

Using Your Farmers' Market Checks Where to Use Your Checks

- Each check is worth \$10.00.
- You must spend the entire check with one farmer.
- · Farmers cannot give back change.
- Checks can only be used to purchase eligible foods from WIC authorized farmers.
- Farmers cannot accept FMNP checks that are torn, damaged or missing a serial number.
- If your purchase costs more than the value of the check, pay the extra amount in cash or another form of payment.

Use your checks by November 30!

Only WIC authorized farmers can accept FMNP checks. Look for the WIC sign posted in the farmer's booth.



Use your Farmers' Market checks at any WIC Authorized Farmers' Market. They cannot be used at grocery stores.

To find a local WIC authorized farmers' market:

- Ask your WIC local agency for a list.
- Use the free CA WIC app on your smart phone.
- Go to wicfarmers.ca.gov
- Visit MyFamily.WIC.ca.gov

Keep Your Checks Safe

- Treat your checks like cash.
- Lost or stolen checks will not be replaced. Please report lost or stolen checks to your WIC Local Agency.

Buy Fresh. Buy Local.

Cannot Buy:

Can Buy:

- Fresh Fruits
- Fresh Vegetables
- Cut Edible Herbs

(Organic is allowed)

- **X** Honey
- X Eggs
- **X** Nuts
- **X** Flowers
- X Baked Goods
- X Processed Foods
- **★** Dried Fruits (including raisins)
- **X** Plants
- X Meat/Fish

Fruit and Vegetables are great! They...

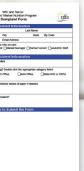
- Can be eaten anytime.
- Make a healthy snack.
- Are low in calories.
- Are rich in vitamins, minerals, and anti-oxidants.
- Add color, texture, and appeal to every meal.
- Provide fiber to help lower cholesterol, prevent constipation, and control blood sugar.

Questions or Concerns?

If you feel that you have been treated unfairly, you can file a complaint form with the California Department of Health WIC Division.

Visit wicfarmers.ca.gov to access the complaint form.







California Department of Public Health, California WIC program

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1-800-852-5770 | MyFamily.WIC.ca.gov Rev 05/24

