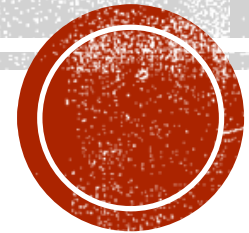
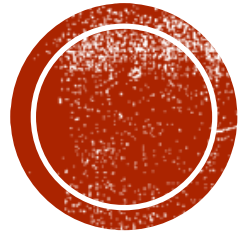


2023 WIC FARMERS MARKET

**FLATHEAD CITY-COUNTY HEALTH DEPT
WIC OFFICE**





WHO'S ELIGIBLE FOR VOUCHERS?

Participants currently receiving WIC benefits except infants under 4 mo of age during season

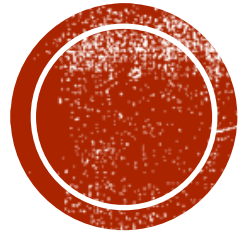
CRITERIA FOR ELIGIBILITY

- Have to have a current and active certification (receiving WIC benefits)

WHO IS ELIGIBLE:

- CHILDREN 1-5 years old
- INFANTS 4 months and older
- PREGNANT WOMEN
- POST PARTUM WOMEN
 - Breastfeeding (fully, substantially, partially)
 - Non-Breastfeeding





HOW MANY VOUCHERS CAN A FAMILY RECEIVE?

\$30 per eligible person

EXAMPLE:

1 PREGNANT + 2 CHILDREN + 4 MO. OLD

Stack of 4 Montana Farm Direct vouchers, each for \$30. The top voucher is dated 6/15/2018 and has a corrected amount of \$30.00. The voucher is for the purchase of fresh, locally grown fruits and vegetables from an authorized Farm Direct Farmer. The voucher is valid for use at participating farmers' markets and is not redeemable in grocery stores. The voucher is issued by the Montana Department of Public Health & Human Services, Farm Direct - WIC TMAP - Cogswell Building, Helena MT 59620. The voucher is valid for use until 9/30/2018. The voucher is issued to a participant in the Farm Direct program. The voucher is valid for use at participating farmers' markets and is not redeemable in grocery stores. The voucher is issued by the Montana Department of Public Health & Human Services, Farm Direct - WIC TMAP - Cogswell Building, Helena MT 59620. The voucher is valid for use until 9/30/2018. The voucher is issued to a participant in the Farm Direct program.

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= \$120 FOR THIS FAMILY

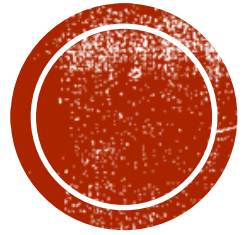


2023 FARMERS MARKET VOUCHERS

TIPS + REMINDERS

- No signature required on voucher – this is a new change
- No replacement vouchers can be re-issued
- Not required to present ID
- Last date to use vouchers is September 30, 2023
- More than one voucher can be used in one shopping visit.
- No change can be given if the full \$5 amount is not used.
- Any amount over \$5 can be used with another voucher or be paid out-of-pocket.
- No IOU's, rain checks and refunds can be used
- Purchase only WIC approved fruits and vegetables





WHERE CAN YOU USE VOUCHERS AT?

Farmer Markets

2023 FARMERS MARKET LOCATIONS

MONDAY

❑ **Bigfork Village Market** – 191 Mill Street, Bigfork– 5:00 -7:30 PM (June-Sept)

NO market on Labor day

TUESDAY

❑ **Whitefish Market** – Central Avenue at Depot Park (by library and train station, Whitefish – 5:00-7:30 PM (May-Sept)

WEDNESDAY

❑ **Bigfork Farmers Market** – Next to the Bigfork Liquor Barn, Bigfork – 3:00-6:00 PM (May-Sept)

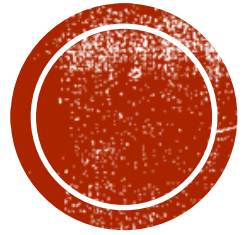
THURSDAY

❑ **Columbia Falls Market** – The Coop 830 1st Ave W, Columbia Falls – 5:00-9:00 PM (May-Sept)

SATURDAY

❑ **Flathead Valley Community College** – South Parking Lot, Kalispell, 9:00-12:30 PM (May-Oct)

