

WIC Farmers' Market Nutrition Program

Farmers' Market Nutrition Program (FMNP) benefits are available at select public health departments.

- WIC Farmers' Market season is from May 1st to September 30th.
- Eligible participants receive \$30 (\$60 family maximum benefit) to purchase South Carolina grown fruits, vegetables, and cooking herbs from approved farmers.
- Benefits are loaded on the SoliMarket App for smartphone users OR on the SoliMarket Shopper Card (**NOT loaded on your eWIC card**).
- FMNP benefits cannot be replaced.
- Shopper cards will be replaced if lost.
- The **last day to redeem** the WIC FMNP benefits is **September 30th**.

✓ **Approved SC Grown Fresh Produce:**

VEGETABLES

- | | | | | |
|---------------|-------------------|------------------|-------------|---------------|
| • Beans | • Chinese Cabbage | • Lettuce | • Peppers | • Spinach |
| • Beets | | • Mustard Greens | • Potatoes | • Squash |
| • Broccoli | • Corn | | • Pumpkins | • Swiss Chard |
| • Cabbage | • Cucumbers | • Okra | • Radishes | • Tomatoes |
| • Carrots | • Eggplant | • Onions | • Rhubarb | • Turnips |
| • Cauliflower | • Kale | • Peas | • Rutabagas | • Zucchini |

FRUITS

- | | | | | |
|----------------|-----------------|----------|--------------------|----------------|
| • Apples | • Cantaloupe | • Figs | • Honey Dew melons | • Peaches |
| • Blackberries | • Casaba Melons | • Grapes | | • Pears |
| • Blueberries | | • Kiwi | • Nectarines | • Strawberries |

COOKING HERBS

- | | | | | |
|----------|------------|------------|------------|------------|
| • Basil | • Cilantro | • Garlic | • Oregano | • Sage |
| • Borage | • Dill | • Marjoram | • Parsley | • Tarragon |
| • Chives | • Fennel | • Mint | • Rosemary | • Thyme |

This list is not inclusive. Other items locally grown may also be approved.

✗ **Not approved:**

Produce not grown in South Carolina, baked goods, eggs, peanuts, nuts and seeds, honey, maple syrup, jams, jellies, popcorn, pickles, juices, meat, or seafood.

Redeeming your benefits is easy!

- Go to a participating farmers' market in your area. Look for the farmers displaying the WIC sign.
- Select the WIC-approved produce to purchase with your FMNP benefits.
- Show the QR code on your SoliMarket App or Shopper Card to the farmer to scan and redeem your benefits.

Scan the QR code to find participating Farmers' Markets in your area.



How to use the SoliMarket App

Available on:

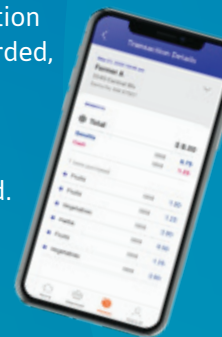


Setting up SoliMarket Shopper:

1. **Download** the SoliMarket Shopper App
2. **Select** your preferences and **accept** the terms and conditions.
3. **LOG IN:** enter your email and the 4-digit PIN sent to you.
4. If you prefer, set up Face ID or Touch ID for easier app account access.

Redeeming Farmers' Market benefits:

1. Log in to the SoliMarket Shopper app.
2. Click the checkout icon to display the QR code.
3. Allow the farmer to scan your QR code. When prompted, **accept or decline** the transaction.
4. The transaction will be recorded, and your remaining balance will be displayed.

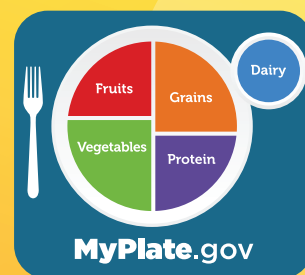


The WIC Farmers' Market Nutrition Program helps you purchase more fruits and vegetables to enjoy and eat healthier.

Fruits and vegetables have many nutrients that provide health benefits:

- **Low in fat and calories** helps control your weight.
- **Potassium** helps regulate your blood pressure.
- **Dietary fiber** helps reduce your blood cholesterol and lower your risk of heart disease.
- **Vitamin A** keeps your eyes and skin healthy.
- **Vitamin C** helps your body absorb iron more easily to prevent anemia.

Healthy eating is important at every age and life stage. Your baby is ready to start eating fruits and vegetables at around 6 months of age. Continue repeatedly offering fruits and vegetables to your children even if they are not eager to try new foods; it may take many times before they like it. If you are pregnant, postpartum, or breastfeeding, eating these healthy foods will support your baby's growth and help you stay healthy.



MyPlate.gov
recommends filling
half of your plate with
fruits and vegetables
to meet your daily
needs.

TRY SOME OF THE FOLLOWING IDEAS TO HELP YOU AND YOUR FAMILY EAT MORE FRUIT AND VEGETABLES DAILY!

Connect at mealtimes	<p>Eat together: you and your family eat more healthy food.</p> <ul style="list-style-type: none"> • Eat meals as a family whenever you can, turning off the TV and screens to interact with each other. • Serve the same meal for the whole family and talk about the colors, textures, and what foods do for you.
Plan your meals	<p>Reduce stress at mealtimes and eat healthier food by planning your meals.</p> <ul style="list-style-type: none"> • Include quick and easy plant-based or vegetarian dishes. • Keep fruits and vegetables ready to eat and in plain sight in the fridge to eat them as snacks.
Let everyone help	<p>Children are more likely to eat more fruit and vegetables or to try new foods if they help.</p> <ul style="list-style-type: none"> • Give your children age-appropriate tasks in the kitchen: washing, chopping, stirring or mixing. • Provide "family style" meals and let your kids serve themselves.
Serve a variety of foods	<p>Cook and serve healthier meals at home</p> <ul style="list-style-type: none"> • Use fresh herbs to add flavor and try healthy cooking methods: steaming, roasting, grilling, or baking. • Select a variety of colorful fruits and vegetables for a plate full of nutrients.
Let kids choose	<p>Children are more interested if they feel some responsibility and involvement with food.</p> <ul style="list-style-type: none"> • Let your children pick out new fruits or vegetables and use food cut into fun shapes to figures. • Offer choices within healthy options, ask: which one do you like for your snack: apple, banana, or mango?
Be a role model	<p>Children learn from watching you: set a good example and eat your fruit and vegetables too.</p> <ul style="list-style-type: none"> • Eat different colors of fruits and vegetables each day and try new foods, starting with small portions. • Choose healthy beverages like water, sparkling water, or unsweetened tea with added fruit and herbs.

Source: MyPlate.gov

Eat more fruits and vegetables!

Scan the QR codes to view recipe ideas that are easy to make and healthy to eat.



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