ELIGIBLE FOODS

Apples  Asparagus  Beans

Beets  Blackberries  Blueberries

Broccoli  Brussel Sprouts  Cabbage

Carrots  Cauliflower  Cherries

Corn  Cucumbers  Edamame

Eggplant  Grapes  Greens

Green Onions  Kohlrabi  Lettuce

Melons  Okra  Onions

Parsnips  Pawpaws  Peaches  Pears

Peas  Peppers  Plums  Potatoes

Pumpkins  Radishes  Raspberries

Rhubarb  Strawberries  Summer Squash

Sweet Potatoes  Tomatoes  Turnips

Watermelon  Winter Squash

Plus the following cooking herbs: basil, chives, cilantro, oregano, thyme, sage, parsley and garlic. Must be fresh cut, not dried or in pot growing.
How to use your KY WIC FMNP App or card

• Use your KY WIC FMNP App or card only at approved farmers’ markets.

• Look for farmers with signs that say “We accept KY WIC FMNP.”

• Remember: Grocery stores and roadside produce stands do not accept the KY WIC FMNP App or card.

• Each KY WIC FMNP App or card is worth a certain dollar amount.

• Use your KY WIC FMNP App or card to purchase fresh fruits and vegetables. Only eligible foods can be purchased with KY WIC FMNP benefits.

• Processed products including: jams, jellies, breads, meats, eggs, cheese, honey, nuts and flowers, cannot be purchased with KY WIC FMNP benefits.

• Use your KY WIC FMNP App or card between June 1st and October 30th.

• Don’t lose your KY WIC FMNP card. It can be reloaded for the next KY WIC FMNP season.

Resources:

Farmers’ Markets, Locations and Times of Operation and KY WIC FMNP Approved Food List handouts are available at your local health department.

VISIT YOUR KENTUCKY FARMERS’ MARKET TODAY