Eating well helps keep your family healthier and reduces the risk of chronic disease and obesity.

Eating local supports farmers in your community and boosts your local economy.

Eating together builds strong family relationships and helps develop healthy lifestyles.

Eat Well
- Add fruit to your morning cereal.
- Use whole wheat flour instead of half the white flour in your recipes.
- Try using 10 inch dinner plates to help you serve fewer oversized portions.

Eat Local
- Buy local at the peak of the growing season.
- Support restaurants that feature local foods on their menus.
- Buy a Community Supported Agriculture (CSA) share or split the cost of a share with another family.

Eat Together
- Aim for eating 3 or more meals a week together.
- Shop for food and cook together as a family.
- Make your meal quickly, but eat it slowly.

Cornell Cooperative Extension offers a variety of classes about food and nutrition.

Learn to prepare more nutritious meals, shop on a budget, adopt better eating habits, increase daily physical activity, and more!

Contact Cornell Cooperative Extension in your county to learn about classes offered in your community.

Want to Learn More about Food and Nutrition?

The Farmers’ Market Nutrition Program

WIC FMNP Coupons
Vegetables & Fruits Checks
plus tips for healthy living!

Contact Information:
Using WIC Vegetables & Fruits Checks at the Farmers’ Market

1. Look for tables with signs “We Accept WIC vegetables & fruits checks.”
2. Pick out your produce. Your checks can be used for any fresh fruits and vegetables except herbs and white potatoes.
3. Know the value of your check. If your produce totals less than the value of the check, choose more produce to equal the check value.
4. When you are ready to pay for your produce, show the farmer your WIC ID Card. The farmer will check to make sure your ID matches the information on your check.
5. Fill in your check with the date, amount being paid and your signature. If your produce costs more than the value of the check, write the check out for the total value of the check and pay the remaining amount with another option.
6. If your produce totals more than the value of the check, you can put some produce back, or pay the difference with cash, personal checks, credit cards, EBT tokens, FMNP coupons or other benefits accepted by farmer.

* WIC Vegetable and Fruit Checks are different from FMNP Coupons. Be sure to look for the correct signs while shopping, or just ask your farmers before you buy!