

ARIZONA FARMERS' MARKET NUTRITION PROGRAM (AZFMNP) PARTICIPANT GUIDE

Once a year, families participating in the Women, Infants, and Children (WIC) program and seniors (age 60 and older and participating in the Commodity Supplemental Food Program (CSFP) or who are income-eligible) can receive AZFMNP coupons to purchase fresh, locally grown fruits, vegetables, and herbs at approved farmers markets and farm stands. Applications for AZFMNP coupons and locations can be found at www.azfmnp.org. Coupons are first come, first served based on available funding.

THINGS TO REMEMBER:

- This program is funded by the United States Department of Agriculture (USDA) and is for WIC participants and qualifying senior participants only.
- AZFMNP coupons can only be used at approved farmers markets and with approved AZFMNP growers.
- Look for the “Senior and WIC AZFMNP” signs at the market, shown to the right. You can use coupons at these booths.
- The last day to receive coupons is September 30.
- The last day to spend coupons is November 15.
- Coupons can only be used to purchase fresh, Arizona-grown fruits, vegetables, herbs, and dried beans.
- Growers are not allowed to give cash or change back. Try to use the full value of your coupon.
- Keep your coupons safe. We are unable to replace lost or stolen coupons.
- If you are unable to go to the farmers market, you can designate a proxy who can shop for you.



IMPORTANT:

- You cannot exchange cash for coupons or get change back.
- Coupons can't be used to buy produce grown outside of Arizona, such as pineapple, mango, or kiwi.
- Coupons cannot be used to buy foods such as honey, meats, nuts, jams, or pickles, or any non-food items. Coupons can only be used to purchase fresh fruits, vegetables, and herbs, as well as dried beans.

The Department of Economic Security (ADES) reserves the right to work cooperatively with the Arizona Department of Health Services (ADHS) WIC Program for participant sanctions and violations related to WIC FMNP.

QUESTIONS ABOUT THE PROGRAM?

Email us: info@azfmnp.org or call 1-833-836-8253.

NON-DISCRIMINATION STATEMENT *In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.*

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the State or local Agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information



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may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. USDA is an equal opportunity provider, employer, and lender.

Additional Tips for AZFMNP Coupons

Participating in the Arizona Farmers Market Nutrition Program (AZFMNP) is a great way to add a variety of seasonal produce to your meals.

- **What's in season?** When buying Arizona-grown produce with your AZFMNP coupons, different varieties of fresh fruits and vegetables will be available depending on the time of year. Talk with your farmer to get to know what they're growing or visit www.seasonalfoodguide.org/state/arizona.
 - **Consider trying something new.** You may come across fruits or vegetables you haven't tried before. Farmers markets can be a great opportunity to try new types of produce and discover new favorites.
 - **Consider freezing fruits/vegetables** if possible to extend the life of the produce.
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Fresh Vegetable and Lentil Soup Recipe

Ingredients

- 2 cups butternut squash, peeled & cubed
- 2 cups carrots, chopped
- 2 cups potatoes, chopped
- 2 cups celery, chopped
- 1 ¾ cup green lentils
- 1 onion, chopped
- 5 cloves garlic, minced
- 8-10 cups vegetable broth
- 2-3 cups kale, stems removed & chopped
- 1 teaspoon salt, or more to taste

Directions

1. Add all the ingredients except for kale into a crockpot.
2. Cover and cook on high for 5-6 hours or on low for 7-8 hours.
3. Stir in kale and turn the heat off.

For additional ideas and recipes, visit www.azhealthzone.org.

