

IMPORTANT!!!

2011 Participating Authorized Farmers

FMNPP recipients are limited to a first come first served basis.
 The WIC FMNPP coupons are issued one time only. If they are lost, stolen or misplaced, they can not be replaced.
 The WIC FMNPP coupons may only be accepted and redeemed by a FMNPP authorized farmer.

WIC recipients must use the coupons within the period of the WIC FMNPP operations.

WIC FMNPP Benefits...

Benefits

WIC Recipients with an opportunity to improve their health by eating more nutritious fresh fruits and vegetables.

Introduces WIC FMNPP families to farmers' markets and teaches them to select and prepare a wide variety of locally grown produce.

Benefits Family Farmers

Supports local agriculture by increasing sales at farmers' markets, where groups of farmers sell directly to consumers.

Promotes expansions and diversification of family farms by stimulating the production of fresh fruits and vegetables.

Benefits Communities

Helps revitalize downtown areas by supporting the farmers' market as an activity that benefits the entire community.

Promotes the development of farmers' markets to communities lacking access to fresh produce.

Fruits & Vegetables Can...

- 1 Give you energy.
- 2 Give you vitamins, minerals and dietary fiber.
- 3 Lower your chances of getting cancer or heart disease.
- 4 Add color, flavor and variety to meals and snacks, and is
- 5 Low in calories, fat free naturally!

No.	Name of Farmer	FMNPP Number
1	McDonald, William C.	FMNPP 9202
2	Salas, Joseph N.	FMNPP 9204
3	Leon Guerrero, Francisco Q.	FMNPP 9208
4	Tamashiro, Aylene G.	FMNPP 9211
5	Wusstig, Ernest S.	FMNPP 9212
6	Lau, Wai-Chi	FMNPP 9213
7	Munoz, Estrellita B.	FMNPP 9215
8	Granil, Elpidio D.	FMNPP 9216
9	Lumampao, Lida G.	FMNPP 9219
10	Pere, Consolacion U.	FMNPP 9221
11	Meno, Vicente C.	FMNPP 9222

The FMNPP is a 100% federally funded program under the United States Department of Agriculture (U.S.D.A) and is administered by the Department of Public Health and Social Services, Guam WIC Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Report any other type of complaint about the program to the clinic where you received coupons, or contact the WIC FMNPP office at (671) 475-0292 or 0300.

Department of Public Health and Social Services
 The Special Supplemental Nutrition Program for Women, Infants and Children

Guam WIC Program

Farmers' Market Nutrition Program (FMNPP)

Information Pamphlet and Schedule



FARMERS' MARKET NUTRITION PROGRAM (FMNPP)

Authorized Farmers

We Gladly Accept FMNPP Coupons & CVVs Here

For more information, please contact the Department of Public Health and Social Services, Guam WIC Program, at (671) 475-0292 or 0300. We are located at the Department of Public Health and Social Services, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410. USDA is an equal opportunity provider and employer.

FMNPP 9215

"EATING FRESH FRUITS AND VEGETABLES EVERYDAY MEANS HEALTHY EATING..."

What is the Guam WIC Farmers' Market Nutrition Program (FMNP)?

It's 100%, federally funded program with two objectives:

- To provide resources to women and children who are nutritionally at risk in the form of fresh, nutritious, unprepared foods (such as fruits and vegetables) from farmers' markets; and

- To expand the awareness and use of farmers' markets and increase sales at such markets.

How does the program work?

When a recipient of the WIC program (women and children) come in to a WIC clinic for a scheduled appointment during the FMNP period of operations, they will be provided with:

- Information about the WIC FMNP.
- List of authorized WIC FMNP farmers.
- Market schedule and location.
- Educational materials on the benefits of WIC FMNP coupons.

The WIC FMNP recipient may then go to a WIC FMNP Farmers' Market and use the coupons to purchase fresh, nutritious locally grown fruits and vegetables from authorized farmers at the market.

Things to Remember:

- Your FMNP Coupons may be used only at Approved Farmers' Market sites and/or Roadside stands

- Look for farmers at the farmers' market site or roadside stand who display the poster that reads "**WE ACCEPT FMNP COUPONS AND CVS HERE**"

- Bring your WIC ID and coupons
- Use your Farmers' Market coupons as soon as possible.

- Remember if you purchase items with your Farmers' Market coupons, change will not be given. Take some cash with you to the market. Each coupon is worth \$2.00 and **farmers are NOT allowed to give change for a coupon.** They will give you a coupon worth of produce, but if the food you want costs a little over \$2.00, it is better to pay the extra cash than waste part of a coupon.

- Choose well-colored fruits and vegetables that are firm, but not hard. Ask the farmer if you have any questions.

- Your FMNP coupons must be used by **September 15, 2011**

✓ **Be adventurous - try something new!**

- **HINT: Some of the best tasting fruits and vegetables are the least appealing to the eye**

FARMERS' MARKET SITES SCHEDULE

<p>MON-WED-FRIDAY 8 am - 5 pm DPHSS sites are closed on GOV/GUAM Holidays</p> <p>NORTHERN</p> <p>1) DPHSS Northern Dededo Public Health Center Parking lot (Call 635-7471772)</p> <p>CENTRAL</p> <p>2) DPHSS Mangilao Public Health Center Parking lot (Call 735-7180)</p> <p>3) DPHSS Tiyar WIC Office front lawn (Call 475-0292)</p> <p>4) Mangilao Flea Market Across Mayor's Office, Route 10. (Call 734-2163)</p>	<p>TUESDAY NIGHT 6 pm — 8 pm</p> <p>SOUTHERN</p> <p>5) Sagan Bisita, Route 2 Next to Agat Mayor's Mayor's Office</p> <p>WEDNESDAY NIGHT 6 pm — 9 pm</p> <p>CENTRAL</p> <p>6) Hagatha, Route 1 Charmorro Village Marine Corps. Dr.</p> <p>SATURDAY & SUNDAY 6 am — 12 pm</p> <p>NORTHERN</p> <p>7) Dededo Flea Market Route 1, Marine Corps Dr. Next to Dededo Payless Supermarket</p>
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ROADSIDE STANDS SCHEDULE

<p>AGANA HEIGHTS Agana Heights Mayor's Office Monday - Saturday Open 9 am - 6 pm</p>	<p>INARAJAN Route 4 Inalahan Way Next to Get Pago Monday-Wed-Friday Open 8 am - 4 pm</p>
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<p>AGAT Agat Mayor's Office Monday - Friday/Sunday Open 9 am - 6 pm</p>	<p>MERIZO Route 4 Leon Guerrero Stand, Next to the Marina Monday - Saturday Open 9 am - 6 pm</p>
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<p>Dededo Route 1, Next to Guam Home Center/Lorwill BBQ Stand Thursday - Sunday Open 10 am - 6:30 pm</p>
