

# Farmers' Market Nutrition Program (FMNP)

## **Objectives:**

- **Improve the nutrition of WIC participants**
- **Increase North Carolina farmers' share of the food dollar**
- **Help revitalize rural areas by increasing awareness and use of farmers' markets.**

**Vouchers are provided to purchase fresh fruits and vegetables from local area farmer's markets each summer.**

**Eligible WIC participants include: pregnant, breastfeeding, and post-partum women, and children between the ages of 3 and 5 years of age.**

