

SERVICES



WIC Participants

\$30.00 per active-eligible

- Pregnant
- Postpartum
- Breastfeeding women
- Children & Infants 6 months to 5 years of age.



Senior Participants

Up to \$50.00 to each income eligible senior

- 60+ years of age (Non-Native American)
- 55+ years of age (Native American)

What you will receive

- If you're eligible for New Mexico's Farmers Market benefits, you'll receive a Shopper Card or Mobile App
- The card or mobile app may be pre-loaded with your benefit.
- List of locations you can purchase at

How to re-apply





- You must re-apply every year
- Contact our program any time after February 15th
- Visit your local Senior Center or Public Health WIC office

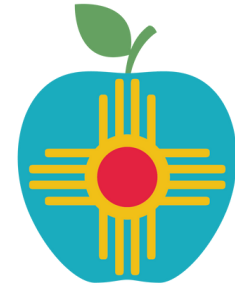


ABOUT US

We aim to improve the health and well-being of income eligible women, infants, children, and seniors by increasing access to fresh, locally grown fruits, vegetables, and herbs. This program aims to support nutrition education, promote healthy eating habits, and strengthen local food systems, ultimately contributing to better health outcomes and food security for New Mexico participants

CONTACT US

-  505-469-0548 or 505-487-0904
-  doh.fmnp@doh.nm.gov
-  www.nmwic.org
-  2040 South Pacheco st.
Santa Fe, NM 87505



**NEW MEXICO
WIC & SENIOR**

FARMERS' MARKET PROGRAMS



OUR VISION

**"HEALTHY COMMUNITIES
THROUGH FRESH FOOD."**

WHY SHOULD YOU JOIN OUR PROGRAM

- Access to Fresh, Nutrient-Rich Foods
- Support for Local Farmers
- Promotion of Healthy Eating Habits
- Community Engagement
- Educational Opportunities

Overall, the Farmers Market Nutrition Program offers a range of benefits that can enhance the health, well-being, and community engagement of seniors and WIC participants



WHAT YOU CAN BUY?

Fresh Produce but not limited to the below list:

Fresh Fruits:

- Apples
- Peaches
- Berries
- Grapes
- Green & Red Chile
- Pumpkins

Fresh Vegetables:

- Carrots
- Spinach
- Tomatoes
- Bell peppers
- Zucchini
- Microgreens
- Mushrooms

Herbs:

- Fresh herbs Only (not dried)

Seniors Only per USDA-FNS

- Local Fresh Honey
- Honeycombs

WHAT YOU CAN'T BUY?

- **Dried** fruits, vegetables, chile, herbs
- **Powdered** Chile
- Meats, eggs, cheese, processed goods and baked goods

HOW TO MAKE YOUR PURCHASE



- Visit a local NM Farmers Market
- Take your Shopper Card or Mobile app and be ready to make a purchase.
- Look for farmers with a sign that says "**WIC & Senior Farmers Market**" to use your benefits.
- Select fresh fruits, vegetables, herbs and (honey-seniors only)

Shopper Card

- Hand your card to the vendor for payment, ask for your balance.
- The vendor will scan the QR code.
- Use the given 4-digit PIN to confirm the transaction

Mobile App

- Have Mobile app open and when ready, click on check out for QR code.
- The vendor will scan the QR code (**keep the app open**).
- Approve the transaction on your phone.

This institution is an equal opportunity provider.