

# FRESH. HEALTHY. DELICIOUS.

## AMAZING REASONS TO EAT MORE FRUITS AND VEGETABLES:



### Get that healthy glow!

Your skin benefits when you eat more vegetables.



### Your kids take the lead from you!

When you eat fruits and vegetables, they will too.



### Improve your health!

Powerful nutrients in produce, like fiber, can boost your energy and aid digestion.

## ABOUT WIC PRODUCE CONNECTION

Michigan WIC Produce Connection is the new name for the Michigan Farmers' Market Nutrition Program (FMNP). Michigan WIC Produce Connection is jointly administered by the Michigan Department of Health and Human Services (MDHHS), WIC Division and the United States Department of Agriculture (USDA) Food and Nutrition Service. The program is funded by the USDA.

The program was established to expand the awareness and use of farmers' markets/growers/roadside stands and increase sales at local growers.



## CONTACT INFORMATION

**WEBSITE:** [Michigan.gov/WIC](https://Michigan.gov/WIC) (Select WIC Produce Connection tab)

**PHONE:** 1-800-942-1636 (Ask to speak with someone in regards to WIC Produce Connection)

**EMAIL:** [MDHHS-ProduceConnection@michigan.gov](mailto:MDHHS-ProduceConnection@michigan.gov)

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This institution is an equal opportunity provider.



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# MICHIGAN WIC PRODUCE CONNECTION

## Farmers Market Nutrition Program

“When I get home from the farmers market, I wash the fruits and vegetables we'll eat right away. I also cut up some of the vegetables for quick snacks during the week.”

- WIC PRODUCE CONNECTION FAMILY

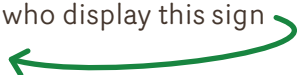


## USING YOUR WIC PRODUCE CONNECTION BENEFITS

- WIC clients can use their Produce Connection benefits to buy only eligible, locally grown, fresh, unprepared fruits and vegetables and fresh cut herbs.
- Produce Connection benefits can ONLY be used at Authorized Growers at farmers markets or roadside stands, not at WIC Vendors.
- Produce Connection benefits are \$30 per client.
- You can redeem Produce Connection benefits in any amount.
- Use all of your benefits at one time or use them throughout the WIC Produce Connection season. It is your choice!
- You must use your benefits between June 1 and November 30.
- Report lost or stolen WIC EBT Cards to the clinic or call the EBT Customer Service at 1-888-678-8914.



Redeem your WIC Produce Connection & WIC CVB benefits only at Authorized Growers who display this sign



# EAT FRESH! BUY LOCAL! SUPPORT FARMERS!

## TIPS FOR ADDING FRUITS AND VEGETABLES TO MEALS AND SNACKS

- ✓ Make it easy to reach for vegetables. Keep cut up raw vegetables, like carrots, broccoli, snap peas or cauliflower on hand.
- ✓ At mealtime, put out a dish of cut up raw vegetables or fruits on the table.
- ✓ Berries and peaches make cereal and yogurt more fun and delicious!
- ✓ At lunchtime add a salad to your meal.
- ✓ Keep a fresh fruit bowl out on your counter.
- ✓ Have a Make Your Own Salad Night! Offer chopped vegetables, cooked chicken or beans, shredded cheese and add something new, like chopped apples.
- ✓ Summer fruits getting ripe all at the same time? Make a smoothie or slice and cook in a little water and serve as a topping for pancakes or make jam! Look for easy jam recipes on your favorite recipe website.



## HOW DO I STORE MY FRUITS AND VEGETABLES?

- **Store most vegetables in your fridge!** Put fresh produce like leafy greens and berries in the crisper drawer unwashed.
- Wash all produce with running water just before using. Greens can also be washed in a sink of cold water, changed a couple of times.
- Keep vegetables like onions and potatoes in a cool, dark cupboard or pantry. Not in the fridge!
- Keep tomatoes and unripe fruits at room temperature, usually on a counter or table.
- For longer storage, consider freezing or canning produce. To learn more, search: Seasonal Tips for Food Storage.

Use your WIC Produce Connection benefits  
between **June 1<sup>st</sup>** and  
**November 30<sup>th</sup>**!

