

# FRESH. HEALTHY. DELICIOUS.

## Amazing reasons to eat more fruits and veggies:



### Get that healthy glow!

Your skin benefits when you eat more veggies.

### Your kids take the lead from you!

When you eat fruits and veggies, they will, too.

### Improve your health at all ages!

Powerful nutrients are found in produce that help boost your energy and manage your weight. Fiber helps with better digestion.

## Families share how they add more veggies and fruits:

“I make a smoothie every morning with milk, berries, and kale or spinach. I add some peanut butter for extra protein.”

“When I get home from the farmers market, I wash the fruit and veggies we’ll eat right away. I also cut up some of the veggies for quick snacks during the week.”

“My kids love anything on the grill, so we grill vegetables and even fruits, like peaches.”



## ABOUT WIC FMNP AND SENIOR FMNP

WIC Farmers Market Nutrition Program (FMNP) is part of the Special Supplemental Nutrition Program for lower income Women, Infants, and Children (WIC). The WIC Program provides healthy foods, nutrition education, and referrals to health and other social services.

Senior Farmers Market Nutrition Program (SFMNP) is part of the DSHS Aging and Long-Term Support Administration (ALSA). The Senior FMNP improves nutrition for lower income adults over age 60 with nutritious meals in group settings and home delivered meals.

The U.S. Department of Agriculture, the Washington State Department of Health – Office of Nutrition Services, and the Washington State Department of Social and Health Services – Aging and Long-Term Supports Administration sponsor WIC and SFMNP.

## CONTACT INFORMATION

### WIC FMNP



**WEBSITE:** [www.doh.wa.gov/YouandYourFamily/WIC/FarmersMarket.aspx](http://www.doh.wa.gov/YouandYourFamily/WIC/FarmersMarket.aspx)

**PHONE:** 1-800-841-1410

**EMAIL:** [FMNPteam@doh.wa.gov](mailto:FMNPteam@doh.wa.gov)

Have a complaint about FMNP? Mail, Email, or Fax using a Complaint form found at: <https://www.doh.wa.gov/YouandYourFamily/WIC/FarmersMarket>.

### SENIOR FMNP



**ALSA** Aging and Long-Term Support Administration

**WEBSITE:** [www.dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program](http://www.dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program)

**PHONE:** 1-800-422-3263



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USDA is an equal opportunity provider and employer. Washington State Senior FMNP and WIC FMNP do not discriminate.

To request this document in another format, call 1-800-841-1410. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [WIC@doh.wa.gov](mailto:WIC@doh.wa.gov).



# WIC & SENIOR

Farmers Market Nutrition Program

**EAT FRESH! BUY LOCAL!  
SUPPORT FARMERS!**

# USING YOUR FARMERS MARKET CHECKS

- WIC and Senior FMNP participants can use their checks to buy only fresh fruits, fresh vegetables, and fresh cut herbs.
- Use only Farmers Market checks at the farmers market. WIC Cards can't be used at farmers markets or farm stores.
- Senior FMNP participants only can also use their checks to buy honey.
- No change or tokens will be given with your checks.
- Report lost or stolen checks to the agency that gave you the checks. These checks won't be replaced.
- You must use your checks between June 1 and October 31.
- Use your checks only with growers who have these signs:



Arrive at the market early for the best selection!



Try something new at the farmers market!

Ask the farmer for a sample and a recipe.

## TIPS FOR ADDING VEGGIES AND FRUITS TO MEALS AND SNACKS

- ✓ Make it easy to reach for a veggie. Keep cut up raw veggies, like carrots, broccoli, snap peas, or cauliflower on hand.
- ✓ At mealtime put out a dish of cut up raw veggies or fruits on the table.
- ✓ Berries and peaches make cereal and yogurt more fun and delicious!
- ✓ At lunchtime add a salad to your meal!
- ✓ Keep a fruit bowl. Add fresh fruit to any bowl. Keep it out on your counter!
- ✓ Have a Make Your Own Salad Night! Offer chopped veggies, cooked chicken or beans, shredded cheese, and add something new, like chopped apples.
- ✓ Looking for something quick as a side dish? Make a fruit salad. Stir in a spoonful of frozen orange juice concentrate for extra flavor.
- ✓ Summer fruits getting ripe all at the same time? Make a smoothie, or slice and cook in a little water and serve as a topping for pancakes, or make jam! Look for easy jam recipes on your favorite recipe web site.

## HOW DO I STORE MY FRUITS AND VEGGIES?

- **Store most veggies in your fridge!** Put fresh produce like leafy greens and berries in the crisper unwashed. Wash all produce with running water just before using. Greens can also be washed in a sink of cold water changed a couple of times.
- Keep vegetables like onions and potatoes in a cool, dark cupboard or pantry. Not in the fridge!
- Keep tomatoes and unripe fruits at room temperature, usually on a counter or table.
- For longer storage, consider freezing or canning produce. To learn more, search: Seasonal Tips for Food Storage.