

WIC Fruit & Vegetable Benefits

WELCOME HERE ALL YEAR!



The WIC and Senior Farmers Market Nutrition Program (FMNP) season is from June 1 to October 31.

WIC participants also get a separate, additional “Fruit and Vegetable Benefit.” Starting in 2023, the WIC QR code will allow WIC shoppers to use their Fruits and Vegetable Benefit to buy fresh fruit, vegetables, and cut herbs from authorized FMNP growers at farmers markets - all year long, from January 1 to December 31.

**PLEASE POST THIS
SIGN IN YOUR BOOTH.**

ELIGIBLE FOODS: Fresh fruits, fresh vegetables, and fresh cut herbs. Shoppers cannot buy honey with WIC benefits.

If you have any questions or need help, please contact the FMNP Team at FMNPTeam@DOH.WA.GOV or (360) 236-3771.

Customer Support for Shoppers and Growers: (800) 841-1410.

