

## USING YOUR WIC FARMERS' MARKET COUPONS



### What Are Farmers' Market Coupons?

These are coupons provided to you by WIC that can be used for fresh picked vegetables and fruits grown and sold by local farmers at approved farmers' markets and farmstands. The coupons cannot be used at the grocery store.

### What Can the Coupons Buy?

Coupons will buy fresh, locally grown, fruits and vegetables and cut herbs. Other items available for sale at farmers' markets and farmstands cannot be purchased with coupons. 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!

### How Do I Use Them?

Use your coupons with participating farmers at authorized farmers' markets. Check the opening and closing dates for the markets at [www.mass.gov/mass-grown](http://www.mass.gov/mass-grown). 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 ask a friend or family member to shop for you.

### What You Need to Know

Some markets may be operating differently or have other safety precautions in place, so it's a good idea to call ahead or check the website so you know what to expect.

### Look for the Sign

Many farmers' markets also accept SNAP benefits (formerly Food Stamps). Go to [www.mass.gov/massgrown](http://www.mass.gov/massgrown) to find out if your market accepts SNAP or check with the market manager at a market near you.







## Fruits and veggies: How many do I need?

Most moderately active adults need about 4 to 5 cups of fruits and vegetables every day. Kids need between 2 to 3½ cups a day, depending on their age.

## Tips for storing fruits and vegetables

- Store tomatoes and fruit with pits – like peaches and plums – on the counter until ripe. Most other fruits should be kept in the refrigerator.
- Store most vegetables in the refrigerator in the crisper to keep them cool and moist. Potatoes, onions and squash can be stored in a cool, dry place.
- Make sure to store any cut fruit or vegetables covered in the refrigerator.

### RECIPE

# Cranberry Peach Pops

8 Servings

## Ingredients

- 2 peaches (about 2 cups chopped)
- 1/2 cup plain yogurt
- 2 cups cranberry juice
- 8 (5 oz.) paper cups
- 8 plastic spoons or popsicle sticks
- Aluminum foil

## Directions

1. Wash & chop peaches. Divide among 8 paper cups.
2. Measure yogurt and place in a medium bowl.
3. Slowly pour orange juice into the yogurt, stirring until blended.
4. Evenly pour the juice/yogurt mixture over the peaches in the cups.
5. Cut squares of aluminum foil to cover the tops of the cups, piercing each with the spoon handle. The foil should hold the handle in place.
6. Freeze for at least 4 hours before serving.
7. To eat, peel away paper cups from pops.

