

### **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 year-round 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](http://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:**

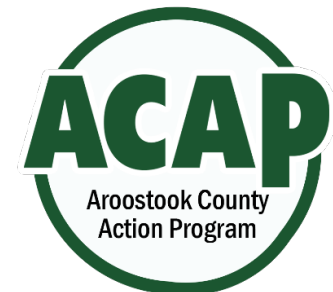
- Look for WIC signs. Those farmers accept WIC FMNP benefits.
- If it is a listed farmer, and you do not see a WIC sign, ask if they accept WIC eFMNP.

**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

# **2025 ACAP WIC Farmers' Market Guide**



**This institution is an equal opportunity provider.**

## Presque Isle

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

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

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

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



- Create your **Bnft account** by downloading the app on your smart phone or go to **mybnft.com** & click sign up.

You will need your eWIC EBT card number, birthdate, mailing zip code & an email address – this will become your Bnft username

[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](http://mybnft.com)



- Bring a bag or box to carry the produce.

Mon.-Fri. 9:00 am – 2:00 pm