

## Farmers' Market Checks are Here!

### What are Farmers' Market Nutrition Program (FMNP) Coupons?

The WIC Farmers' Market Nutrition Program (FMNP) provides an additional option of FMNP coupons to eligible participants beginning June 1st. This year the value of the FMNP coupons are \$25 per eligible participant! For more information about the Farmers' Market Nutrition Program, check out the back of our newsletter!



### What can be bought with FMNP Coupons?

FMNP coupons can be used to buy eligible produce from farmers, farmers' markets or roadside stands that have been approved by the state agency to accept FMNP coupons. Scan the QR code to the right to see where FMNP approved vendors have locally grown fresh fruits and vegetable to purchase!

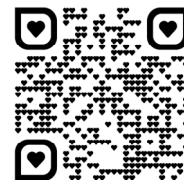


## US Preventative Services Task Force (USPSTF) Recommendations for Behavioral Counseling Interventions to Support Breastfeeding

The USPSTF released their recommendations for breastfeeding education and support interventions to improve the health of babies and birthing people. Scan the QR code to the right to see the summary for clinicians provided in the Journal of the American Medical Association.



For supportive information on providing breastfeeding education and problem solving scan the QR code to the right.



Our social media pages can keep you up to date on nutrition, health, breastfeeding, community, and WIC specific information!



Facebook:  
SPCC WIC



Facebook Group:  
WIC Moms Talk  
Breastfeeding



Instagram:  
spccwic



<https://www.spcc-roch.org/programs/wic/>

Phone 585-394-9240

Text 585-481-8488

## Questions about WIC?

SPCC WIC is available to answer general WIC questions, provide in-service training and/or to deliver outreach materials to your office.

You can reach the Outreach Coordinator Brittany at 585-394-9240 ext 205 and our Outreach Team by e-mail at

[WICoutreach@spcc-roch.org](mailto:WICoutreach@spcc-roch.org)

Community  
**OUTREACH**



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## Fruits and Vegetables!



### Who is eligible for the Cash Value Benefit (CVB) for Fruits and Vegetables\*?

- Pregnant, Postpartum, and Breastfeeding Participants
- Children ages 1-5
- Infants 9 months—12 months (fresh fruits and/or veggies only)

\*Unless otherwise indicated by a medical provider



### What can participants purchase with their fruit and vegetable benefits?

- Fresh ! Frozen ! And Canned!
- Options are based on a participant's shopping choices as they spend their cash value for the month!
- For specifics of WIC Acceptable Fruits and Vegetables:

[www.nyswicvendors.com](http://www.nyswicvendors.com) > Foods and Formula

## Farmers' Market Checks

In addition to the CVB, eligible participants can receive a booklet of Farmers' Market Checks to

purchase fresh, local produce from NYS Farmers' Markets! WIC Participants can reach out to their local WIC office between June 1st and September 30th to have Farmers' Market Checks issued to their family. This year the booklets contain five \$5 checks, a total value of \$25 per eligible participant. Information on how to use Farmers' Market Checks can be found at the following link:

[www.human.cornell.edu/dns/fmnp/consumers](http://www.human.cornell.edu/dns/fmnp/consumers).

Farmers' Markets that have vendors accepting Farmers' Market Nutrition Program (FMNP) checks can be found at: <https://agriculture.ny.gov/farmersmarkets>.



## SPCC WIC YouTube!

SPCC WIC staff have created a YouTube page ([www.youtube.com/@spccwic](http://www.youtube.com/@spccwic)) with informational videos about the WIC Program. At the QR code to the left, you can find videos with information on the Medical Documentation Form, WIC Medical Referral Form, the shopping experience, and WIC Program Orientation!



**Your commitment to mothers, caregivers and young children powerfully impacts our nation's families. Read this WIC participant's reflection on the WIC experience:**

*Being able to buy more fruit and vegetables for my family has helped us to increase our intake of healthy foods in our diet. I'm able to incorporate more veggies or fruits into our meals by either making shakes, adding it as a side, or as snacks. It's helped us not get sick as often.*

- WIC Participant

