



### **Bridgton Winter Farmers' Market**

12 Depot St  
November 8 - April 1  
Sat 9-12pm  
*Patch Farm*

### **Brunswick Winter Farmers' Market**

14 Main St (Fort Andross Mill)  
November 9 - April 26  
Sat 9-12:30pm  
*Goranson Farm*

### **Portland Winter Farmers' Market**

631 Stevens Ave (in gymnasium)  
December 7 - April 12  
Sat & Wed 7-1pm  
*Alewives Brook Farm, Andy Valley Farm,  
Fresh Start Farm (Christine Pompeo),  
Goranson Farm, Tiny Acres Farm*

# **Cumberland County Farmers' Markets and Farm Stands**

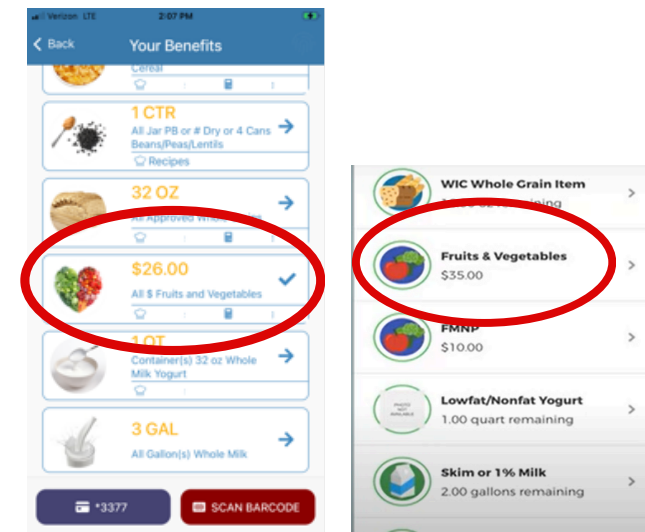
ME WIC does its best to keep this information current. Farmers' hours may vary, please call, email, or check social media for current hours.

## **What is Cash Value Benefit (CVB)?**

Cash Value Benefit (CVB) is a WIC benefit you can use to purchase fruits and vegetables. This is different than Farmers' Market Nutrition Program (FMNP) that is available during summer months for eligible WIC participants.

Unlike FMNP, you can use CVB at WIC-eligible grocery stores and at Farmers' Markets year round.

## **Checking your CVB balance**



Redemption Period: 11/10/2024 thru 12/09/2024

2.00 # Dry or 4 Cans Beans/Peas/Lentils  
123.50 \$ Fruits and Vegetables  
4.00 Can(s) 11.5-12 oz Frozen/Liq Concentrat  
3.00 Container(s) 32 oz Lowfat or Nonfat Yogi  
5.00 Dozen WIC Approved Eggs  
14.25 Gallon(s) Skim or 1% Milk  
18.00 Infant Concen

## How can I use my cash value benefit (CVB) to buy fruits and vegetables at Farmers' Markets?

Before you go:

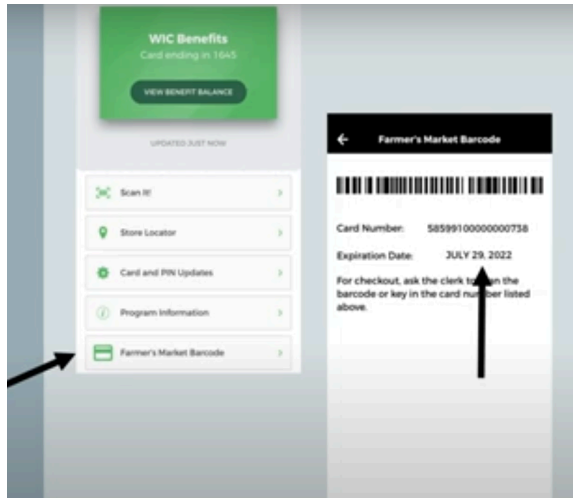
- Download the BNFT App or go to [www.mybnft.com](http://www.mybnft.com).
- Create an account.
- Screen shot your farmers market barcode or print before you shop.
- Choose where to shop (see reverse).

Shop:

- Select fresh fruits and vegetables from farmers participating in WIC.

Pay:

- Present your BNFT barcode to pay.
- If the cost exceeds your CVB balance, you may pay the rest another way.



Please note: CVB cannot be used to buy pickled vegetables, olives, salad bar items, party trays or fruit platters, decorative vegetables/pumpkins, herbs and spices.

## Questions?

Contact your local WIC office:  
(207) 553-5800  
175 Lancaster St Suite 216

For the most up-to-date list of farmers participating in WIC...



- Scan the QR code
- Visit [Maine.gov/WIC](http://Maine.gov/WIC)
- WIC Shopper App - WIC Stores & Farmers tab



The WIC Nutrition Program is an equal opportunity provider.

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. You have the right to file a complaint about any improper farmer or Farmers Market practices. To file a complaint, call 1-800-437-9300 or email [WICVendor@maine.gov](mailto:WICVendor@maine.gov).

Updated Oct 2024

# How to Buy Fruits and Vegetables at Farmers' Markets

Nov 1, 2024 - Apr 30, 2025

