

ELIGIBLE FOODS

Apples Asparagus Beans



Beets Blackberries Blueberries



Broccoli Brussel Sprouts Cabbage



Carrots Cauliflower Cherries



Corn Cucumbers Edamame



Eggplant Grapes Soybeans Greens



Green Onions Kohlrabi Lettuce



Melons Okra Onions



Parsnips Pawpaws Peaches Pears



Peas Peppers Plums Potatoes



Pumpkins Radishes Raspberries



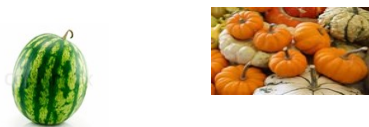
Rhubarb Strawberries Summer Squash



Sweet Potatoes Tomatoes Turnips



Watermelon Winter Squash



Plus the following cooking herbs: basil, chives, cilantro, oregano, thyme, sage, parsley and garlic. Must be fresh cut, not dried or in pot growing.



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 Complainant 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 complainant'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.

Why Fruits and Vegetables?

FRUITS AND VEGETABLES FIGHT TO PROTECT YOUR HEALTH.

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

- Obesity
- High blood pressure
- Heart disease
- Cancer
- Stroke
- Diabetes

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

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 that say "*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.
- Use your KY WIC FMNP App or card to purchase **fresh** fruits and vegetables. Only **eligible foods** can be purchased with KY WIC FMNP benefits.
- Processed products including: jams, jellies, breads, meats, eggs, cheese, honey, nuts and flowers, **cannot** be purchased with KY WIC FMNP benefits.
- Use your KY WIC FMNP App or card between June 1st and October 30th.
- Don't lose your KY WIC FMNP card It can be reloaded for the next KY WIC FMNP season.

Resources:

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 WIC Farmers' Market Nutrition Program

