

WHAT CAN I BUY WITH MY WIC eFMNP BENEFITS?

Any Maine grown fresh fruit or vegetable, like apples, blueberries, corn, cucumbers, lettuce, tomatoes, squash and much more!

WHAT CAN'T I BUY WITH MY WIC eFMNP BENEFITS?

Any fruit or vegetables not grown in Maine and any other products like jams, jellies, pickles, dairy, honey, maple syrup, etc.

HOW DO I USE MY WIC eFMNP BENEFITS?

- Download the Bnft app or visit mybnft.com and click "sign-up". Create an account using an email address, password and your eWIC card number.
- Choose where you want to shop from our list of farmers that will take your eWIC benefit.
- Shop! When you are ready to check out, log into your Bnft app and click the bar code button. If you do not have the app you will need to print your barcode and bring it with you for the farmer to scan. We can help you with that if needed.
- A reminder: you must have enough benefits on your card for your purchase or it will be declined. You can use your cash value benefit and farmers' market benefit together. Let the farmer know if you will be using another form of payment.

QUESTIONS? CONTACT YOUR LOCAL WIC OFFICE:

Bath: 1-207-442-7963
Rockland: 1-207-594-4329
Belfast: 1-207-338-1267

If you would like a statewide list of WIC approved Farmers' Markets and Farm Stands, please ask your WIC Nutritionist or use the QR code or website listed on the other side of this brochure



This institution is an equal opportunity provider.



FARMERS' MARKET NUTRITION PROGRAM

July 1, 2022 through Oct 31, 2022



MAINE GROWN
FRESH FRUITS
AND VEGETABLES

CAMDEN FARMERS' MARKET
116 Washington St. Old Tannery
Site Camden
Saturday 9-12 pm Wednesday
3:30-6 pm (June-Sept)

DHARMA FARM STAND
175 Calderwood
Road Washington
Monday 3-5 pm

BOOTHBAY FARMERS' MARKET
1 Common Drive Boothbay
Thursday 9-12 pm
(207)882-6314
Goranson Farm, Dharma Farm

BOWDOINHAM FARMERS' MARKET
6 Main St, Maily Waterfront Park
Bowdoinham
Saturday 8:30-12:30 pm
Blue Bell Farm, Tender Soles Farm

TENDER SOLES FARM STAND
453 Main St. Richmond
Daily 9-6 pm

CURRA FAMILY FARM
179 Belfast Rd, Knox 04986
Wednesday -Sunday 10-6 pm

DAMARISCOTTA FARMERS' MARKET
3 Round Top Lane Damariscotta
Friday 9-12 pm
Goranson Farm

GORANSON FARM
250 River Rd. Dresden, 04342
Daily 10-5 PM

ISLESBORO FARMERS' MARKET
103 Pendleton Point Rd. Islesboro
Wednesday 10:30-1:00 pm
Dig Deep Farm

BLACKIES FARM STAND
966 Minot Ave. Auburn
Daily 6-7 pm

REPLENOVA FARM
1290 Royalborough Rd. Durham
Tuesday-Friday 9:30-3 pm,
Saturday 9:30-2 pm

JILLISONS FARM AND SUGAR HOUSE
143 Jordan Bridge Rd. Sabbatus
Daily 9-5 pm

UNITED FARMERS' MARKET
18 Spring St. Belfast
Saturday 9-2 pm
Olde Haven Farm, Old Hat Apples LLC, Heald Farm

UNITY MARKET DAY
32 School St. Unity
Saturday 9-1 pm
Curra Family Farm, Snakeroot Organic Farm

VILLAGE GREEN FARMSTAND
15 Detroit Rd. Troy
Wednesday & Friday 8:30-1:00 pm

WISCASSET FARMERS' MARKET
506 Old Bath Rd, Maine Tasting
Center Wiscasset
Thursday 9-12 pm
SeaLyon Farm

BATH FARMER'S MARKET
100 Commercial St. Bath
207-512-2234
Saturday 8:30-12:00 pm
Beth Hawkes Farm and Greenhouse, Goranson Farm, Fresh Start Farms, Dharma farm

BELFAST FARMERS' MARKET AT WATERFALL ARTS
256 High St. Belfast
Friday 9-1 pm
New Beat Farm LLC, Dickey Hill Farm

BRUNSWICK FARMERS' MARKET
195 Main St. Brunswick Mall
Tuesday, Friday 8-1pm
Six River Farm, Whatley Farm

BRUNSWICK/TOPSHAM LAND TRUST FARMERS' MARKET
277 Pleasant Hill Rd. Brunswick
Saturday 8:30-12:30 pm
Six River Farm, Whatley Farm

LEWISTON FARMER'S MARKET
2 Oxford St. Lewiston
Sunday 9:30-1 pm
Foxgreen Farm LLC

Participants can access the most up to date Certified Farmers across the state in the following ways:

- WICShopper – WIC Stores option
- Maine.gov/WIC
- QRCode below



PUPRLE=Farmers' Market
RED=Farm Stand