



Cherokee Nation WIC FARMER'S MARKET NUTRITION PROGRAM

The Farmer's Market Nutrition Program (FMNP) offers Cherokee Nation WIC eligible individuals \$50 per year in extra spendable benefits to buy locally grown fruits, vegetables, and cut herbs from authorized farmers.

WHO'S ELIGIBLE FOR WIC FMNP?

Women and children certified to receive WIC Program benefits are eligible for WIC FMNP.

WHERE CAN I GET WIC FMNP BENEFITS IF I'M A WIC PARTICIPANT?

You can get WIC FMNP benefits from Cherokee Nation WIC clinics. Ask your WIC staff about Farmer's Market benefits.

WHAT DO WIC FMNP PARTICIPANTS GET?

Participants of WIC FMNP get:
Benefits added to their choice of the mobile app or shopper card.
FMNP benefits: \$50.00 for each WIC participant, per family.
Nutrition information.
Helpful tips about how to eat more fruits and vegetables.
Useful information about how to prepare and store fruits and vegetables bought at farmer's markets.

WHEN IS THE WIC FMNP SEASON?

The WIC FMNP season starts May 1 thru September 30 to receive benefits. Participants can use benefits from May 1 to October 31.

WHAT CAN PARTICIPANTS BUY WITH WIC FMNP BENEFITS?

Participants can buy local, fresh and unprocessed fruits, vegetables and cut herbs with their WIC FMNP benefits. Local means grown in Cherokee Nation Reservation and in bordering counties in Oklahoma, Arkansas, Kansas and Missouri.

WHO SHOULD I CONTACT IF I HAVE MORE QUESTIONS ABOUT WIC FMNP?

Contact the Farmer's Market Team at the Cherokee Nation WIC Administrative Office.
Email: wic@cherokee.org
Phone: 918-453-5589 or 918-453-5590