Tips for Using FMNP Coupons

- You must use your FMNP coupons to buy only locally grown, fresh fruits and vegetables.
- Farmers often sell all of their produce before the end of the market hours, so arrive early for the best selection.
- You will not receive any change back if your purchase is less than the amount on the coupon. Ask the farmer if you can receive additional produce to make up the difference.
- You must use your coupons on or before the date listed on your coupons. Farmers cannot accept coupons after this date.
- FMNP coupons may not be used to purchase baked goods, eggs, herbs, meats, nuts of any kind, seafood or processed foods such as jellies, cheese, honey, apple cider, fruit juices, pickles or cane/maple syrup.

Incorporating Fresh Fruits and Vegetables Into Your Day

Plan some meals around a vegetable as a main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.

At breakfast, top your cereal with berries. Or, mix fresh fruit with plain fat-free or low-fat yogurt.

Include a green salad with your dinner every night.

Include chopped vegetables in pasta sauce or lasagna.

Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients and texture.

Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers and onions.

Use cut-up vegetables as part of afternoon snacks.

Children often prefer foods served separately. So rather than mixed vegetables try serving two vegetables separately.

For dessert, have baked pears or a fruit salad.

Visit FreshFromFlorida.com for tips on how to select, store and cook with the fresh Florida fruits and vegetables you will receive through the FMNP.

Florida Farmers’ Market

A fresh produce nutrition program for WIC participants

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This institution is an equal opportunity provider.
What is the Farmers’ Market Nutrition Program?

The Farmers’ Market Nutrition Program (FMNP) provides WIC participants with coupons that can be used to purchase locally grown, fresh Florida fruits and vegetables. This produce can be purchased from authorized farmers at selected farmers’ markets during the program dates listed on your coupons.

Who qualifies for the FMNP?

Pregnant, postpartum or breast-feeding women and children ages 1 through 5 who are enrolled in the WIC program.

If you qualify, you will receive:

- FMNP coupons from the WIC clinic in which you are enrolled.
- Information about the nutritional importance of fresh fruits and vegetables.
- A list and map of participating farmers’ markets in your area. FMNP coupons may be used at these authorized markets only.

How to use FMNP Coupons

- Use your WIC/FMNP coupons to buy locally grown, fresh fruits and vegetables.
- Go to the participating farmers’ market in your area. Look for farmers displaying the FMNP sign.
- Choose from the locally grown FMNP-approved produce available. A list of the fruits and vegetables that can be bought with FMNP coupons appears to the right.
- Show the farmer your WIC identification card.
- Sign your name on the coupon and give the coupon to the farmer.

Fresh Vegetables

Beans
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Collards
Corn
Cucumbers
Eggplant
Endive/Escarole
Green Onion
Leeks
Greens
Kale
Lettuce
Mushrooms
Okra
Onions
Peas
Peppers
Potatoes
Pumpkins
Radishes
Rhubarb
Spinach
Squash
Tomatoes
Turnips
Zucchinis

Fresh Fruits

Avocados
Berries
Blueberries
Carambola
Figs
Grapefruit
Grapes
Guava
Kumquats
Lemons
Limes
Melons
Oranges
Papaya
Passionfruit
Peaches
Pears
Satsumas
Strawberries
Tangerines

Authorized Fruits and Vegetables

Only fresh fruits and vegetables may be purchased with the Farmers’ Market Nutrition Program coupons.