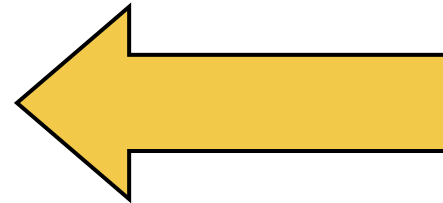
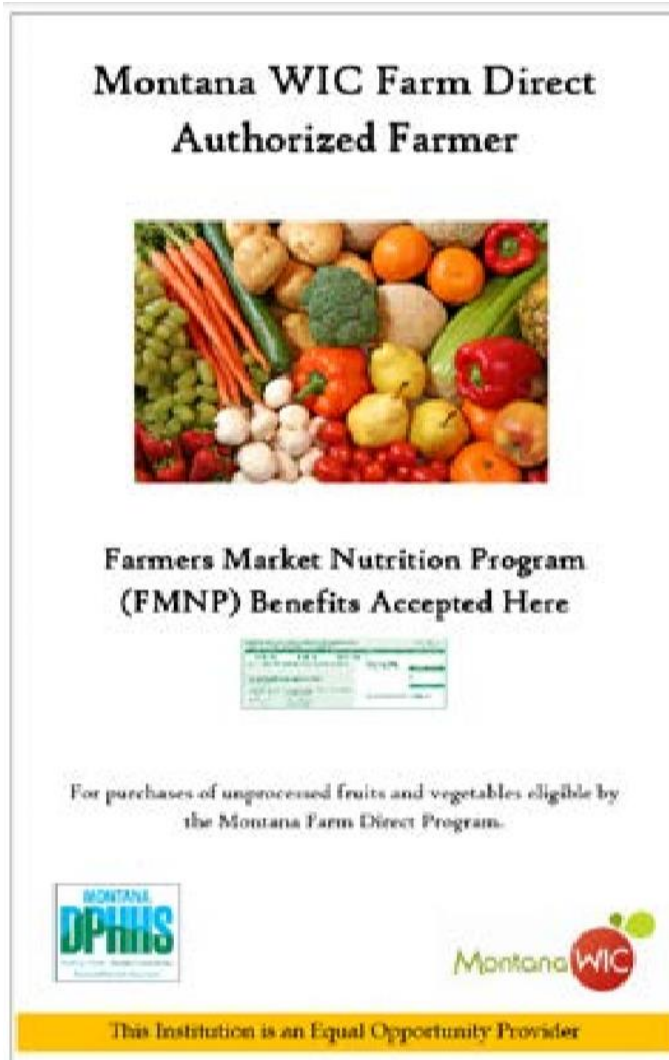




HOW DO YOU KNOW IF THEY'RE WIC APPROVED?

You will see a sign

2023 FARMERS MARKET POSTER



LOOK FOR THIS POSTER

**Any WIC authorized
farmer in the state of
Montana with this sign
can accept your
vouchers!**



2023 FARMERS MARKET IN OTHER COUNTIES

Montana WIC Farm Direct
Authorized Farmer



Farmers Market Nutrition Program
(FMNP) Benefits Accepted Here



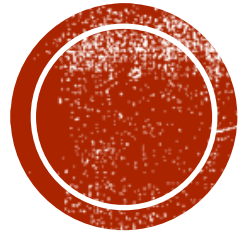
For purchases of unprocessed fruits and vegetables eligible by
the Montana Farm Direct Program.



This Institution is an Equal Opportunity Provider

COUNTY	CITY
Carbon	Bridger, Joliet
Cascade	Belt, Great Falls
Gallatin	Bozeman, Willow Creek, Three Forks, Belgrade, Manhattan
Golden Valley	Ryegate
Lake	Arlee, St. Ignatius, Dayton, Big Arm
Lewis and Clark	Helena, Wolf Creek
Meagher	White Sulfphur Springs
Missoula	Missoula, Frenchtown, Huson
Park	Emigrant, Livingston, Wilsall, Clark
Pondera	Ledger, Conrad, Valier
Ravalli	Hamilton, Stevensville, Florence, Victor, Corvallis, Darby, Pinesdale, Bonner
Richland	Savage
Sanders	Dixon, Paradise
Stillwater	Columbus, Park City
Teton	Pendroy, Choteau
Wheatland	Harlowton
Yellowstone	Billings, Laurel, Broadview, Shepherd





WHAT CAN MY VOUCHERS BE USED FOR?

FRUITS AND VEGETABLES ONLY

2023 APPROVED FRUITS AND VEGETABLES



Eligible Fresh Fruits & Fresh Vegetables
Montana WIC Program
Farm Direct 2021

Approved foods are locally grown, fresh, unprepared fruits and vegetables.

