

Using your Farmers' Market Checks

- Each check is worth \$10.00.
- Farmers cannot give change.
- Farmers can take cash or CalFresh (EBT) to pay for fruits and vegetables that cost more than your \$10 check.
- Farmers cannot take damaged checks or checks without serial numbers.

Keeping Your Checks Safe

- Checks cannot be traded for cash.
- Treat your checks like cash.
- Lost or stolen checks will not be replaced. Please report lost or stolen checks to your WIC Local Agency
- Farmers' Market checks **CANNOT** be used at grocery stores.
- Contact the Farmers' Market Manager or your WIC Local Agency if you feel you have been treated unfairly.

Use WIC Farmers' Market Nutrition Program checks before:



NOVEMBER 30

Food Safety

Follow these simple steps to enjoy the farm-fresh food you buy at the Farmers' Market:

- Wash your hands really well before and after preparing fruits and vegetables.
- Wash all fruits and vegetables well under running water.
- Put cut or peeled fruits and vegetables in the refrigerator right away.

For more information, visit:

foodsafety.gov/blog/farmers_market.html



California Department of Public Health, California WIC Program
This institution is an equal opportunity provider.

1-800-852-5770 Rev 04/16



Farmers' Market Nutrition Program



A fun experience for the entire family!

Buy Fresh. Buy Local.

Where to Use Farmers' Market Checks

To find a WIC-authorized Farmers' Market in your area:

- Ask your WIC staff for a list, or
- Go online to wicfarmers.ca.gov
 - » Click "Authorized Farmers and Market Lists"
 - » Click on "Farmers"

Only WIC-authorized farmers who display the sign below can accept Farmers' Market checks

Can Buy:

- ✓ Fresh Fruits
- ✓ Fresh Vegetables
- ✓ Cut Edible Herbs

(Organic is allowed)

Cannot Buy:

- ✗ Honey
- ✗ Eggs
- ✗ Nuts
- ✗ Flowers
- ✗ Baked Goods
- ✗ Processed Foods
- ✗ Dried Fruits (including raisins)
- ✗ Plants
- ✗ 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.

