

# WIC FARMERS MARKET NUTRITION PROGRAM

## Participant Requirements



### ABOUT THE PROGRAM

The Missouri WIC Farmers Market Nutrition Program (WIC FMNP) provides \$30 in benefits annually to WIC individuals over 4 months old who reside in a county with a participating WIC agency issuing FMNP benefits.

Benefits can be exchanged for eligible foods at a farmers market or roadside stand with an **authorized** farmer.

#### - Benefits issued to eligible

**participants:** May 1-September 30

#### - Participants can redeem benefits:

May 1 - October 31

*The program will run  
May 1 - October 31.*

#### USDA Non-Discrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. USDA is an equal opportunity provider, employer, and lender.

### ELIGIBLE COUNTIES

#### Mid-Missouri Area

Audrain	Dent	Moniteau
Boone	Gasconade	Morgan
Callaway	Washington	Osage
Camden	Howard	Phelps
Cole	Laclede	Pulaski
Cooper	Maries	
Crawford	Miller	

#### Kansas City Area

Buchanan	Jackson
Cass	Platte
Clay	Ray

#### St. Louis Area

Franklin	St. Louis City
Jefferson	St. Louis County
St. Charles	

#### Springfield Area

Barry	Howell	Shannon
Christian	Lawrence	Stone
Dade	Wright	Taney
Dallas	Oregon	Texas
Douglas	Ozark	Webster
Greene	Polk	

**Contact your local WIC agency to find out if they are participating in the program.**

### ELIGIBLE FOOD ITEMS

- Fresh, unprocessed fruits
- Fresh, unprocessed vegetables
- Fresh cut herbs



### INELIGIBLE FOOD ITEMS

- Honey
- Dried fruits or vegetables
- Meats, seafood, eggs, cheese, processed goods or baked goods
- Potted fruits, vegetables or herbs
- Wild rice, nuts of any kind, maple syrup, cider, seeds and flowers

**Benefits can ONLY be redeemed at a farmers market or roadside stand!**

**For more information:**  
farmersmarket@mda.mo.gov