

Food Assistance Programs and Farmers Markets



SNAP (Supplemental Nutrition Assistance Program) is an EBT style card that can be used to buy staple foods such as meat, vegetables, and fruit. You can use your SNAP benefits at participating vendors at Farmers Markets. Vendors will have a sign stating they accept EBT/SNAP.

Waterloo Urban Farmers Market is authorized to accept SNAP. Visit the informational tent and learn more about SNAP and Double Up Food Bucks.

Double up Food Bucks (DUFB) is a program that matches every dollar you spend on fruits and vegetables with your SNAP/EBT card. If you spend \$5 you get an additional \$5 to spend on fruits and vegetables. You can earn an additional \$10/day.

Where can you get it?

Bring your SNAP/EBT card to participating locations in Black Hawk County: Fareway stores, Hoffmans Produce Farm in Waterloo, Waterloo Urban Farmers Market, and We Arose online market. You can earn and spend DUFB at each of these locations.

How do you use it?

Stop by the information tent at Waterloo Urban Farmers Market to swipe your EBT card and earn DUFB. Participating vendors will accept the SNAP/EBT tokens and DUFB cards.

DUFB can only be used on fruits & vegetables. You can earn DUFB at Fareway stores & spend them at Hoffmans Produce Farm, Waterloo Urban Farmers Market, and the We Arose online market.

Resources



<https://hhs.iowa.gov/programs/food-assistance/snap>



<https://www.iowah ealthieststate.com/double-up-food-bucks>



<https://iowaagriculture.gov/senior-wic-fmnp>

Food Assistance Programs and Farmers Markets

Farmers Market Nutrition Program (FMNP) for Seniors and WIC (Women, Infant, and Children)



Benefits for Participants

WIC and Senior FMNP participants can receive vouchers to purchase fresh, unprepared, locally-grown fruits, vegetables, and herbs. FMNP vouchers may only be used from June 1 to October 31 at FMNP-authorized farmers markets and farmstands.

The **Senior FMNP** Congressionally-authorized program administered by the Iowa Department of Agriculture and Land Stewardship in cooperation with the Iowa Department of Health and Human Services. SFMNP vouchers are distributed by the Area Agencies on Aging June 1 through September 30 on a first-come-first served basis. Eligible Seniors must apply annually and may only receive SFMNP vouchers once per year.

Eligibility- applicants must be at least 60 years old and have a household income within the eligibility guidelines. Eligible Seniors can call LifeLong Links at 866-468-7887 to contact the Area Agency on Aging for their county.

The **WIC FMNP** is a Congressionally-authorized program administered by the Iowa Department of Agriculture and Land Stewardship in cooperation with the Iowa Department of Health and Human Services. Participants in the WIC FMNP must be active participants in the Iowa Department's Women, Infants, and Children (WIC) program. The local WIC Agencies distribute WIC FMNP benefits from June 1 through September 30.

Families who are active participants in the WIC program may be eligible for the Farmers Market Nutrition Program. Contact your **local WIC Clinic** for more information.

How To Use Vouchers

Not all vendors are certified to accept FMNP vouchers, only use your FMNP vouchers where the "WIC and Senior Farmers Market Vouchers Accepted Here" sign is displayed, with a current year certification sticker. FMNP vouchers cannot be used in grocery stores.

- FMNP vouchers are worth \$5.00, and no change is given. But you may use cash to purchase items other than produce or additional produce.
- FMNP vouchers may only be used to purchase fresh, unprepared produce and not to purchase items such as popcorn, ornamental pumpkins, gourds, baked goods, eggs, jam or jelly, nuts, plants, flowers, crafts, etc.
- Honey may be purchased only with Senior FMNP vouchers.
- The certified vendor must be present to accept the FMNP vouchers.