

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?

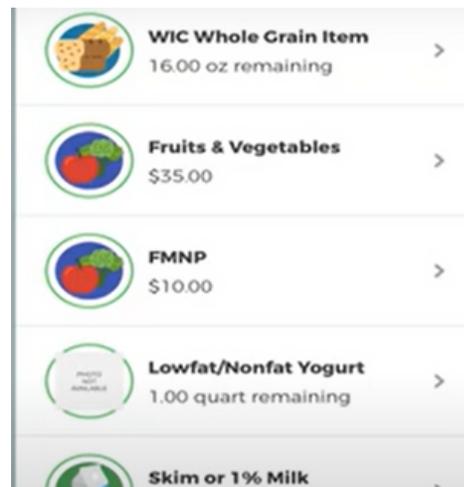
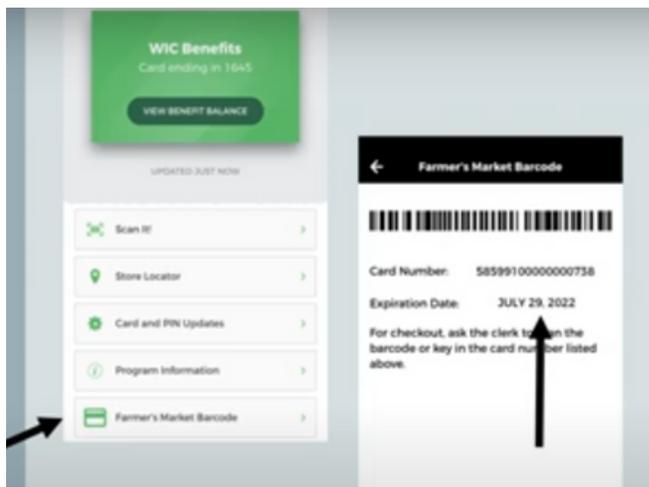
- Fresh, unprepared, Maine grown fruits and vegetables.
- You can use your fruit and vegetable benefits (CVB) year-round at the market and farm stands using the BNFT App bar code.

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.



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.

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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
- 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.