

Enjoy your produce

When you get your farmers' market checks, you may also receive some delicious recipes to try with your produce! Your agency may also have a nutritionist available to answer questions or suggest new ways to enjoy fresh fruit and veggies.

Additional food assistance

You may qualify for additional food assistance. Dial 2-1-1 or ask your local agency about:



- Home-delivered meals
- Meal sites
- Local nutrition programs



Community Supplemental Food Program (CFSP)



The Emergency Food Assistance Program (TEFAP)



FoodShare

Complaint Process

If you have a question or complaint about the program or individual vendors, contact the agency that issued your checks.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

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, audiotape, 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 (866) 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:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

email:

program.intake@usda.gov

This institution is an equal opportunity provider.

Wisconsin Senior Farmers' Market Nutrition Program (SFMNP)



WISCONSIN DEPARTMENT
of **HEALTH SERVICES**

P-40154A (03/2024)

Connecting you to farm fresh foods

Sign up for the Senior Farmers' Market Nutrition Program (SFMNP) to receive farmers' market checks to buy fresh, locally grown, fruits, vegetables, and herbs from authorized farmers.

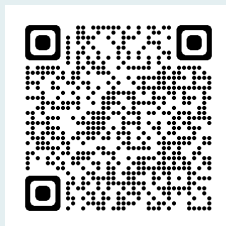
Getting your farmers' market checks

You can receive a maximum of one booklet of checks per season from either your county or local tribal agency.

A family member or caregiver can act as your proxy. Both of you can sign the agreement and your proxy can pick up checks, use them for you, and deliver the food to you!

Finding a farmstand or market near you

Use the camera on your smart phone to scan this QR code to find a map.



Or visit our website:

www.dhs.wisconsin.gov/wic/fmnp/senior.htm

Shopping at the market June 1 – October 31

- Only approved locally grown vegetables, fruits, and herbs from authorized farmers may be purchased with your checks.
- Change will not be given if you buy less than the amount of your check.
- Checks cannot be used at grocery stores.
- Look for this yellow sign to find authorized farmers.



Approved herbs

- Basil
- Celery
- Chives
- Cilantro
- Cutting
- Dill
- Epazote
- Garlic
- Garlic chives
- Horseradish
- Lemon balm
- Lemon grass
- Lovage
- Marjoram
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Sorrel
- Summer savory
- Tarragon
- Thyme

Approved fresh fruits and vegetables

Vegetables:

- Asparagus
- Beans (all)
- Beets
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage (all)
- Carrots
- Cauliflower
- Celery
- Celeriac
- Corn (not ornamental or popcorn)
- Cucumber
- Eggplant
- Fennel
- Greens (all)
- Kohlrabi
- Leeks
- Lettuce (all)
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas (all)
- Peppers (all)
- Potatoes
- Pumpkins
- Radishes
- Rutabagas
- Scallions
- Shallots
- Spinach
- Sprouts
- Sunchokes
- Squash (winter and summer)
- Swiss chard
- Tomatillos
- Tomatoes
- Turnips
- Watercress

Fruits:

- Apples
- Berries (all)
- Cherries
- Cranberries
- Grapes
- Ground cherries
- Melons
- Peaches
- Pears
- Plums
- Rhubarb
- Strawberry