



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 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. 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>