

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

If you are **enrolled in WIC**, or if you are a **low-income senior (60 years or older)**, you may be eligible for FMNP! Eligible New Yorkers can receive several \$5 coupons to buy fresh, locally grown fruits and vegetables at participating farmers' markets, farm stands, and mobile markets.

For WIC questions, visit [health.ny.gov/prevention/nutrition/wic/](https://health.ny.gov/prevention/nutrition/wic/) or call the Growing Up Healthy Hotline at 1-800-522-5006.

Seniors interested in FMNP should contact their local Office for the Aging [aging.ny.gov/](https://aging.ny.gov/) or call the New York State Senior Hotline at 1-800-342-9871.

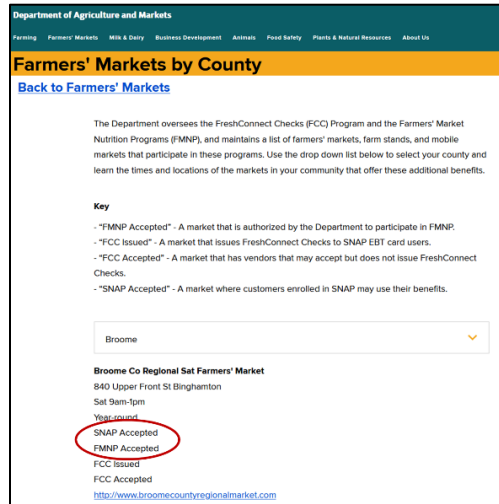
You can also visit the NYS Department of Agriculture and Markets website at [agriculture.ny.gov/farmersmarket](https://agriculture.ny.gov/farmersmarket) for more information!

## **How to Use Your Farmers' Market Nutrition Program Coupons**

### **Where do I use FMNP coupons?**

- At New York State farmers' markets, farm stands, and mobile markets participating in FMNP.
- You can ask your local WIC agency or senior center for information about participating markets.

- Markets are also listed online at [agriculture.ny.gov/farming/farmers-markets](http://agriculture.ny.gov/farming/farmers-markets). Use the dropdown list to search by county. Look for “FMNP accepted” to know if the market accepts FMNP coupons.



## Can I use FMNP coupons at any vendor in the market?

- Not every farmer or vendor at the market will accept FMNP coupons. Look for farmers with the sign that says, “We Gladly Accept New York State Farmers’ Market Coupons.” You can also ask the manager at the market to show you which farmers take the coupons.

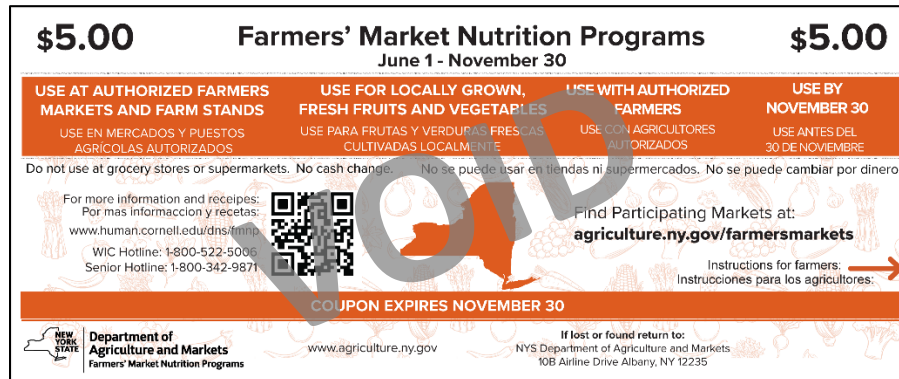


## What can I buy with FMNP coupons?

- You can buy locally grown, fresh vegetables, fruits, and herbs at farmers’ markets in New York.
- You cannot buy tropical or citrus fruits or non-produce items like apple cider, honey, maple syrup, eggs, baked goods, jams and jellies, plants, flowers, or decorative pumpkins and gourds.

## How much are FMNP coupons worth?

- Each coupon is worth \$5.00.



## How do I use the FMNP coupons once I am at the market?

- Find a farmer at the market that accepts FMNP coupons and pick out produce that you would like to buy.
- Pay using the FMNP coupon just like cash. You can combine FMNP coupons and use them with other benefits like SNAP. Farmers cannot give you change, so they may add produce or ask you to pick out something else to make up the difference.

## Do FMNP coupons expire?

- Yes! **You must use your coupons between June 1 and November 30.**
- Some markets close for the season before November 30. Be sure to check closing date on the NYS Agriculture and Markets Farmers' Market website at [agriculture.ny.gov/farmersmarket](http://agriculture.ny.gov/farmersmarket) or ask at your local market.

## Is there someone at the market that can answer questions if I need help?

- Each market has a market manager, who should be able to answer questions about using FMNP coupons.
- Farmers can answer questions about their products.
- If Cornell Cooperative Extension staff are at the market, they can answer questions about coupons and give you tips on cooking and storing produce you buy.

**Want more information?** Visit our FMNP outreach website for recipes and resources. Visit [human.cornell.edu/dns/fmnp/consumers](http://human.cornell.edu/dns/fmnp/consumers) or scan this code with your smart device!

