#### FMNP and SFMNP Basic Rules and Regulations

- FMNP and SFMNP checks cannot be used before June 1, 2021 or after November 30, 2021.
- FMNP customers may buy only fruits, vegetables and herbs grown in Pennsylvania
- Recipients must sign in the "Signature Recipient or Proxy" block on the front of the checks. Do this before going to the market or take a pen with you.
- At the market look for stands displaying the white Farmers Market Nutrition Program poster.
- Each check is worth \$6. Farmers are <u>not</u> permitted to give change for purchases for less than \$6.
- Program recipients may place orders online with FMNP approved farmer; however, you must pay with your paper FMNP checks. A proxy may go to markets to make the purchase for you.

## Market information

To find a farmer's market or farm stand with eligible farmers please download the FMNP app. The PA FMNP app is available in the Google Play store and the Apple Store for free. Search for PA FMNP farmers market locator and download the app.

Or go to <u>www.pafmnp.org</u> to search our online farmers market and farm stand database.

# For market with phone numbers please contact the market for changes to operating hours before visiting.

**\*\* Note:** Program recipients are encouraged to practice social distancing and wear masks at markets and stands.

#### List of eligible Fruit and vegetables

<u><b>Fruit</b></u> Apples Apricots	Berrie Cherri	-	Grapes Nectar		Melon Plums	-	Pears Peache	es
Vegetables								
Artichokes		Cauliflower		Leeks		Parsnips		Tomatoes
Asparagus		Celery		Lettuce		Onions		Turnips
Beans (fresh)		Corn		Mushrooms		Radishes		Winter Squash
Beets		Cucum	bers	Peppe	rs	Rhuba	rb	Yams grown in PA
Broccoli		Eggplan	nt	Potato	es	Rutaba	igas	Zucchini
Brussels spro	outs	Greens		Peas		Spinac	ĥ	Microgreens
Cabbage		Kohlrabi		Okra		Sweet Potatoes		

# $\underline{No}$ actual plants are permitted for purchase only the mature fruit and/or vegetable is allowable for purchase with the FMNP checks.

Fresh cut herbs are allowed if they are used for cooking or flavoring

- Processed food is <u>not allowed</u> for purchase with FMNP Checks. Jack-o-lanterns are not allowable
- Citrus or tropical fruits are <u>not allowed</u> for purchase with FMNP checks.

## **Nutrition Education**

Nutrition information on basic nutrition, shopping, cooking and food safety can be found at <u>https://www.nutrition.gov/</u> The website also contains many different recipes.