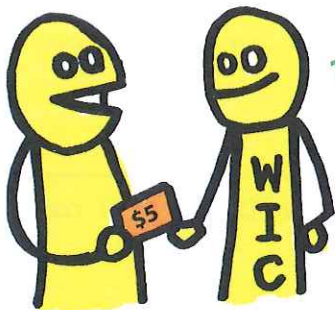




WIC participants can get **coupons** for locally grown, fresh fruits & vegetables **at no cost**

Good food from Michigan farmers helping families learn and grow!

How it works:



1. Get a book of coupons from your WIC office



2. Visit farmer's markets from June 1st - October 31st



3. Look for farmers displaying the WIC Project FRESH sign



4. Each coupon is worth \$5 to spend on fruits and vegetables



5. Sign each coupon when giving it to a farmer



- Visit markets when they open for the best selection
- Use your coupons to buy food that's in season
- Use all of your coupons – you can't get change
- Bring a grocery bag to carry your fruits and vegetables

