



Community Wellness and Prevention WIC Farmers Market Nutrition Program – 2008

2008 Farmers Market Nutrition Program in Washington

Approximately 49,000 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.

92 Washington farmers markets and approximately 700 growers participate.

Funding

The Washington State Department of Health provides \$321,000 in state funding and the United States Department of Agriculture provides \$532,095 in federal funding for a total of \$853,095.

WIC Food Dollar Contribution to Local Economy in 2007

In 2007, local growers received \$607,995 from the WIC FMNP.

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

Revised June 2007

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.

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PUBLIC HEALTH
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HEALTHIER WASHINGTON

PARTICIPATING FARMERS MARKETS

Airway Heights Farmers Market	Mount Vernon Farmers Market
Anacortes Farmers Market	Mukilteo Farmers Market
Bainbridge Island Farmers Market	NE Washington Farmers Market
Ballard Sunday Farmers Market	North Bend Farmers Market
Bayview Farmers Market (Langley)	Oak Harbor Farmers Market
Bellevue Farmers Market	Okanogan Farmers Market
Bellingham Farmers Market (Bellingham/Fairhaven)	Old Town Farmers Market (Battle Ground)
Bothell Country Village Farmers Market	Olympia Farmers Market
Bremerton Farmers Market	Orcas Island Farmers Market
Brewster Farmers Market	Othello Farmers Market
Bridgeport Farmers Market (Douglas County)	1896 Homestead Public Market (Packwood)
Broadway Sunday Market (Seattle)	Pasco Farmers Market
Burien Farmers Market	Pend Oreille Farmers Market
Carnation Farmers Market	Peninsula Farmers Market (Silverdale)
Cheney Friday Farmers Market	Phinney Farmers Market (Seattle)
Clarkston Farmers Market	Pike Place Farmers Market
Columbia Basin Farmers Market (Moses Lake)	Port Angeles Farmers Market
Columbia City Farmers Market (Seattle)	Port Orchard Farmers Market
Colville Farmers Market	Port Townsend Farmers Market
Community Farmers Market (Chehalis)	Poulsbo Farmers Market
Coupeville Farmers Market	Proctor Farmers Market (Tacoma)
Cowlitz Community Farmers Market (Longview)	Prosser Farmers Market
Crossroads Farmers Market (Seattle)	Puyallup Farmers Market
Des Moines Waterfront Farmers Market	Queen Anne Farmers Market
Ephrata Farmers Market	Redmond Farmers Market
Everett Farmers Market	Renton Farmers Market
Federal Way Farmers Market	Roslyn Farmers Market
Friday Night Market at Juanita Beach	San Juan Farmers Market
Gig Harbor Farmers Market	Sedro Woolley Farmers Market
Humble Earth Farmers Market (Spokane)	Sequim Farmers Market
Issaquah Public Market	Shelton Farmers Market
Kennewick Farmers Market	South Perry Farmers Market
Kent Farmers Market	South Whidbey Tilth
Kingston Farmers Market	Spokane Farmers Market
Kirkland Farmers Market	Sunnyside Farmers Market
Kittitas County Farmers Market	Tacoma Farmers Market
Lacey Farmers Market on the Green	Tumwater Town Center Farmers Market
Lake Chelan Valley Farmers Market	University District Farmers Market (Seattle)
Lake City Farmers Market (Seattle)	Vancouver Farmers Market
Lake Forest Farmers Market	Vashon Farmers Market
Liberty Lake Farmers Market	Walla Walla Valley Farmers Market
Mad-Cap Hill Farmers Market (Seattle)	Wallingford Center Farmers Market
Magnolia Farmers Market	Wenatchee Valley Farmers Market
Market at the Parkway (Richland)	West Seattle Farmers Market
Methow Valley Farmers Market	Woodinville Farmers Market
Millwood Farmers Market (Spokane)	Yakima Farmers Market