

WIC Farmers' Market Nutrition Program

Redeeming your WIC Farmers' Market benefits is easy!


- Go to a participating farmers' market in your area and look for farmers displaying the WIC sign.
- Select the South Carolina grown fresh fruits, fresh vegetables, and/or fresh herbs that you would like to purchase.
- Redeem benefits by allowing the farmer to scan the QR code on the Solimarket shopper app or the QR code on your Farmers' Market shopper card.

Farmers' market benefits cannot be used to purchase baked goods, eggs, nuts and seeds, honey, maple syrup, jams, jellies, popcorn, pickles, juices, meats or seafood.


The eWIC card is not accepted at farmers' markets.

AUTHORIZED FRESH VEGETABLES		AUTHORIZED FRESH FRUIT
Beans	Onions	Apples
Beets	Peas	Blackberries
Broccoli	Peppers	Blueberries
Cabbage	Potatoes	Cantaloupe
Carrots	Pumpkins	Casaba Melons
Cauliflower	Radishes	Figs
Chinese Cabbage	Rhubarb	Grapes
Collard Greens	Rutabagas	Honey Dew Melons
Cooking Herbs	Spinach	Kiwi
Corn	Squash	Nectarines
Cucumbers	Swiss Chard	Peaches
Eggplant	Tender Greens	Pears
Kale	Tomatoes	Persimmons
Kohlrabi	Turnips	Plums
Lettuce	Turnip Greens	Raspberries
Mustard Greens	Watercress	Strawberries
Okra	Zucchini	Watermelons

Setting up the SoliMarket Shopper App:

1. Download the **Solimarket Shopper App** 
2. Choose your language, accept the terms & conditions and privacy policy then click **AGREE & CONTINUE**.
3. Enter your email address and click **LOG IN**.
4. Enter the **4-digit PIN** which was sent by email.
5. You may set up face ID or touch ID to access your account without the PIN the next time you log in.

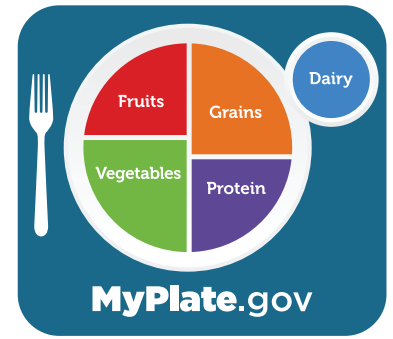
Redeeming Farmers' Market benefits:

1. Open the **SoliMarket Shopper App** 
2. **Log in** using face ID, touch ID, or the 4-digit PIN that was sent by email.
3. Click the **checkout** icon at the bottom of the screen to display the **QR code** for the farmer to scan.
4. Once the farmer has scanned your QR code you will receive a prompt to **accept or decline** the transaction.
5. Your app will record the purchase amount and display your remaining farmers' market benefit balance.









The fresh fruits and vegetables that you purchase at the farmers' market provide you and your family with many health benefits.

- Eating a diet rich in fruits and vegetables may reduce the risk for heart disease and certain types of cancers.
- Eating more fruits and vegetables can help increase the amount of vitamin C, fiber and potassium that you eat. These are important nutrients that many people do not get enough of.



It is recommended that half of your plate be filled with fruits and vegetables to meet your daily needs.

HERE ARE SOME FUN IDEAS TO INCORPORATE MORE FRUITS AND VEGETABLES INTO YOUR DAY!

	<p>TOMATOES</p> <ul style="list-style-type: none"> • Toss chopped tomatoes into an omelet • Top a salad with halved cherry tomatoes • Add tomato slices to your sandwich
	<p>CUCUMBERS</p> <ul style="list-style-type: none"> • Enjoy sliced cucumbers dunked in a low-fat dip or hummus • Add diced cucumbers to a sandwich or wrap
	<p>PEACHES</p> <ul style="list-style-type: none"> • Grill peaches to bring out their flavor • Use peaches to make a fruit smoothie • Pack a whole peach for a snack
	<p>BLUEBERRIES</p> <ul style="list-style-type: none"> • Top hot or cold cereal with a handful of blueberries • Add blueberries and crunchy, dry cereal to yogurt to make a parfait
	<p>WATERMELON</p> <ul style="list-style-type: none"> • Snack on watermelon wedges or cubes • Make a savory watermelon salad using cheese, cucumbers and mint
	<p>SWEET POTATOES</p> <ul style="list-style-type: none"> • Bake sweet potatoes for an easy side dish • Peel, dice and roast sweet potatoes with a sprinkle of cinnamon

Source: myplate.gov

