

Please feel free to contact us with questions or concerns.

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Maine Farmers providing nutritious foods to WIC Nutrition Program



**Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention**

What is WIC?

WIC is a supplemental nutrition program for women, infants, and children up to 5 years of age. Our mission is to provide healthy food, nutrition education, breastfeeding education and support, and referrals to health and social service programs for women who are pregnant, breastfeeding or have recently had a baby, and their children. Eligibility is based on a financial and medical or nutritional need. Many of our participants are from two-income families.

What is FMNP?

The Farmers Market Nutrition Program is a program of USDA's Food and Nutrition Services. The focus of the program is to increase the use of fresh, unprocessed, locally grown fruits and vegetables by WIC participants. The second purpose of the program is to expand the awareness of Farmers Markets in the support of local foods production.

General Information

There are two types of benefits that WIC customer can redeemed at farmers markets and stands. One is the WIC Fruit & Vegetable check (green) and the other is the Farmers Market Nutrition Program (FMNP) check (purple).

Products that can be sold

The products that can be sold differ by the type of check. Farmers Market check can only be used to buy fresh Maine grown produce, including herbs. Before selling anything to a WIC customer the farmer must first check that the item is listed on the appropriate approved food list.

Application Process

Any Maine farmer that participates in Farmers Markets' and/or have roadside stands may apply during open enrollment period. There is no charge to apply. The applicant must meet several criteria include:

- Grow in Maine at least 50% of the fruits and vegetables
- Label produce not grown by you, with name and location of the source
- Ability to meet FMNP/WIC transactions of 10 checks /\$50
- Comply with the civil rights requirements
- Have clearly defined location & hours of operation
- Have full-time attendant during business hours
- Provide a shelter that protects the produce from weather (canopy)
- Provide handicapped accessible location



Interested in becoming a WIC Authorized Farmer?

Here is how.....

1. Complete a Farmer WIC Application
can be found at www.Maine.gov/WIC (Farmers tab)
Or request a copy to be mailed.
2. Participate in a WIC Farmer Training session
Contact us to book a time!
3. Once your application has been approved & a farmer representative has received WIC training, an agreement and a farmer stamp will be mailed to you..