

How to use your WIC Farmers' Market Checks

1. Find participating markets

Find a local farmers market near where you work, live, or even play! Many markets are near local grocery stores and parks. For a full list of all markets in Alaska, download the "2024 Authorized Farmers Location List" at this link or by following the QR code
<https://health.alaska.gov/dpa/Pages/nutri/fmnp/default.aspx>



2. Find produce vendors at the market who accept the check.

You can ask the information booth at the market or look for the signs on vendor booths to see who accepts the checks.



3. Use your checks for payment

Each check is \$5. The Farmers cannot provide change for your checks. Check are no valid at grocery stores. Ask for suggestions on how to use your checks in full!

4. Enjoy your local produce!

You can find yummy recipes on the WICShopper app and at www.WIChealth.org!

APPROVED FOOD LIST

Any fresh vegetable, berry, or herb grown in Alaska. Individual farmers are not required to carry every item listed. The main Alaska-grown "fruit" will be berries.

The following foods are approved:

Vegetables

| | | | |
|-----------------|---------------|----------------|-------------|
| Artichoke | Chickweed | Lettuce greens | Scallions |
| Arugula | Collard | Mushrooms | Snap beans |
| Asparagus | Corn | Mustard greens | Spinach |
| Baby greens | Cucumber | Onion | Sprouts |
| Beet Peas | Eggplant | Parsnip | Squash |
| Bok choy | Endive | Peppers | Swiss chard |
| Broccoli | Garlic Tatsoi | Potato | Taro |
| Brussels sprout | Green beans | Pumpkin | Tomatillo |
| Cabbage | Green onion | Radicchio | Tomato |
| Carrot | Kale | Radish | Turnip |
| Cauliflower | Kohlrabi | Romanesco | Watercress |
| Celery | Leeks | Rutabaga | Zucchini |

Fruit

| | | | |
|----------|--------------|-----------------|------------|
| Apple | Gooseberries | Huckleberries | Raspberry |
| Cherries | Haskaps | Lingonberries | Rhubarb |
| Currants | Honeyberry | Melon varieties | Strawberry |

Herbs

| | | | |
|-----------|----------|----------|-----------|
| Basil | Fennel | Oregano | Sorrel |
| Chamomile | Lavender | Parsley | Spearmint |
| Chives | Lovage | Rosemary | Stevia |
| Cilantro | Marjoram | Sage | Tarragon |
| Dill | Mint | Savory | Thyme |

⊘ Ineligible Foods:

- Honey is not eligible for WIC FMNP purchase.
- Fruits & vegetables processed beyond their natural state examples: dried, diced, shredded, sliced, frozen, and chopped)
- Fruits, vegetables and herbs with added sugars, fats, and/or oils examples: syrups, jams, ciders, fruit leathers, and fruit roll-ups)
- Mixtures containing grains, nuts, seeds, and/or other non-eligible products
- Eggs, meats, cheeses, seafood, canned & dried mature legumes
- Potted herbs, plants, flowers, and starts

WIC is an equal opportunity provider.

2024 WIC Program Farmers' Market Checks

Check valid July 1 to October 31



www.muni.org/WIC



907-343-4668



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APPROVED FARMERS MARKETS




WIC FMNP checks are only accepted at the approved farmers' markets listed below.

Anchorage Locations

Anchorage Farmers Market

-  1420 Cordova St
-  Saturday 9:00am - 2:00pm
-  May 11 - October 12




Anchorage Midtown Farmers Market

-  900 E. Benson Blvd
-  Saturday 9:00am - 2:00pm
-  June 06 - October 4





Anchorage Market

-  225 E Street, Anchorage
-  Saturday 10:00am - 6:00pm
-  Sunday 11:00am - 5:00pm
-  May 11- September 08




South Anchorage Market

-  11111 O'Malley Center Dr.
-  Saturday 9:00am - 2:00pm
-  June 22 - September 29




Midtown Mall

-  600 E. Northern Lights Blvd.
-  Wednesday and Friday 10:00am - 6:00pm
-  Saturday 10:00am - 4:00pm
-  June 1 - October 31




Muldoon Farmers Market

-  1301 Muldoon Rd/ Chanshtnu Muldoon Park
-  Saturday 9:30am - 2:30pm
-  June 25 - September 28




Pena Park

-  8400 Starview Dr.
-  Saturday and Sunday 10:00am - 6:00pm
-  April 27 - September 29

Grow North Farm

-  3601 Mountain View Dr.
-  Monday - Friday 4:00pm - 7:00pm
-  June 27 - October 1

Sunday Fresh Market




-  11112 O'Malley Center Dr.
-  Sunday 10:00am - 4:00pm
-  June 9 - September 8

Eagle River Locations

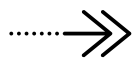
Mikes Meats

-  12110 Business Blvd.
-  Friday 01:00 pm - 5:00 pm
-  Saturday 10:00 am - 3:00 pm
-  July 25 - September 28

VFW

-  10527 VFW Road
-  Tuesday 3:00pm - 7:00pm
-  June 01 - October 31

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HOW TO CHOOSE FRESH FRUITS AND VEGETABLES

Vegetables should be crisp and firm

Avoid any that are limp, wilting, or wrinkled.

Fruits should have a sweet smell

Avoid fruits that are bruised, wrinkled, or moldy.

Less-than-perfect produce is still OK to eat!

The size or shape of the fruit or vegetable doesn't impact the way it tastes.

FRIENDLY REMINDER

- Any check lost or stolen cannot be replaced.
- Checks can only be used at Alaska farmers markets. They cannot be used at the grocery store.
- Farmers will not give out change for unused portions of checks.
- Checks expire end of day, Oct 31.