



## What is the WIC Farmers' Market Nutrition Program (FMNP)?

In Virginia, we call it ***Farm Market Fresh!***

Virginia's ***Farm Market Fresh*** program helps WIC families get fresh, and nutritious locally grown fruit, vegetables, and cut herbs. The program also supports local farmers and farmers' markets in Virginia.



**Who is eligible?** WIC families who are served by the following WIC Clinics:

Arlington WIC	2100 Washington Blvd.; 2nd Floor Arlington, VA 22204
Central Shenandoah Health District	Augusta/Staunton Health Department 1414 North Augusta Street, P.O. Box 2126 Staunton, VA 24402-2126
Central Virginia Health District	307 Alleghany Avenue Lynchburg, VA 24501
Chesapeake Health Department	South Norfolk WIC Office 490 Liberty St., Ste. A Chesapeake, VA 23324
	Chesapeake City Health Center 748 Battlefield Blvd. N Chesapeake, VA 23320
Cumberland Plateau Health District	Russell County Health Department 133 Highland Dr.; Suite A Lebanon, VA 24266
	Tazewell County Health Department 253 Chamber Dr. Tazewell, VA 24651
	Dickenson County Health Department 334 Brush Creek Rd. Clintwood, VA 24228

Eastern Shore WIC	23191 Front St. Accomac, VA 23301
Lenowisco Health District	Wise Co. Health Department 134 Roberts St, SW Wise, VA 24293
Mount Rogers Health District	Wythe County Health Department 290 S 6 <sup>th</sup> Street Wytheville, VA 24382
	Grayson County Health Department 186 W Main Street Independence, VA 24348
New River Health District WIC	210 S Pepper Street; Suite A Christiansburg, VA 24073
Pittsylvania/Danville Health District	Danville Health Department 326 Taylor Drive Danville, Virginia 24541
	Pittsylvania Co. Health District 200 H.G. McGee Drive Chatham, Virginia 24531
Prince William WIC	Woodbridge WIC Office 4001 Prince Williams Pkwy; Suite 204 Woodbridge, VA 22192
	Manassas WIC Office 9430 Forestwood Lane, Suite 201 Manassas, VA 20110
Rappahannock-Rapidan WIC	Culpeper County WIC 640 Laurel St. Culpeper, VA 22701
	Fauquier County WIC 330 Hospital Dr, Suite 101 Warrenton, VA 20186
	Orange County WIC 450 N Madison Rd. Orange, VA 22960
	Madison County WIC 1480 A North Main St. Madison, VA 22727

	Rappahannock County WIC 338-A Gay St.; PO Box 5 Washington, VA 22747
Virginia Beach WIC	4452 Corporation Lane Virginia Beach, VA 23462
West Piedmont Health District	Patrick County Health Department 106 Rucker St.; Suite 123 Stuart, VA 24171
	Henry-Martinsville Health Department 295 Commonwealth Blvd. Martinsville, VA 24112
Wythe County Health Department	290 S 6th Street; Suite 300 Wytheville, VA 24382

## What is provided?

- You will receive a booklet containing \$30.00 worth of checks per eligible WIC participant in your household. These checks are only valid for the current market season.
- Each check is worth \$5.00 and may be used to purchase fresh, in-season fruit, vegetables, and cut herbs grown by ***Farm Market Fresh*** authorized farmers at participating farmers' markets. \*Please note: change cannot be given if the entire \$5 is not used, so you are encouraged to spend the full value of each checks.

## What is in season? Locally grown Virginia produce, search [virginiagrown.com](http://virginiagrown.com)

***Farm Market Fresh*** checks are issued for the summer growing season and must be spent during the months of June through November, depending on availability of produce.

***Farm Market Fresh*** checks are used only for typical fruit and vegetables that **authorized farmers** grow in Virginia and may be found at Virginia's farmers' markets in a normal season, such as those listed below. The varieties, volume, and quality of available produce may vary depending on the weather and other factors.

VEGETABLES

Broccoli

Cabbage



Cucumbers  
Eggplant  
Greens  
Green beans  
Green peppers  
Lima beans  
Mushrooms  
Pumpkins  
Spinach  
Squash

Sweet corn  
Sweet potatoes  
Potatoes

#### **FRUIT**

Apples  
Blackberries  
Cantaloupe  
Nectarines  
Peaches

Pears  
Strawberries  
Tomatoes  
Watermelons

#### **OTHER PRODUCE**

Fresh cut herbs

### **ITEMS NOT ELIGIBLE**

Items that you may NOT purchase with the *Farm Market Fresh* checks include:

- produce that is not locally grown such as oranges, bananas, and pineapples
- processed foods such as honey, maple syrup, cider, nuts, meat, bread, and cheese
- non-food items such as flowers and plants, dried herbs or teas

### **LOOK FOR THESE SIGNS & STICKERS AT THE MARKET:**



### **How to find a Farmers' Market with authorized farmers:**

1. Visit: [vafma.org/virginia-markets](http://vafma.org/virginia-markets) or
2. Download the Virginia Farmers Market Trail app from the iPhone App Store or
3. Scan this QR code with your phone's camera.



**For More Information, contact:**



**Virginia Department for Aging & Rehabilitative Services** – Office for Aging Services  
1610 Forest Avenue, Suite 100  
Henrico, VA 23229  
Toll-free: 1-800-552-3402 or Richmond: 804-662-9319  
Email Coordinator: [kelly.wright@dars.virginia.gov](mailto:kelly.wright@dars.virginia.gov) Web Site: [farmmarketfresh.org](http://farmmarketfresh.org)

**Virginia Department of Health** – Division of Community Nutrition  
109 Governor Street, 9th Floor  
Richmond, VA 23218-2448  
Tel: (804) 864-7800

**United States Department of Agriculture, Food & Nutrition Service**  
Mid-Atlantic Regional Office (MARO)  
300 Corporate Blvd.  
Robbinsville, NJ 08691-1518  
Phone: 609-259-5122  
Web Site: <http://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program-fmnp>

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (800) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. **fax:**  
(833) 256-1665 or (202) 690-7442; or
3. **email:**  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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