



**Use resources from these programs to buy locally grown, fresh fruits and vegetables at NYS farmers' markets!**

**Farmers' Market Nutrition Program (FMNP) for WIC Participants and Seniors**

FMNP provides WIC families and low-income seniors coupons to use at participating farmers' markets, farm stands, and mobile markets in NYS. To find a farmers' market in any county, visit <https://agriculture.ny.gov/find-farmers-market> and select your county from the drop-down list. Look for "FMNP accepted" to make sure the markets accept FMNP coupons.

**WIC participants** can get 5 coupons worth \$5 each to buy fresh, locally grown produce at NYS farmers' markets. That is \$25 total for each eligible individual in the household!

To find a local WIC agency, call the Growing Up Healthy Hotline at 1-800-522-5006 or visit <https://www.health.ny.gov/prevention/nutrition/fmnp/>.



**Low-income seniors** may receive \$5 coupons to buy fresh, locally grown produce at NYS farmers' markets. Eligibility is based on age (60 years and older) and income.

Visit <https://aging.ny.gov/programs/food-and-meals> for more information. Outside of New York City, you can also contact your local Office for the Aging (<https://aging.ny.gov/local-offices>) or call

the New York State Senior Hotline at 1-800-342-9871. In the New York City Metro Area, contact the Department of Aging, your local senior center, or call 311.

Visit [human.cornell.edu/dns/fmnp/consumers](http://human.cornell.edu/dns/fmnp/consumers) for more information, like how to use your FMNP coupons, healthy eating resources, and recipe ideas for your fresh fruits and vegetables!

## **Supplemental Nutrition Assistance Program (SNAP)**

Find a market that accepts SNAP at [agriculture.ny.gov/farmersmarkets](http://agriculture.ny.gov/farmersmarkets). At the market, swipe your SNAP or EBT card and decide a dollar amount you want to receive in tokens. Use \$1 tokens like cash to purchase SNAP-approved products. Visit <https://snaptomarket.com/> to learn more.



## **FreshConnect Checks**

If you receive SNAP or if you are a veteran, service member, or immediate family member of a veteran, you may be eligible to receive \$2 FreshConnect checks to buy fresh, local produce at participating farmers' markets and farm stands.

Learn more at <https://agriculture.ny.gov/consumer-benefits-farmers-markets>. Veterans and service members can also call the NYS Division of Veterans' Services at 1-888-838-7697.



## **Double Up Food Bucks**

Double Up Food Bucks matches every SNAP EBT dollar spent on SNAP-eligible foods up to \$20 a day at participating farmers' markets across the state. Spend \$2 in SNAP, get \$2 for fresh, local NYS produce! Visit <https://doubleupnys.com/> to learn more.



## **NYC Farmers' Market Health Bucks**

If you are a SNAP participant living in NYC, for every \$2 you spend at farmers' markets using SNAP on your EBT card, you can get \$2 in Health Bucks, up to \$10 per day. Health Bucks are available year-round at NYC farmers' markets that accept EBT. Find out more by visiting <https://www.nyc.gov/site/doh/health/health-topics/health-bucks.page>.



**Other resources may be available in your county! Contact your local Cornell Cooperative Extension office to learn more.**

<https://cals.cornell.edu/cornell-cooperative-extension/local-offices>