



Community Wellness and Prevention WIC Farmers Market Nutrition Program – 2009

2008 Farmers Market Nutrition Program in Washington

Approximately 56,000 individuals have the opportunity to purchase Washington grown fresh fruits and vegetables.

53 WIC agencies provide the dollar benefit and nutrition education to young families.

91 Washington farmers markets and approximately 700 growers participate.

Funding

The Washington State Department of Health provides \$420,000 in state funding and the United States Department of Agriculture provides \$570,486 in federal funding for a total of \$990,486.

WIC Food Dollar Contribution to Local Economy in 2008

In 2008, local growers received \$739,506 from the WIC FMNP.

The Washington State WIC Nutrition Program is an equal opportunity program.

Revised March 2009

DESCRIPTION

The Farmers Market Nutrition Program (FMNP) is designed to provide families participating in the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) with locally grown fresh fruits and vegetables.

PURPOSE

- Provide locally grown fresh fruits and vegetables for WIC families, and
- Expand awareness and access to farmers markets where consumers can buy directly from the grower.

HOW THE PROGRAM WORKS

Packets of \$2 checks at a value up to \$20 are distributed June through September to participants through WIC agencies across the state. The participants redeem their checks for Washington grown fresh fruits and vegetables at authorized farmers markets through October 31st. No change is given for the checks. Authorized growers accept the checks, have them stamped with a unique identifier, and cash them at local banks. During the program's season, participating WIC agencies provide nutrition education on how to select, store and prepare fresh fruits and vegetables, and provide creative ways to incorporate these foods into their participant's diets.

BENEFITS

- Reinforces the message that eating more fruits and vegetables matters for better health
- Educates WIC families on nutrition and prevention of chronic disease
- Promotes Washington grown produce
- Increases sales for Washington growers

WIC FMNP HELPS FAMILIES TO MAKE HEALTHY CHOICES

The program is one of the many ways WIC helps communities take positive steps to reduce rates of obesity and chronic disease by increasing WIC families' access to fresh fruits and vegetables.

The program was developed in cooperation with the Washington State Farmers Market Association and is administered by the Washington State Department of Health.

Local WIC agencies please contact:
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Market Managers and Growers please contact:
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PUBLIC HEALTH
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HEALTHIER WASHINGTON

Airway Heights Farmers Market
Anacortes Farmers Market
Arlington Farmers Market
Auburn International Farmers Market
Bainbridge Island Farmers Market
Ballard Sunday Farmers Market
Battle Ground Farmers Market
Bayview Farmers Market (Langley)
Bellevue Farmers Market
Bellingham Farmers Market (Bellingham/Fairhaven)
Benton City Community Market
Bothell Country Village Farmers Market
Bremerton Farmers Market
Brewster Farmers Market
Bridgeport Farmers Market (Douglas County)
Broadway Sunday Market (Seattle)
Burien Farmers Market
Camas Farmers Market
Carnation Farmers Market
Cheney Friday Farmers Market
Clarkston Farmers Market
Columbia Basin Farmers Market (Moses Lake)
Columbia City Farmers Market (Seattle)
Colville Farmers Market
Community Farmers Market (Chehalis)
Coupeville Farmers Market
Cowlitz Community Farmers Market (Longview)
Crossroads Farmers Market (Bellevue)
Des Moines Waterfront Farmers Market
Duvall Farmers Market
East Side Farm to Market
Ephrata Farmers Market
Everett Farmers Market
Farmers Market at Chimacum Grange
Federal Way Farmers Market
Friday Night Market at Juanita Beach
Gig Harbor Farmers Market
Humble Earth Farmers Market (Spokane)
Issaquah Public Market
Kennewick Farmers Market
Kent Farmers Market
Key Peninsula Farmers Market (Lakebay)
Kingston Farmers Market
Kirkland Farmers Market
Kittitas County Farmers Market
Lacey Farmers Market on the Green
Lake Chelan Valley Farmers Market
Lake City Farmers Market (Seattle)
Lake Forest Farmers Market (Seattle)
Leavenworth Community Farmers Market
Lewis County Farmers Market (Centralia)
Liberty Lake Farmers Market (Spokane)
Mad-Cap Hill Farmers Market (Seattle)

Magnolia Farmers Market (Seattle)
Market at the Parkway (Richland)
Mercer Island Farmers Market
Methow Valley Farmers Market (Twisp)
Millwood Farmers Market (Spokane)
Montfort School Community Center (Deer Park)
Monroe Farmers Market – River Valley
Monroe Farmers Market - Downtown
Mount Vernon Farmers Market
Mukilteo Farmers Market
NE Washington Farmers Market (Colville)
North Bend Farmers Market
Oak Harbor Farmers Market
Okanogan Farmers Market
Olympia Farmers Market
Orcas Island Farmers Market
Othello Farmers Market
Pasco Farmers Market
Pend Oreille Farmers Market
Peninsula Farmers Market (Silverdale)
Phinney Farmers Market (Seattle)
Pike Place Farmers Market
Port Angeles Farmers Market
Port Orchard Farmers Market
Port Townsend Farmers Market
Poulsbo Farmers Market
Proctor Farmers Market (Tacoma)
Prosser Farmers Market
Puyallup Farmers Market
Queen Anne Farmers Market (Seattle)
Redmond Farmers Market
Renton Farmers Market
Roslyn Farmers Market
San Juan Farmers Market
Sedro Woolley Farmers Market
Sequim Farmers Market
Shelton Farmers Market
South Perry Farmers Market
South Whidbey Tilth
Spokane Farmers Market
Sunnyside Farmers Market
Suquamish Farmers Market
Tacoma Farmers Market
Tonasket Farmers Market
Tumwater Town Center Farmers Market
University District Farmers Market (Seattle)
Vancouver Farmers Market
Vashon Farmers Market
Walla Walla Valley Farmers Market
Wallingford Center Farmers Market
Wenatchee Valley Farmers Market
West Seattle Farmers Market
Woodinville Farmers Market
Yakima Farmers Market