Keep Your Coupons Safe:

- Treat your coupons like cash.
- Lost or stolen coupons will not be replaced. Please report any lost or stolen coupons to your WIC clinic.
- Farmers cannot take damaged coupons or coupons that are missing serial numbers.
- Coupons cannot be used at grocery stores. WIC cards cannot be used at Farmers’ Markets.
- Contact the market manager or your WIC clinic if you feel you have been treated unfairly.

Use your WIC Farmers’ Market coupons by: **September 30th**

Tips for Enjoying Fruits & Vegetables:

**Fruits:**
- Serve fruit with a yogurt dipping sauce, peanut butter or enjoy by itself.
- Blend fruit with juice or low-fat milk to make a healthy fruit smoothie.
- Top breakfast cereal or pancakes with sliced fruit or berries.

**Vegetables:**
- Enjoy vegetables with low-fat salad dressing, salsa or cheese for a healthy snack.
- Add cut or shredded vegetables to main meals to add color, crunch and nutrition.
- Add pureed or chopped vegetables to sauces and soups.

Have questions, concerns or need to file a complaint? Contact Nevada WIC:
- Phone: (775) 684-5942 or Website: nevadawic.org

Adapted from CA WIC and choosemyplate.gov

This institution is an equal opportunity provider.
What are Farmers’ Markets?
Farmers’ Markets are a place where farmers come together on one or more days a week to sell their produce directly to the public. This produce is incredibly fresh, nutritious and supports local farmers and communities.

How do I use my coupons?
Look for signs at the farmers’ market that have the blue WIC coupon displayed on them. Farmers with the blue coupon on their signs are authorized to take your WIC farmers’ market coupons:

- Exchange your coupons for fresh fruits and vegetables ONLY

Remember:
- Each coupon is worth $5.00
- Use coupons the same as you would cash
- Farmers cannot give you change. Ask for more produce instead

You CANNOT use your coupons to purchase:
- Herbs (cilantro, parsley, etc.)
- Meat, dairy, eggs, or baked goods
- Honey, nuts, dried fruit, jams, or pickles

For more information visit:
www.foodsafety.gov

How Do I Choose Fruits & Vegetables?
Pick fruits and vegetables that have smooth, unbruised or blemished skin. Ask yourself how the item smells and feels. Does it look like you would want to eat it?

- **Fruits**— Should be smooth and firm with a light, sweet smell
- **Vegetables**— Should be firm and crisp, with even coloring

Wash your fruits and vegetables before eating
- Wash your hands before and after handling fresh vegetables
- Be sure to wash fruit and vegetables before cutting or peeling
- Place cut or peeled fruits and vegetables in the fridge as soon as possible for better storage

For more information visit:
www.choosemyplate.gov

Make Half Your Plate Fruits & Vegetables
Eating a diet rich in fruits and vegetables is an important part of healthy living.

Fruits and vegetables are good sources of many essential nutrients such as vitamin C, vitamin A, potassium, and folic acid. They are also generally low in fat, calories, and sodium but high in fiber- so eat up!

For more information visit:
www.choosemyplate.gov

Looking for Farmers’ Market Locations and Information?
Visit [NevadaWIC.org](http://NevadaWIC.org), click on the Summer tab & look for the WIC Farmers’ Market link.

Some farmers’ markets accept SNAP. Ask a farmer for more information.