How to use your (FMNP) Food Instruments (FIs)

- Use your food instruments (FIs) only at approved farmers’ markets.
- Look for farmers with signs that say “We accept WIC FMNP food instruments.”
- Remember: Grocery stores and other produce stands do not accept the FMNP food instruments (FIs).
- Do not use your WIC Program Fruit and Vegetable Food Instruments at Farmers’ Markets.
- Each FMNP food instrument (FI) is worth a certain dollar amount. Ask the farmer to help you find fruits and vegetables to use up your entire food instrument (FI). The farmer cannot give you change.
- Use the FMNP food instrument (FI) to purchase fresh fruits and vegetables. Only the eligible foods can be purchased with FMNP food instruments (FIs).
- Processed products including jams, jellies, breads, meats, eggs, cheese, honey, nuts and flowers, cannot be purchased with your FMNP food instrument (FI).
- Use your FMNP food instrument (FI) between June and October.
- Take care of your FMNP food instruments (FIs). They cannot be replaced if lost, stolen or destroyed.

Why Fruits and Vegetables?

FRUITS AND VEGETABLES FIGHT TO PROTECT YOUR HEALTH.

Research shows that people that eat a diet rich in fruits and vegetables have a lower risk of having:

- Obesity
- Cancer
- High blood pressure
- Stroke
- Heart disease
- Diabetes

Eating more servings of fruits and vegetables every day is one of the easiest things you can do for your health!

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

This Program is an equal opportunity provider and employer.
Visit Your Kentucky Farmers Market Today!

Kentucky WIC Farmers’ Market Nutrition Program

Resources:

Handout: 2015 Farmers’ Markets, Locations and Times of Operation available at your local health department

Kentucky WIC FMNP Recipe Book

WIC is an Equal Opportunity Program