

What can I buy with my WIC eFMNP benefits?

Any Maine-grown fresh fruits or vegetables!

What can't I buy with my WIC eFMNP benefits?

Any fruits or vegetables not grown in Maine and any other products like jams, pickles, dairy, honey, and other prepared foods.

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, zip code, birthdate, 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. Let us know how we can help you!
- 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 benefits together. If your benefits will not cover the full cost of the produce, you may use an alternate form of payment—just let the farmer know.
- Remember: you can spend your cash value benefit at farmers' markets and farm stands year-round!

Questions?
Contact your local WIC office!
(207) 338-1267

For the most up-to-date list of
WIC-participating farmers in
the state...

Visit:

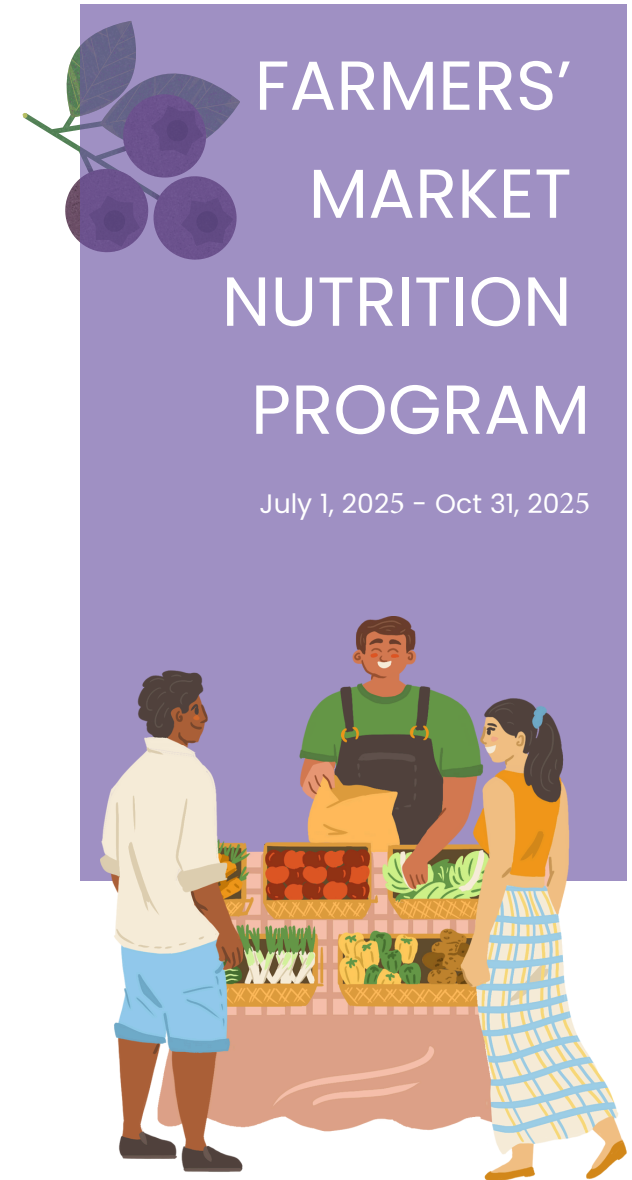
Maine.gov/WIC WIC
or
Shopper App - WIC
Stores & Farmers tab



This institution is an equal
opportunity provider.

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.

Updated June 2025



MAINE GROWN
FRESH FRUITS
AND VEGETABLES



Bath Farmer's Market

27 Commercial St, Bath Saturday
8:30-12

Dharma Farm, Goranson

Farm, NR Mohamed Abukar

Tender Soles Farm Stand

453 Maine St, Richmond
Call 207-620-0030 for an
appointment

Wiscasset Farmers' Market

51 Bath Rd, Wiscasset
Friday 9-12

SeaLyon Farm

Goranson Farmstand

150 River Rd, Dresden
9-6, daily

Call 207-737-8834 for an
appointment

Damariscotta Farmers' Market

Round Top Lane, Damariscotta

Friday 9-12

Goranson Farm, NR Batula

Ismail

Boothbay Area Farmers' Market

1 Common Dr, Boothbay Harbor
Thursday 9-12

Dharma Farm & Goranson Farm

Dharma Farm

175 Calderwood Rd, Washington
Mon 3-5

207-737-8834

Rockland Farmers' Market

1 Pleasant St, Rockland

Thursday 9-1

Second Frost Farm

SAGADAHOC, LINCOLN, KNOX, & WALDO COUNTY FARMERS' MARKETS & FARM STANDS

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

**October 31st, 2025 is the last day
to use your Farmers' Market
Benefits!**

Camden Farmers' Market

116 Washington St, Camden
Sat 9-12, Wed 3:30-6 (June-Sept)
Calyx Farm

Belfast Farmers' Market

256 High St, Belfast

Friday 9-1

*Peacemeal Farm, Second Frost
Farm, New Beat Farm LLC, Welch
Farm*

Belfast Winter Farmers' Market

21 Schoodic Dr (inside Atrium at
SCHC)

Friday 9-12

*Peacemeal Farm, Second Frost
Farm, New Beat Farm LLC*

United Farmers' Market

18 Spring St, Belfast
Saturday 9-2

Hands Four Farm, Herald Farm

**Village Green Organic Produce
at Brooks**

24 Veterans Hwy, Brooks Thursday
10-1

Freedom Farmers' Market

22 Mill St, Freedom
Tuesday 12-4

Calyx Farm

Ramble On Farm

55 Knox Rdg S, Knox
9-5, daily

207-341-0439

Village Green Farmstand

252 Myrick Rd
Wed & Fri 9-12
207-948-5724