

## ENJOY YOUR PRODUCE

When you receive your FMNP checks, your local agency may also give you some delicious recipes to try with your produce. Your local nutritionist is available to answer any questions and suggest new ways of preparing your fresh, locally grown food. Below is a sample.

## BERRIES

**Farmers Market Season:** June-September

**Buying Tips:** Choose berries that are bright in color, uncrushed, and don't forget to check produce for mold! If they are in a box, make sure there are no leaks or stains.

**Storage:** Store in the refrigerator. They are best if used within one to three days. Berries can be frozen.

**Preparation:** Rinse berries in cold water. Berries can be eaten raw or cooked.

**Recipe:** Berry Parfait

½ cup-1 cup berries  
½ cup low-fat yogurt  
¼ cup cereal

Spoon the yogurt into a dish. Spoon the cereal over the yogurt. Top with washed berries. Enjoy!



## WE CAN HELP

Contact the agency that issued your checks if you have questions, problems, or need to file a complaint about FMNP or individual vendors.

## COMMUNICATION ASSISTANCE

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.

## FILING A DISCRIMINATION COMPLAINT

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To file a program discrimination complaint, a complainant should complete Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, 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 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](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.

# WISCONSIN WIC FARMERS MARKET NUTRITION PROGRAM (WIC FMNP)



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

Division of Public Health  
P-40154 (02/2024)



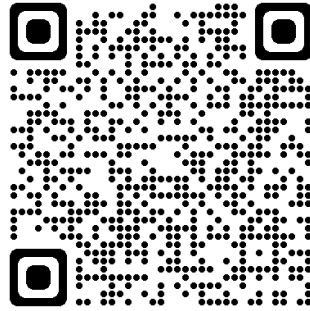
## WIC FMNP PROVIDES FARM FRESH FOODS

Receive benefits to buy fresh, locally grown fruits, vegetables, and herbs from authorized farmers.

## FARMERS' MARKET BENEFITS CAN BE USED JUNE 1ST – OCTOBER 31ST

- Go to an approved market or farmstand to use your benefits.
- Nearly every county in the state has at least one participating location!
- Look for the yellow FMNP vendor sign to find an authorized farmer.

## FIND A MARKET OR FARMSTAND NEAR YOU!



## REMEMBER

- Change will not be given if you buy less than the amount of the check(s).
- Checks cannot be used at grocery stores.
- Only the below approved locally grown foods can be purchased with your benefits

## YOU CAN USE YOUR CHECKS ON THESE LOCALLY GROWN FOODS:

### FRUITS

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

### HERBS

- Basil
- Chives
- Cilantro
- Cutting Celery
- Dill
- Epazote
- Garlic
- Garlic Chives
- Horseradish
- Lemon Balm
- Lemon Grass
- Lovage
- Marjoram
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Sorrel
- Summer Savory
- Tarragon
- Thyme

### VEGETABLES

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

