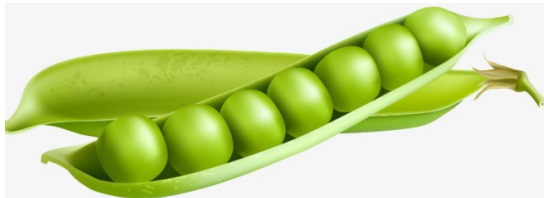


Unprocessed Maine grown fresh fruits and vegetables are allowed, including:

apples, asparagus, beans, beets, blackberries, blueberries, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, grapes, greens, herbs, lettuce, melons, mushrooms, onions, parsnips, peas, pears, peppers, plums, potatoes, pumpkins, radishes, raspberries, rhubarb, scallions, shallots, spinach, strawberries, squash, tomatoes and zucchini



Items other than unprocessed Maine grown fresh fruits and vegetables are NOT allowed, including:

Fruits and veggies grown outside of Maine, baked goods, bedding plants, candied apples, milk, cheese, cider, dried beans, dried herbs, eggs, honey, jams & jellies, maple syrup, meats, nuts, pickles and seafood

New for 2022!

- Farmers Market benefits (eFMNP) are available on the Bnft app or mybnft.com
- To use your benefits at the farmers market, show the barcode on the Bnft app or bring a printed copy of the barcode from mybnft.com
- If the total exceeds your eFMNP balance, it will be deducted automatically from your monthly fruit and veggie amount (CVB).
- If the total exceeds your eFMNP and CVB combined, the transaction will be denied, so make sure you know your balance! (Participants shall use another form of tender if the sum of the transaction exceeds the total of the participant’s eFMNP and CVB benefits.)



Call with any questions:
Biddeford and Buxton: 283-2402
Sanford, Kittery and Limerick: 459-2942



You have the right to file a complaint about any improper farmer or Farmer Market practices. A complaint may be filed by calling 1-800-437-9300 or emailing WICVendor@maine.gov

2022



Nutrition Program



This institution is an equal opportunity provider

WIC Approved Farm Stands and Farmers Markets

This list will be updated throughout the season, so for the most up to date list:

- visit Maine.gov/WIC
- check the WICShopper app
- or scan the QR code below



*The hours listed here may vary due to the seasonal nature of farming so call or check online before visiting, and make sure to visit early in the day for the best selection!



Two Toad Farmstand

978-223-8088

twotoadfarm.com

320 Carl Broggi Highway Lebanon, in front of the post office

Thurs-Fri. 3pm-6pm, Sat. 9am-1pm

McDougal Orchards

Opening August 8th

mcdougalorchards.com

201 Hanson Ridge Rd. Sanford

Daily 9am-5pm

Girard Farm

207-332-4814

385 Main St. Waterboro

Tues. and Fri. 2pm-6pm

Sanford Farmers' Market

207-459-9438

sanfordfarmersmarket.org

(Two Toad Farm, Chill Hill Farm and Forest)

6 School St, in Central Park

Sat. 8am-12pm

South Portland Farmers' Market

(Alewives Brook Farm)

25 Cottage Rd, in City Hall parking lot

Sun. 10am-2pm

Portland Farmers' Market

207-382-6007

portlandmainefarmersmarket.org

(Alewives Book Farm, Goranson Farm, Olde Haven Farm)

92 Deering Ave, in Deering Oaks Park

Sat. and Wed. 7am-1pm

Scarborough Farmers' Market

207-799-7743

(Girard Farm)

259 US Route 1

Sunday 9am-1pm

Saco Farmers' Market

sacofarmersmarket.com

(Alewives Brook Farm, Girard farm)

4 Scammon St, in Saco Valley Shopping Ctr.

Sat. 8am-12pm

Kittery Farmers' Market

(Two Toads Farm)

10 Shapleigh Rd

Sundays 10am-2pm

