

## Eating more fruits and vegetables each day

- ✔ improves your health
- ✔ helps you maintain a healthy weight
- ✔ reduces your risk of many diseases, such as cancer, diabetes, heart disease, and high blood pressure
- ✔ Keeps your skin and hair looking healthy

## Wondering how much a serving of fruit or vegetable really is?

### Serving sizes for children under 5:

- Cooked fruit/vegetable:  
1/4 to 1/2 cup
- Medium raw fruit/vegetable:  
1/4 to 1/2 piece

### Serving sizes for adults and children 6 and older:

- 1 medium-sized fruit or vegetable
- 1/2 cup cooked vegetables or fruit
- 1 cup of raw leafy vegetables

## What are the WIC and Senior FMNPs?

The Women, Infants and Children (WIC) Program provides nutrition to lower income families. To be eligible for the FMNP, a family must be participating in the WIC program.

The Senior Farmers Market Nutrition Program (SFMNP) provides nutrition to lower income adults over 60. To be eligible, seniors must have an annual income below 185 percent of the Federal Poverty Level.

The programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Office of Nutrition Services; and the Washington State Department of Social and Health Services, Aging and Long-Term Supports Administration.

### Contact Information:

#### Senior FMNP Website:

[www.adsa.dshs.wa.gov/professional/AAAInfo.htm](http://www.adsa.dshs.wa.gov/professional/AAAInfo.htm)

**Senior FMNP Phone:** 1-800-422-3263

#### WIC FMNP Website:

[www.doh.wa.gov/YouandYourFamily/WIC/FarmersMarket.aspx](http://www.doh.wa.gov/YouandYourFamily/WIC/FarmersMarket.aspx)

**WIC FMNP Phone:** 1-800-841-1410

**WIC FMNP Email:** [FMNPteam@doh.wa.gov](mailto:FMNPteam@doh.wa.gov)

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**Washington State Senior FMNP and WIC FMNP do not discriminate.**

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TTY 711).



**AL TSA** Aging and Long-Term Support Administration

**PUBLIC HEALTH**  
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

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# WIC & Senior



## FARMERS MARKET

### Checks Welcome Here

USDA and Washington State Sponsored Farmers Market Nutrition Program

## WIC and Senior Farmers Market Nutrition Program

Making it easier to add fresh fruits and vegetables to your diet, and support local farmers, too!

## Using your Farmers Market checks

- WIC and Senior FMNP participants can use their checks to buy (only) fresh fruits, fresh vegetables, and fresh cut herbs.
- Senior FMNP participants (only) can also use their checks to buy honey.
- No change will be given with your checks.
- Report lost or stolen checks to the agency that gave you the checks. These checks will not be replaced.
- You must use your checks between June 1 and October 31.
- Use your checks only with farmers who have this sign:



**Arrive early at the market for the best selection.**

## Easy ways to eat more fruits and vegetables

- Cut up raw veggies such as carrots, broccoli, snap peas, or cauliflower and keep on hand for snacks.
- Place a dish of cut-up vegetables or fruit on the table at meal times.
- Top off a bowl of yogurt, cereal or low-fat ice cream with berries or sliced fresh fruit.
- Include a green salad or vegetable soup with lunch or dinner.
- Have a bowl of fruit that's ready to eat on the counter.
- For dinner, make up a salad with lots of chopped veggies. Add cooked chicken or beans, shredded cheese, or chopped nuts for protein.
- Fruit is delicious in salads, too. Try adding apple slices or raisins to your next salad.
- Make smoothies by blending fresh or frozen fruit with milk, and/or 100 percent fruit juice. Try it with ice or yogurt, too.

**Energize Your Life - Eat Healthy, Be Active!**

## Storing and preparing fresh fruits and vegetables

- Store most produce in the crisper of your refrigerator, except:  
Root vegetables like onions and potatoes should be kept in a cool, dark cupboard or pantry. Tomatoes and unripe fruit should be kept at room temperature until eating.
- Store produce unwashed but always wash fruits and vegetables with running water before eating.
- Greens can be washed in a large bowl or sink of cold water. Change water a couple of times.
- To retain the most nutrients in fresh produce, steam or cook quickly. To steam, place in a pan with a small amount of water and cover. Cook until tender.

**Ask for samples of unfamiliar fruits and vegetables.**