

Frequently Asked Questions:

Where can I use my farmers market benefits?

- See back page OR;
- Use the WIC Shopper App or Scan the QR code below to locate local markets and farm stands.



How do I use my farmers' market benefits?

- Download the BNFT App or go to www.mybnft.com.
- Create an account BEFORE you visit the market.
- Use the barcode in the BNFT App or print your barcode from www.mybnft.com.

What can I buy?

- Fresh, unprepared, Maine grown fruits and vegetables.
- You can use your fruit and vegetable benefits (CVB) at the market and farm stands using the BNFT App bar code.

What am I not allowed to buy with the farmers' market benefits?

- You cannot buy honey, maple syrup, cider, nuts, seeds, eggs, cheese, meat, seafood, prepared items, fruits and veggies that are NOT Maine grown, and dried herbs.

October 31st, 2023
is the last day to use your
Farmers Market benefits!

Important:

- If the total exceeds the sum of the farmers' market benefit the additional charge will be deducted from your available CVB balance automatically by the point of sales system.
- You can use another form of payment if the total is more than your WIC benefits.
- Farmers' Market and Farm Stand hours may vary due to the seasonal nature of farming. Check out their Facebook pages for more information.



For more information about WIC call **207.553.5800**
or visit www.maine.gov/wic

WIC is a program of The Opportunity Alliance. The Opportunity Alliance is a non-profit, multi-service, community action agency committed to transforming our community by helping people in need build better lives. The WIC Nutrition Program is an equal opportunity program administered by the Maine Department of Health and Human Services. The program is operated in accordance with the US Department of Agriculture policy which prohibits discrimination on the basis or race, color, sex, age, disability, religion, or national origin.

Revised 6/30/2023



Farmers' Market Guide

Follow us on Facebook: @WIC 207
<https://www.facebook.com/wic207/>



BridgtonBridgton Farmers' Market

12 Depot St

Sat 8-12 (summer hours)

Patch Farm

BrunswickBrunswick Farmers' Market

195 Maine St - On the Mall

Tue, Fri 8-1

*Six River Farm, Tender Soles Farm,
Whatley Farm*

BrunswickBTLT Farmers' Market

277 Pleasant Hill Rd

Sat 8:30-12:30

Six River Farm, Whatley Farm

CumberlandCumberland Farmers' Market

290 Tuttle Rd - Town Hall Complex

Sat 10-1

*Chirp Creek Farm, Valley View Farm,
Jillsons Farm and Sugarhouse*

FalmouthFalmouth Farmers' Market

22 Hat Trick Dr - Next to Ice Rink

Wed 10-1

*Jillsons Farm and Sugarhouse,
Valley View Farm*

ME WIC does its best to keep this information current. Farmers hour may vary please call, email, or check social media for most current hours.

FreeportFreeport Farmers' Market

22 Main St

Friday 9-1

Eli's Homestead, Liberation Farms

PortlandPortland Farmers' Market

Deering Oaks Park

Sat, Wed 7-1

(207) 382-6007

*Goranson Farm, Alewives Brook Farm,
Fresh Start Farm (Christine Pompeo),
Tiny Acres Farm*

PortlandCultivating Community-Riverton Park

2 Riverton Drive

Thu 11-3

(207) 382-6007

South PortlandSouth Portland Farmers Market

25 Cottage Rd

City Hall Parking Lot

Sun 10-2

*Alewives Brook Farm, New Roots
Cooperative Farm*

Steep FallsSteep Falls Farmers' Market

1 Main St, Gazebo Park

Sat 9-2

November's Harvest Farm

WindhamWindham Farmers' Market

4 Turning Leaf Rd

Sat 8:30-12:30

Chirp Creek Farm

YarmouthYarmouth Farmers' Market

1 Railroad Square

Bickford Pavilion

Thur 3-6

*Tender Soles Farm, Andrews Farm,
Liberation Farms*

Cape ElizabethAlewives Brook Farm Stand

83 Old Ocean House Rd

Daily 9-6

ScarboroughScarborough Farmers' Market

259 US Route 1

Sun 9-1

Girard Farm, Salad Bowls Farm