Using Your WIC Farmers’ Market Coupons

at Local Farmers’ Markets & Farmstands

• Check the opening and closing dates for the markets at

www.mass.gov/massgrown.

• Use the search feature on the MassGrown map to find

participating sites by selecting “WIC FMNP” under

Nutrition Programs.

• Each coupon is worth $5.00, and no change can be

given. Bring small bills and change in case you go over

the amount—you can pay the difference. You can also

ask a friend or family member to shop for you.

All About

WIC Farmers’ Market Coupons

Farmers’ Market coupons are provided by WIC and can only

be used for fresh fruits, vegetables, and herbs grown and

sold by local farmers at approved farmers’ markets.

Fruit and vegetable choices may differ from market to market

and at different times during the season. Not every market

will have the same items – it depends on what your local

farmer is growing!

The coupons are different from the WIC fruit and vegetable

benefit and cannot be used at the grocery store.

Many farmers’ markets also accept SNAP benefits. Go to

mass.gov/massgrown to find out if your market accepts

SNAP or check with the market manager at a farmers’

market near you.

SNAP & HIP Information

The Healthy Incentives Program (HIP) puts money back on

your EBT card when you use SNAP to buy healthy, locally-

grown fruits and vegetables from HIP farm vendors. Click

DTAFinder.gov/HIP for HIP locations or mass.gov/HIP to

learn more. What’s Growing

in Massachusetts?

Shopping for summer & fall produceShopping for summer & fall produce

Apples

Arugula

Asparagus

Green beans

Beets

Bok Choy

Blueberries

Broccoli

Cabbage

Cantaloupes

Carrots

Cauliflower

Celery

Chard

Corn-on-the-cob

Cucumbers

Cranberries

Eggplant

Garlic

Leeks

Lettuce

Mung beans

Mushrooms

Peaches

Pears

Peas

Peppers

Potatoes

Pumpkins

Radishes

Raspberries

Scallions

Spinach

Sprouts

Squash

Tomatoes

Turnips

Summer Peach SalsaSummer Peach Salsa

• 3 ripe peaches, diced

• 3 ripe tomatoes, diced

• 1 small red onion, peeled and diced

• ½ avocado, diced

• ½ bunch cilantro, chopped

• ½ jalapeno pepper, seeded and diced (optional)

• Juice of 1 lime

• Salt and pepper to taste

Combine all ingredients and enjoy with whole grain tortillas or

sliced cucumbers! Keeps in the refrigerator for 3-5 days.

Recipe

Massachusetts WIC

Farmers’ Market

Nutrition Program

mass.gov/wic

Form # 391

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