



Massachusetts WIC

Farmers' Market

Nutrition Program



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.

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.

SNAP & HIP Information

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.

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 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

Recipe

Summer 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.

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mass.gov/wic

DPH

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