

2022 WIC Farmers' Markets & Stands

Caribou

Goughan's Berry Farm

875 Ft. Fairfield Rd.

Caribou, ME

Mon. – Sat. 8:00 am – 5:00 pm

Sun. 12:00 pm – 5:00 pm

McElwain's Strawberry Farm

711 Sweden Street

Caribou, ME

Mon. – Sat. 8:00 am- 5:00 pm

Sun. 12:00 pm-4:00 pm

Skonieczny Farm Stand

118 Bennett Dr.

Caribou, ME

Mon.-Sat. 10:00am – 5:00pm

Sun. 11:00am- 3:00pm

Fort Kent

Bouchard's Country Store

772 Caribou Rd

Fort Kent, ME

Tues. – Fri. 10:00 am- 5:30 pm

Sat. 9:00 am – 4:00pm

Houlton

Houlton Community Market

32 Market Square

Houlton, ME

Saturday 9:00 am – 1:00 pm

Linneus

Gallifreyan Farm

133 Codfish Ridge Rd

Linneus, ME

Tues. - Fri. 12:00 pm – 6:00 pm

Sat 3-6 & Sun. 9-5

Ludlow

Tiny Farmer Farm Stand

1620 Ludlow Rd

Ludlow, ME

Mon. – Sun. 12:00pm - 6:00 pm

Presque Isle

Presque Isle Farmers' Market

Aroostook Ctr. Mall Lot

Presque Isle, ME

Sat. 9:00 am – 1:00 pm

MSAD #1 Educational Farm

340 State Street

Presque Isle, ME

Mon. – Fri. 9:00 am – 5:00 pm

Sat. 9:00 am – 1:00 pm

Skonieczny Vegetables

(Freshies' Parking Lot)

Presque Isle, ME

Tues. – Wed. 10:30 am – 5:00 pm

Fri.- Sat. 10:30 am – 5:00 pm

Sun. 11:00 am – 3:00 pm

Van Buren

Skonieczny Vegetables

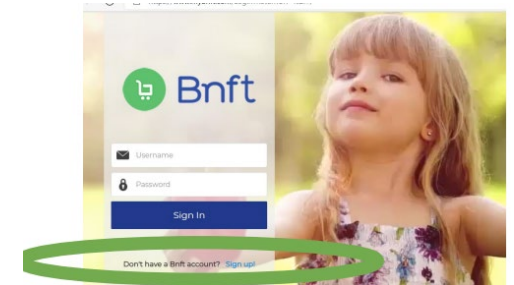
83 Main Street

Van Buren, ME

Mon. & Thur. 10:00 am – 5:00 pm



Using WIC Farmer's Market eFMNP benefits & eWIC Cash Value Benefit (CVB).



Before you go:

- Create your **Bnft account** by downloading the app on your smart phone or go to **mybnft.com** & click sign up.
- Smart phone with the **Bnft** app or barcode printout.
- Bring a bag or box to carry the produce.
- Go to **www.maine.gov/WIC** to find the “eWIC Certified Farmers List”
- Cash, debt/credit card

At the market:

- Look for WIC signs. Those farmers accept WIC FMNP checks.
- If it is a listed farmer, and you do not see a WIC sign, ask if they accept WIC eFMNP.
- Feel free to shop around before using your benefits.

Important

- You can purchase more than the face value of the eFMNP benefit(s) by using the Cash Value Benefit, if available.
- If the total exceeds the sum of the eFMNP benefit the additional charge will be deducted from your available CVB balance automatically by the point of sales system.
- You can use your own money if the total is more than the WIC benefits.
- You can use SNAP benefits to pay for items at many markets and stands.
- You can only use on Maine-grown fruits & vegetables.
- You can NOT use on plants, honey, maple syrup, cider, nuts & seeds, meat, eggs, cheese, seafood, baked goods or prepared items, dried herbs, and anything not grown in Maine.

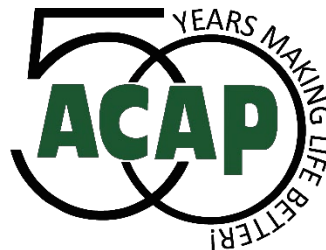
For more information about WIC call **207.768-3026** or visit www.maine.gov/wic

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

10 Reasons to Eat Locally Grown

1. Local food tastes better.
2. Locally grown produce is fresher.
3. Local food gives back to local economies.
4. Local food supports local farms.
5. Local food keeps us in touch with the seasons.
6. Local food supports clean environments and benefits wildlife.
7. Local food builds stronger communities.
8. Local food supports responsible land development.
9. Local produce is healthier for you.
10. Local food is about the future.

This institution is an equal opportunity provider.



2022 ACAP WIC Farmers' Market Guide

