Kentucky WIC Farmers' Market Nutrition Program (FMNP)

How to use your KY WIC FMNP App or card: Use your KY WIC FMNP App or card only at:

- **Approved** farmers' markets. Look for farmers with signs "*We accept KY WIC FMNP".*
- **Remember:** Grocery stores and roadside produce stands **do not** accept the KY WIC FMNP App or card.
- Each KY WIC FMNP App or card is worth a certain dollar amount for the KY WIC FMNP season.
- Use your KY WIC FMNP App or card to purchase **fresh eligible** fruits and vegetables. Plus, the following cooking herbs: basil, chives, cilantro, oregano, thyme, sage, parsley, and garlic. Must be fresh cut, **not** dried or in pot growing.
- **NO** processed products including jams, jellies, salsa, breads, meats, eggs, cheese, honey, nuts, and flowers can be purchased with KY WIC FMNP benefits.
- Use your KY WIC FMNP App or card between May 1 and October 31.
- Do not lose your KY WIC FMNP card. It can be reload-ed for the next KY WIC FMNP season.

Fruits and vegetables fight to protect your health:

Research shows people who eat a diet rich in fruits and vegetables have a lower risk of having:

❖ Obesity, cancer, high blood pressure, stroke, heart disease and diabetes.

Eating more servings of fruits and vegetables every day is one of the easiest things you can do for your health!

Farmers' Markets, Locations and Times of Operation and KY WIC FMNP Approved Food List handouts are available at your local health department. **VISIT YOUR KENTUCKY FARMERS' MARKET TODAY!**

Kentucky Public Health
Prevent. Promote. Protect.

KENTUCKY WIC
Women, Infants, & Children

TEAM KENTUCKY
CABINET FOR HEALTH AND FAMILY SERVICES

USDA Non-Discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.
Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complain-ant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complain-ant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** program.intake@usda.gov

This institution is an equal opportunity provider.