 - non-food items such as flowers and plants, dried herbs or teas

For More Information, contact:

Virginia Department for Aging & Rehabilitative Services – Div. for Community Living
1610 Forest Avenue, Suite 100
Henrico, VA 23229
Toll-free: 1-800-552-3402 or Richmond: 804-662-9319

Email Coordinator: kelly.wright@dars.virginia.gov

Web Site: www.vda.virginia.gov

Virginia Department of Health – Division of Community Nutrition

109 Governor Street, 9th Floor
Richmond, VA 23218-2448
Tel: (804) 864-7800

Virginia Department of Agriculture and Consumer Services

Sales and Market Development
102 Governor Street
Richmond, VA 23219
Phone: 804-786-2373

Web Site: www.vdacs.virginia.gov

United States Department of Agriculture, Food & Nutrition Service

Mid-Atlantic Regional Office (MARO)
300 Corporate Blvd.
Robbinsville, NJ 08691-1518
Phone: 609-259-5122

Web Site: <http://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program-fmnp>

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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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