

FARMERS' MARKET NUTRITION PROGRAM CHECKS:

- If you buy less than the amount printed on the check, farmers cannot give you change back.
- If you buy more than amount printed on the check, farmers may accept cash or SNAP to cover the amount over the check value.
- Checks cannot be exchanged for cash.
- Sales tax is not charged.
- Handle your checks safely as if they were cash.
- Lost or stolen checks will not be replaced. Please report lost or stolen checks to your WIC agency.
 - Be sure to sign your check
 - Be prepared to provide identification
- Damaged checks or checks without serial numbers will not be accepted.
- Farmers' Market checks CANNOT be used at grocery stores.
- If you feel that you have been treated unfairly, contact the Farmers' Market Manager or your WIC agency or state office.

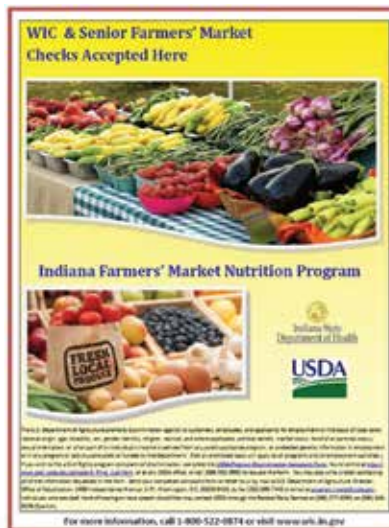


For assistance with the FMNP program check with your local WIC agency or phone toll free: **800-522-0874**



SHOPPING TIPS

- Look around the entire market and visit several WIC vendors.
- Take your time to decide what to buy and think about how you can make the most out of your purchase.
- Remember that fresh fruits and vegetables won't stay fresh for long. Prevent food waste by buying smaller amounts of several items.
- The type of produce available changes throughout the season, so visit your local farmers' market often.



Farmers' Market checks can be accepted only by WIC approved farmers who display this sign.

Marion County WIC
317-221-7401

This institution is an equal opportunity provider.



INDIANA FRUITS & VEGETABLES HARVEST CALENDAR

Fruits & Vegetables	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov
APPLES				█	█	█	█	█
ASPARAGUS	█	█	█					
BLACKBERRIES			█	█	█			
BLUEBERRIES				█	█	█		
BROCCOLI		█	█	█				
CANTALOUPE				█	█	█	█	
CARROTS				█	█	█	█	█
CAULIFLOWER		█	█					
CHERRIES			█	█				
GREEN PEAS	█	█	█					
LETTUCE	█	█	█					
ONIONS				█	█	█	█	█
PEACHES			█	█	█	█		
PLUMS				█	█	█		
POTATOES				█	█	█	█	
PUMPKINS						█	█	
RASPBERRIES			█	█	█	█		
SPINACH	█	█	█					
STRAWBERRIES		█	█	█				
SWEET CORN		█	█	█	█	█		
TOMATOES			█	█	█	█	█	
WATERMELON				█	█	█	█	

For complete list of eligible fruits and vegetables, visit www.in.gov/isdh/24776.htm

To find a list of Indiana's current WIC-approved farmers' markets and Stands visit: www.in.gov/isdh/24776.htm. Select the "List of Current WIC-approved Markets and Stands" PDF

A FUN OUTDOOR SHOPPING EXPERIENCE FOR THE WHOLE FAMILY!

Indiana's farmers' markets are growing and thriving. When you buy from local farmers, you can buy the freshest produce for your family and help support your local community.

Farmers' Market Nutrition Program (FMNP) checks can be used to buy a variety of fresh, locally grown fruits and vegetables for your family.

You can **redeem your FMNP checks** at authorized farmers' markets and farm stands **mid-June through mid-October**.

CAN BUY

Fresh Fruits
Fresh Vegetables
Cut Edible Herbs

CANNOT BUY

Honey	Meat/Fish	Cider
Eggs	Dried Fruits	Cheese
Nuts	(including raisins)	Dried Beans
Flowers	Jams	Miniature Pumpkins
Baked Goods	Jellies	Gourds
Processed Foods	Syrup	
Plants	Juices	