



HOW TO USE YOUR WIC QR CODE AT AUTHORIZED FARMERS MARKETS AND FARM STORES

Your monthly fruit and vegetable benefits and the Farmers Market Nutrition Program (FMNP) benefits can be used with the WIC QR code. Please visit the [WIC Fruits and Vegetables](#) and the [Farmers Market Nutrition Program](#) webpages.

Take the following steps to use your WIC QR code:



STEP 1

Find an authorized WIC farmers market or farm store.

TIP Check your WICShopper app or see a list on the [FMNP webpage](#).



STEP 2

Make sure you have your WIC QR code.

TIP Find your QR code in the WICShopper App or on your WIC card. If you receive your QR code by email, you can take a picture and save it to your phone.



STEP 3

Select your fruit and vegetables. See backside for Seasonal Fruit & Vegetable Calendar.

TIP Look for growers displaying these signs.



STEP 4

The grower will scan your QR code with their mobile device and enter in the amount of the purchase.

TIP Growers can manually enter your WIC card number if you forget your QR code or if your QR code is not scanning correctly.



STEP 5

Verify the amount of your purchase and enter in your WIC card 4-digit PIN.

TIP FMNP benefits will be used first before your WIC fruit and vegetable benefits!
Note: If you don't have enough benefits to cover your purchase, you can pay with another method or choose not to buy as much.

HELP

Contact Cascades Support at 1-800-841-1410, press zero

EVERYONE CAN SHOP AT THE FARMERS MARKET AND FARM STORES!

Benefit Type	What to Use	Where to Use	When to Use
Farmers Market Benefits	QR code: <ul style="list-style-type: none"> In the WICShopper App Printed on the WIC card Image on phone via text/email Printed on paper 	Authorized Farmers Market and Farm Stores	Between June 1st and October 31st
Monthly Fruit and Vegetables Benefits	QR code: <ul style="list-style-type: none"> In the WICShopper App Printed on the WIC card Image on phone via text/email Printed on paper 	Authorized Farmers Market and Farm Stores	Year-round
	WIC Card	Grocery and Walgreen pharmacy stores	

SEASONAL FRUIT AND VEGETABLE CALENDAR

January

Vegetables: Beets, Brussel Sprouts, Kale, Leeks, Onions, Potatoes, Pumpkins

Fruits: None in season

Herbs: Parsley, Rosemary

May

Vegetables: Asparagus, Beets, Lettuce, Potatoes, Spinach, Zucchini

Fruits: Strawberries

Herbs: Cilantro, Rosemary

September

Vegetables: Beets, Broccoli, Carrots, Cauliflower, Kale, Leeks, Lettuce, Onions, Potatoes, Pumpkins, Spinach, Zucchini

Fruits: Apples, Blueberries, Nectarines, Peaches, Pears

Herbs: Basil, Cilantro, Parsley, Rosemary

February

Vegetables: Beets, Brussel Sprouts, Kale, Leeks, Onions, Potatoes

Fruits: None in season

Herbs: Rosemary

June

Vegetables: Asparagus, Beets, Broccoli, Carrots, Cauliflower, Lettuce, Onions, Spinach, Zucchini

Fruits: Cherries, Nectarines, Peaches, Raspberries, Strawberries

Herbs: Cilantro, Rosemary

October

Vegetables: Beets, Broccoli, Brussel Sprouts, Carrots, Cauliflower, Kale, Leeks, Lettuce, Onions, Potatoes, Pumpkins, Spinach, Winter Squash, Yams

Fruits: Apples, Pears

Herbs: Cilantro, Parsley, Rosemary

March

Vegetables: Asparagus, Beets, Brussel Sprouts, Kale, Leeks, Onions, Potatoes

Fruits: None in season

Herbs: Rosemary

July

Vegetables: Beets, Broccoli, Carrots, Cauliflower, Kale, Lettuce, Onions, Spinach, Zucchini

Fruits: Blueberries, Cherries, Nectarines, Peaches, Raspberries, Strawberries

Herbs: Basil, Cilantro, Parsley, Rosemary

November

Vegetables: Beets, Broccoli, Brussel Sprouts, Cauliflower, Kale, Leeks, Lettuce, Onions, Potatoes, Pumpkins, Spinach, Winter Squash, Yams

Fruits: Apples, Pears

Herbs: Cilantro, Parsley, Rosemary

April

Vegetables: Asparagus, Beets, Kale, Leeks, Potatoes, Spinach

Fruits: None in season

Herbs: Rosemary

August

Vegetables: Beets, Broccoli, Carrots, Cauliflower, Kale, Lettuce, Onions, Potatoes, Spinach, Zucchini

Fruits: Apples, Blueberries, Cherries, Nectarines, Peaches, Raspberries, Strawberries

Herbs: Basil, Cilantro, Parsley, Rosemary

December

Vegetables: Beets, Broccoli, Brussel Sprouts, Kale, Leeks, Onions, Potatoes, Spinach, Winter Squash, Yams

Fruits: None in season

Herbs: Parsley, Rosemary