



## WIC Farmers' Market Nutrition Program

Categories : [Food](#)

The following information is excerpted from the “WIC Farmers’ Market Nutrition Program” at the U.S. Department of Agriculture website, <http://www.fns.usda.gov/fmnp>.

### WHAT IS THE WIC FARMERS’ MARKET NUTRITION PROGRAM?

The WIC Farmers’ Market Nutrition Program (FMNP) is federally funded and linked directly to WIC, the Special Supplemental Nutrition Program for Women, Infants and Children. (WIC is administered by the Connecticut State Department of Public Health and provides free supplemental foods, health care referrals and nutrition education to low-income women, infants and children.) The WIC FMNP is administered by the [Connecticut Department of Agriculture](#) and has two basic goals:

- to make locally grown fresh fruits and vegetables available to women, infants and children who are nutritionally at risk, and
- to expand the awareness of farmers’ markets and support of local farmers.

### WHO IS ELIGIBLE?

- Pregnant women or
- Postpartum women up to six months or
- Infants and children up to their fifth birthday and
- Income at or below 185% FPL and
- Must be at medical or nutritional risk and
- Must be certified to receive WIC program benefits or on a waiting list for WIC certification.

### HOW DOES THE PROGRAM OPERATE?

WIC FMNP coupons are issued to eligible families by their local WIC agency. FMNP coupons can only be used at authorized farmers’ markets and only for fresh fruits, vegetables, and cut herbs from state certified farmers’ market vendors. Nutrition education is provided to FMNP recipients by the local WIC agency to encourage them to improve and expand their diets by adding fresh fruits and vegetables and to advise them in preparing the foods that are bought with their FMNP coupons.

### HOW TO APPLY:

Coupons are issued to WIC participants. For further information contact your local [WIC office](#).

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*SOURCES: U.S. Department of Agriculture; Connecticut Department of Agriculture; Connecticut Department of Public Health*

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*CONTENT LAST MODIFIED: April2019*