

Frequently Asked Questions

Where can I use my farmers market benefits?

- See list of farmer stands and markets on back page;
- Use the WICShopper App; or

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 a barcode at www.mybnft.com.

What can I buy?

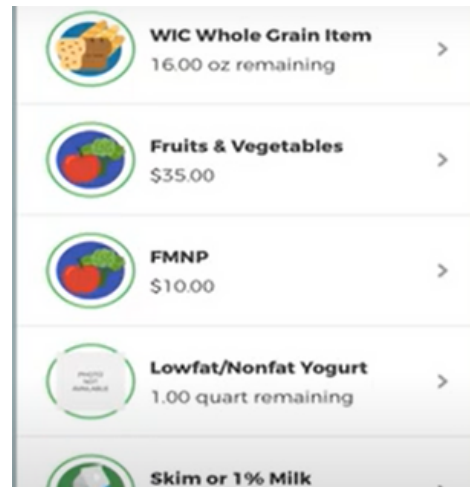
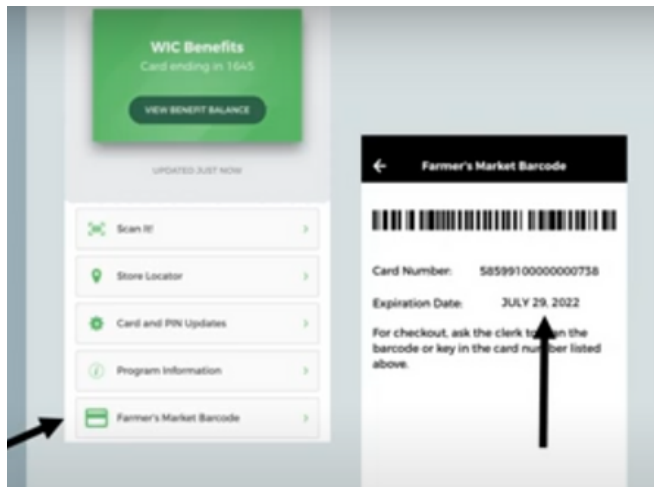
- Fresh, unprepared, Maine grown fruits and vegetables.
- You can use your fruit and vegetable benefits (CVB) year-round at the market and farm stands using the BNFT App bar code.

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.

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.



How to Buy Fruits and Vegetables at Farmers' Markets

Begins July 1, 2025



Local Markets and Farm Stands

Market Name	Location	Phone	Day/Time	WIC Farmers
Bridgton Farmers' Market	12 Depot St	(207) 370-1524	Sat 8-12	Patch Farm
Brunswick Farmers' Market	195 Maine St Brunswick Mall	(207) 729-4439	Tue & Fri 8-1	Six River Farm, Whatley Farm
Brunswick-Topsham Land Trust Farmers' Market	277 Pleasant Hill Rd	(207) 729-7694	Sat 8:30-12:30	Six River Farm, Whatley Farm
Alewives Brook Farm Stand	83 Old Ocean House Rd - Cape Elizabeth	(207) 799-7743	Daily 9-7	
Cumberland Farmers' Market	290 Tuttle Rd Town Hall Complex	(207) 513-0063	Sat 10-1	Jillsons Farm and Sugarhouse LLC, Valley View Farm
Falmouth Farmers' Market	22 Hat Trick Dr	(207) 320-1969	Wed 10-1	Jillsons Farm and Sugarhouse LLC
Freeport Farmers' Market	28 Bow St Memorial Park	(207) 865-3747	Fri 10-1	Liberation Farms
Cherry Hill Farmers' Market	616 Main St Rt 25 Gorham	(207) 310-0976	Wed 2-6	November's Harvest Farm
Portland Farmers' Market - Deering Oaks Park	92 Deering Ave Portland	(207) 382-6007	Sat 7-1 / Wed 7-1	Alewives Brook Farm, FSF Christine Pompeo, Goranson Farm, Tiny Acres Farm
Farm Stand - Marian Ibrahim Riverton Park	2 Riverton Drive Portland	(207) 344-8033	Thu 11-3	FSF Marian Ibrahim
Scarborough Farmers' Market	259 US Route 1 Scarborough	(207) 799-7743	Sun 9-1	Girard Farm
Farm Stand - Ahmed Abukar - Opportunity Alliance	50 Lydia Ln South Portland	(207) 440-8821	Sun: 8:30-1:30	FSF Ahmed Abukar
South Portland Farmers Market	25 Cottage Rd City Hall Parking Lot	(207) 799-7743	Sun 10-2	Alewives Brook Farm LLC, NR Mohamed Abukar
Farm Stand - Ahmed Abukar - Westbrook Pointe Apts	26 Prospect Street Westbrook	(207) 440-8821	Fri 2:30-6	FSF Ahmed Abukar
Yarmouth Farmers' Market	1 Railroad Sq Bickford Pavilion	(207) 441-1760	Thu 3-6	Liberation Farms
Bath Farmer's Market	27 Commercial St Waterfront Park - Bath	(207) 319-6358	Sat 8:30-12	Dharma Farm, Goranson Farm, NR Mohamed Abukar

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

Updated June 2025

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:

- Visit [Maine.gov/WIC](https://www.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.