Important

- You can purchase more than the face value of the eFMNP benefit(s) by using the Cash Value Benefit (CVB), if available. Where available, CVB can be used yearround at year-round markets.
- 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 WIC.Maine.gov



At the Market:

- Look for WIC signs. Those farmers accept WIC FMNP benefits.
- If it is a listed farmer, and you do not see a WIC sign, ask if they accept WIC e FMNP.

Feel free to shop around before using your benefits

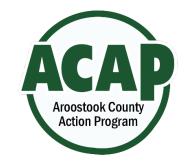
Why shop local?

- Locally grown food is fresh & tastes great.
- Buying local supports our farmers
- Buying local builds stronger communities.
- Local food is healthy and nutritious

This institution is an equal opportunity provider.

2025 ACAP WIC Farmers' Market Guide





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

Fort Fairfield

Angelus Bell Farm

251 Maple Grove Rd. Fort Fairfield, ME Thursday 3:00 – 6:30 pm

Houlton

Houlton Community Market

32 Market Square Houlton, ME Saturday 8:30 am – 12:30 pm (Gallifreyan Farm)

Linneus

Gallifreyan Farm

133 Codfish Ridge Rd Linneus, ME Mon. - Fri. 10:00 am – 6:00 pm Sun 3:00 pm-6:00 pm (Call first – 207.694.6703)

Madawaska

Madawaska Farmer's Market

188 Main St. (Pavilion)
Madawaska, ME
9:00 am – 1:00 pm (1st & 3rd
Saturday of the month)

Freckle Farm, LLC

183 Beaulieu Rd. St. David, ME Mon.-Fri. 9:00 am – 2:00 pm

2025 WIC Farmers' Markets

Presque Isle

Presque Isle Farmers' Market

Aroostook Ctr. Mall Lot Presque Isle, ME Sat. 9:00 am – 1:00 pm (Goughan's Berry Farm)

Riverside Farmer's Market

19 Riverside Dr. Presque Isle, ME Sat. 8:30 am – 12:30 pm (Angelus Bell Farm)

MSAD #1 Educational Farm

340 State Street
Presque Isle, ME
Mon. – Fri. 9:00 am – 4:30 pm
Sat. 9:00 am – 1:00 pm

Check the WICShopper app, WIC Stores and Farmers button for to the most updated list of WIC Farmers or visit maine.gov/WIC.

**Farmers hours vary. Please call or check social media for the most current hours.



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



Before you go:

Create your <u>Bnft account</u> by downloading the app on your smart phone or go to <u>mybnft.com</u> & click sign up.
 You will need your eWIC EBT card number, birthdate, mailing zip code & an email address – this will become your Bnft username

For info to set up Bnft account use this link

How to use the Bnft App - YouTube

 To use your benefits at the farmers market, or farmstand show the bar-code on the Bnft app or bring a printed copy of the barcode from mybnft.com



• Bring a bag or box to carry the produce.