











Allowable Purchases

Your benefits may only be used to purchase fresh, unprocessed, locally grown fruits, vegetables, and honey.

Examples of **ineligible** foods include eggs, nuts, flowers, bread, dried fruit, and plants.

Allowed Foods

	Fruits	
	Vegetables	
	Honey	
	Mushrooms	
	Cut Herbs	

Prohibited Foods

	Nuts and Dried Fruits	
	Bread and Baked Goods	
	Milk, Cheese, Eggs	
	Olive Oil	
	Juice	



California Department of Food and Agriculture

Office of Grants Administration
1220 N street, Sacramento, CA 95814

Phone: 1 (916) 657-3231
Email: grants@cdfa.ca.gov

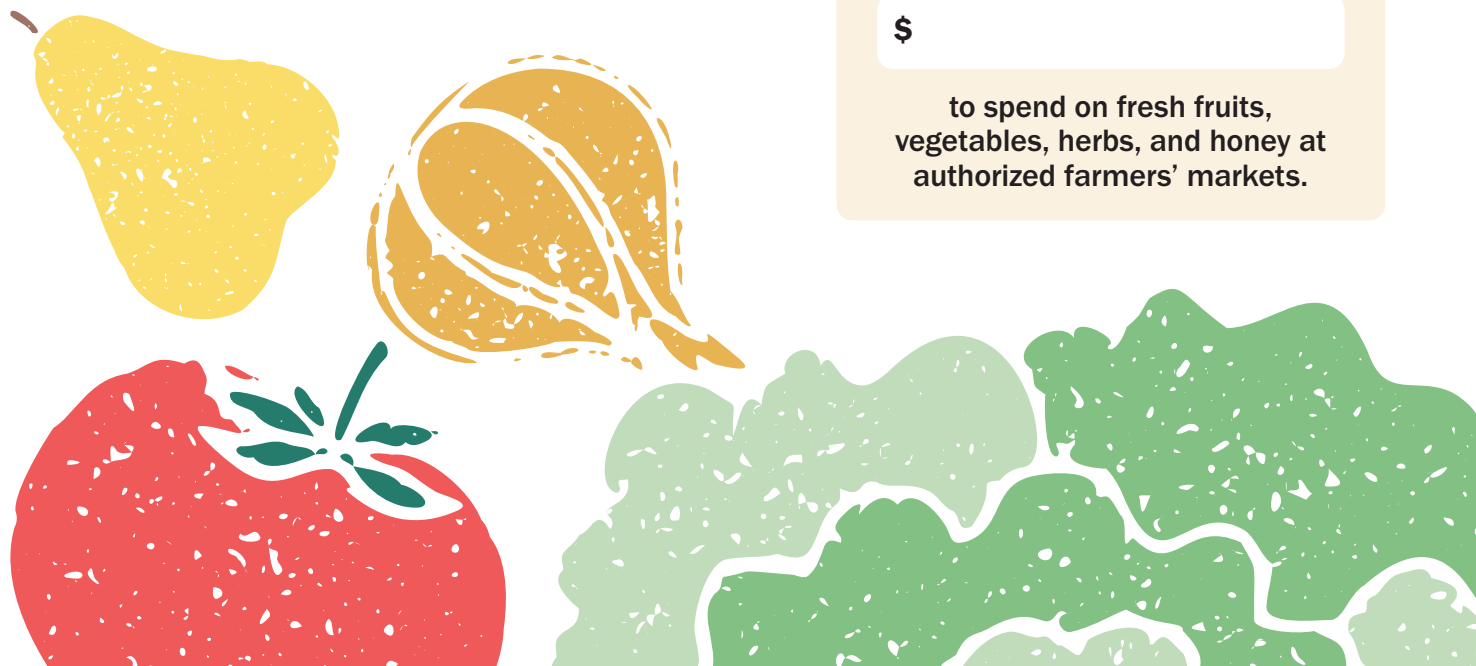
SENIOR FARMERS' MARKET NUTRITION PROGRAM



Your Farmers' Market Card has

\$

to spend on fresh fruits, vegetables, herbs, and honey at authorized farmers' markets.





How to Use Your Farmers' Market Card

1. Find a farmer who accepts Farmers' Market Cards.
2. Select your produce.
3. Present your Farmers' Market Card to the farmer.
4. Review the transaction total as presented on the farmer's device

Where to Use Your Benefits



Your Farmers' Market Card is only good with Authorized Farmers at Authorized Farmers' Markets. Scan the QR code to the right or go www.cdfa.ca.gov/SeniorFarmersMrktNutritionPrgrm and click "List of Authorized Markets to Redeem SFMNP Benefits."

Once at an authorized Market, look for farmers with a WIC/SFMNP sign. Don't see any signs? Ask the farmer or the market manager.

Important Program Rules

- Benefits may be spent between May 1 and November 30.
- After November 30 any remaining benefits on the Farmers' Market Card will expire.
- Benefits cannot be exchanged for cash.
- No change may be given.

Card Lost or Stolen?

Report lost or stolen cards by calling:

 1 (916) 657-3231

Managing Your Benefits

To check your account balance and review your transaction history, create an account on the Participant Portal or call:

 1 (866) 237-4814

On the Participant Portal you can:

- review your contact information
- access your QR code
- check your account balance
- review your transaction history

To create an account go to the following website: participants.cdpehs.com and click "Don't have an account? Register here." Follow the directions to create an account.

Scan this QR code or visit www.cdfa.gov.SeniorFarmersMrktNutritionPrgrm to view instructional videos about your benefits.

