

How to use your (FMNP) Food Instruments

- Use your food instruments 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.
- **Do not use your WIC Program Fruit and Vegetable Food Instruments at Farmers' Markets.**
- Each FMNP food instrument is worth a certain dollar amount. Ask the farmer to help you find fruits and vegetables to use up your entire food instrument. The farmer cannot give you change.
- Use the FMNP food instrument to purchase **fresh** fruits and vegetables. Only the **eligible foods** can be purchased with FMNP food instruments.
- Processed products including: jams, jellies, breads, meats, eggs, cheese, honey, nuts and flowers, **cannot** be purchased with your FMNP food instrument.
- Use your FMNP food instrument between June and October.
- Take care of your FMNP food instruments. They **cannot** be replaced if lost, stolen or destroyed.

Eligible Foods

Apples 	Asparagus 	Beans 	Pears 	Peas 
Beets 	Blackberries 	Blueberries 	Peppers 	Plums 
Broccoli 	Brussel sprouts 	Cabbage 	Potatoes 	Pumpkins 
Carrots 	Cauliflower 	Cherries 	Radishes 	Raspberries 
Sweet Corn 	Cucumbers 	Edamame Soybeans 	Rhubarb 	Strawberries 
Eggplant 	Grapes 	Greens 	Summer squash 	Sweet potatoes 
Green Onions 	Kohlrabi 	Lettuce 	Tomatoes 	Turnips 
Melons 	Okra 	Onions 	Watermelons 	Winter squash 
Parsnips 	Pawpaws 	Peaches 		

Plus the following cooking herbs: basil, chives, cilantro, oregano, thyme, sage, parsley and garlic.

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!

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Kentucky WIC Farmers' Market Nutrition Program



Kentucky Public Health
Prevent. Promote. Protect.



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