



Get Fresh!

WIC AND SENIOR FARMERS' MARKET NUTRITION PROGRAMS

AUTHORIZED FARMER

All Program Checks Accepted:

Produce Plus Program

Produce Plus Program FVRx

Use your Produce Plus and Produce Plus FVRx checks before the program ends on September 30th.

WIC Vegetables and Fruit Cash-Value Checks

WIC Farmers' Market Nutrition Program

Senior Farmers' Market Nutrition Program

Use your Get Fresh checks before the program ends on November 30.

If you are a resident of the District of Columbia, and a recipient of WIC, SNAP, Medicare QMB, TANF, Medicaid, and SSI, you may be able to receive assistance under the Produce Plus Program. For more information please inquire within or call 202-442-5874.



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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



WIC AND SENIOR FARMERS' MARKET
NUTRITION PROGRAMS

District of Columbia Department of Health
899 North Capitol Street, NE, Third Floor
Washington, DC 20002 • 202-442-9397

QUICK REFERENCE | GET FRESH, PRODUCE PLUS AND WIC CASH-VALUE CHECKS

Post your Farmers' Market Nutrition Program sign for the entire length of the program. The Vegetables and Fruit Cash-Value Checks are good for 30 days. The Farmers' Market Nutrition Program runs from June 1st to November 30th. The Produce Plus Program runs from June 1st to September 30th.

DC GetFresh Approved Food List

VEGETABLES / VEGETALES

Artichokes, Asparagus, Beans - Fresh (all), Beets, Bok Choy (all), Broccoli, Brussel Sprouts, Cabbage (all), Carrots, Cassava Leaves, Cauliflower, Celeriac, Corn (all), Cucumbers, Edible Gourds (all), Eggplants, Fennel, Ginger (all), Greens (all), Jute Leaf, Jamma Jamma, Kohlrabi, Leeks, Lettuce (all), Microgreens (all), Mushrooms (all), Okra, Onions (all), Parsnips, Peas (all), Peppers (all), Potatoes (all), Rhubarb, Rutabagas, Squash (all), Sunchokes, Tomatillos, Tomatoes, Turnip Roots & Greens

Alcachofa, Espàrragos, Frijoles / Habichuelas (todos), Remolachas, Col China (todos), Brócoli (todos), Coles De Bruselas, Repollo (todos), Zanahorias, Hoyas De Yuca, Coliflor, Apio, Maiz/Elote (todos), Pepinos, Calabazas Comestibles, Berenjenas, Hinojo, Jengibre (todos), Verduras De Hoja (todos), Hoya De Yute, Jamma Jamma, Colinabo, Puerros, Lechugas (todas), Microgreens, Hongos / Setas, Quingombò, Cebollas (todas), Chirivías, Arvejas (todas), Pimientos / Chiles (todos), Papas (todas), Verdolagas, Rábanos (todas), Ruibarbo, Colinabos, Calabazas (todas), Aguaturma, Tomatillos, Tomates (todos), Raiz de Nabo

FRUITS / FRUTAS

Apples (all), Apricots, Berries (all), Cherries (all), Currants, Figs, Grapes (all), Melons (all), Nectarines (all), Paw Paw, Peaches (all), Pears (all), Plums (all), Quince

Manzanas (todas), Albaricoques, Bayas (todas), Cerezas (todas) Grosellas, Higos, Uvas (todas), Melones / Sandiás (todos), Nectarinas, Paw Paw, Duraznos (todas), Peras (todas), Ciruelas (todas), Membrillo

HERBS / HIERBAS

Basil, Bay Laurel, Borage, Caraway, Catnip, Chervil, Chives, Cilantro, Dill, Garlic, Lemon Verbena, Lavender, Lemongrass, Lemon Balm, Lovage, Sweet Marjoram, Mint (all), Nasturtium, Oregano, Parsley, Rosemary, Sage, Salad Burnet, Savory (all), Sorrel, Tarragon, Thyme

Albahaca, Laurel, Borraja, Alcaravea, Hierba Gatera, Perifollo, Cebollino, Cilantro, Eneldo, Ajo, Verbena De Limón, Lavanda, Hierba de Limón, Bálsamo de Limón, Levístico, Mejorana Dulce, Menta (todas), Capuchina, Orégano, Perejil, Romero, Salvia, Burnet Ensalada, Ajedrea (todas), Acerda, Estragón, Tomillo

All = All locally grown varieties Todos = Todas las variedades cultivadas localmente

WIC participants cannot purchase herbs with the Vegetable and Fruit Cash-Value Checks.

WIC GetFresh Check - \$5.00



Senior GetFresh Check - \$5.00



Produce Plus Check - \$5.00



Produce Rx Check - \$5.00



Sample of CVC Price Correction

\$8.00, \$11.00, \$16.50



FARMER NOTES

Please remember to do the following:

1. Sell the participant the maximum amount of produce allowed on the check.
2. Watch the participant sign the check.
3. Verify the check signature of WIC FMNP participants using the WIC ID. Senior FMNP participants are not required to show ID.
4. For a price correction, draw one single line through the price, have the participant write the correct price in the price correction box. Have the participant sign her name again in the "Signature for price change" box.