

## S/FMNP Basic Rules and Regulations

- FMNP and SFMNP checks **cannot** be used before June 1, 2025, or after November 30, 2025.
- FMNP customers may buy only fruits, vegetables, and fresh cut herbs grown in Pennsylvania.
- Recipients **must sign** in the “Signature Recipient or Proxy” block on the front of the checks. Do this before going to the market or take a pen with you.
- At the market, look for stands displaying the white Farmers Market Nutrition Program poster.
- Senior checks are worth \$5. WIC checks are worth \$10. Farmers are **not** permitted to give change for purchases less than the amount listed on the check.
- Program recipients may place orders online with FMNP approved farmer; however, you must pay with your paper FMNP checks. A proxy may go to markets to make the purchase for you.
- Checks **cannot** be redeemed at grocery stores or other wholesalers.

## Market Information

To find a farmer’s market or farm stand with eligible farmers please download the FMNP app. The PA FMNP app is available in the Google Play store and the Apple Store for free. Search for PA FMNP farmers market locator and download the app.

Or go to [www.pafmnp.org](http://www.pafmnp.org) to search our online farmers market and farm stand database.

**For markets with phone numbers please contact the market for changes to operating hours before visiting.**

### List of Eligible Fruits & Vegetables

#### Fruit

Apples	Berries	Grapes	Melons	Pears
Apricots	Cherries	Nectarines	Plums	Peaches

#### Vegetables

Artichokes	Cauliflower	Leeks	Parsnips	Tomatoes
Asparagus	Celery	Lettuce	Onions	Turnips
Beans (fresh)	Corn	Mushrooms	Radishes	Winter Squash
Beets	Cucumbers	Peppers	Rhubarb	Yams grown in PA
Broccoli	Eggplant	Potatoes	Rutabagas	Zucchini
Brussels sprouts	Greens	Peas	Spinach	Microgreens
Cabbage	Kohlrabi	Okra	Sweet Potatoes	Fresh Garlic

**No actual plants are permitted for purchase only the mature fruit and/or vegetable is allowable for purchase with the FMNP checks.**

\*\*\*Fresh cut herbs are allowed if they are used for cooking or flavoring.

- Processed/prepared food is **not allowed** for purchase with FMNP Checks. Jack-o-lanterns are not allowable.
- Citrus or tropical fruits are **not allowed** for purchase with FMNP checks.

## Nutrition Education

Nutrition information on basic nutrition, shopping, cooking, nutrients in foods, and food safety can be found at <https://www.nutrition.gov/> The website also contains many different recipes. We encourage seniors to visit and watch this

video, MyPlate for Older Adults: <https://www.youtube.com/watch?v=ku230kQlZqA>. For more tips on nutrition education, please visit:

[Healthy Food Preparation | MyPlate: https://www.myplate.gov/tip-sheet/healthy-food-preparation](https://www.myplate.gov/tip-sheet/healthy-food-preparation)  
[Healthy Eating for Older Adults | MyPlate: https://www.myplate.gov/tip-sheet/healthy-eating-older-adults](https://www.myplate.gov/tip-sheet/healthy-eating-older-adults)

### **Complaint Information**

If you have a complaint with a participating farmer of S/FMNP, please contact the Program Administrator at (717) 783-5309 or [tiebelange@pa.gov](mailto:tiebelange@pa.gov) with the farmer's name, location, and the details of the complaint. A follow-up will be conducted by the Program Administrator to the participant once the issue has been resolved.

This institution is an equal opportunity provider.