Fresh Vegetables

Asparagus	Garlic	Rhubarb
Beans, yellow or green	Kale	Rutabagas
Beets	Kohlrabi	Spinach
Broccoli	Leeks	Squash-
Brussels Sprouts	Lettuce	summer & winter
Cabbage	Mushrooms	varieties
Carrots	Mustard Greens	Sweet potatoes
Cauliflower	Okra	Swiss Chard
Celery	Onions	Tender Greens -
Chinese Cabbage	Parsnips	similar to lettuce
Collard Greens	Peas	Tomatoes
Corn	Peppers	Turnips/Turnip Greens
Cucumbers	Pumpkins	Watercress
Eggplant	Radishes/Horseradishes	Zucchini
Potatoes	Fresh Cut Herbs	

Fresh Fruits

Apples	Chokecherries	Peaches
Apricots	Currants	Pears
Blackberries	Gooseberries	Plums
Blueberries	Grapes	Raspberries
Cantaloupe	Huckleberries	Strawberries
Casaba Melons	Melons	Watermelons
Cherries	Nectarines	

Items that may not be purchased with WIC FMNP
Any processed produce or non-foods items, including:

Baked Goods	Honey	Plants (herb or vegetable)
Cheese	Juices	
Crafts	Nuts	
Eggs		

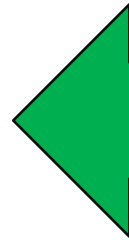


Please keep a copy at the point of sale.

This institution is an equal opportunity provider.



APPROVED FRUITS & VEGETABLES



NON-APPROVED ITEMS



2023 FRUITS & VEGETABLES IN SEASON

WINTER	SPRING	SUMMER	FALL
December—April	May—June	July—August	September—November
Barley Beef <u>*Beets</u> Buffalo <u>*Carrots</u> Cheese Chicken Eggs Garbanzo Beans <u>*Garlic</u> Kamut Lentils Milk <u>*Mushrooms</u> <u>*Onions</u> Parsnips Pasta Pinto beans Pork <u>*Potatoes</u> Shallots Sprouts Sunflower Seed Tortillas Turkey Wheat <u>*Winter Squash</u> Yogurt	Barley Beef <u>*Broccoli</u> Buffalo <u>*Cabbage</u> <u>Cauliflower</u> Chard Cheese Chicken <u>*Collards</u> Eggs Garbanzo Beans Kamut Herbs <u>*Kale</u> Lentils <u>*Lettuce</u> Milk Morels <u>*Mushrooms</u> <u>*Mustard Greens</u> Pasta <u>*Peas</u> Pinto beans Pork <u>*Spinach</u> Sprouts Sunflower Seed Tortillas Turkey Wheat Yogurt	<u>*Apricots</u> Barley Basil <u>*Beans</u> Beef <u>*Beets</u> <u>*Broccoli</u> Buffalo <u>*Carrots</u> <u>*Cabbage</u> <u>*Cantaloupe</u> <u>*Cauliflower</u> Chard Cheese <u>*Cherries</u> Chicken <u>*Collards</u> <u>*Corn</u> <u>*Cucumbers</u> Eggs Garbanzo Beans <u>*Garlic</u> Kamut Herbs <u>*Kale</u> Lentils <u>*Lettuce</u> Milk	<u>*Mushrooms</u> <u>*Mustard Greens</u> Pasta <u>*Peas</u> <u>*Peppers</u> Pinto beans Pork <u>*Potatoes</u> <u>*Pumpkins</u> <u>*Raspberries</u> Scallions Shallots <u>*Spinach</u> Sprouts <u>*Strawberries</u> <u>*Summer Squash</u> Sunflower Seed Tomatillos <u>*Tomatoes</u> Tortillas Turkey Wheat <u>*Winter Squash</u> Yogurt

SOURCES: <http://www.montana.edu/mfafa/mfafa/school/documents/MT%20Seasonal%20Food%20Chart%20MTN%20FactSheet.pdf>
<http://www.missoulafoodco-op.org/images/foodbankresources/seasonalchart.pdf>

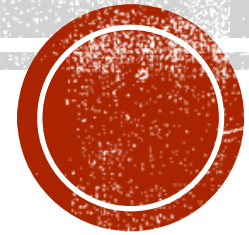
- Lots of foods in Summer in Fall
- Visit market as soon as opens, not close to ending/closing
- No luck first visit? Try again!

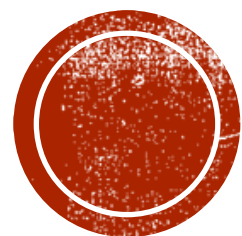


SNAP DOLLARS PROGRAM

Receive a dollar-for-dollar match to spend on fruits and veggies at the Columbia Falls, Kalispell and Whitefish Farmers Markets – ask about maximum match amount.

Eligible for up to \$30 per market, every week throughout the summer!





QUESTIONS?

Please text 406-890-3231 or 406-890-3056

THANK YOU AND ENJOY!

HAVE A GREAT SUMMER!

