

## Frequently Asked Questions:

### **Where can I use my farmers market benefits?**

- See back page OR;
- Use the WIC Shopper App or Scan the QR code below to locate local markets and farm stands.



### **How do I use my farmers' market benefits?**

- Download the BNFT App or go to [www.mybnft.com](http://www.mybnft.com).
- Create an account BEFORE you visit the market.
- Use the barcode in the BNFT App or print a barcode at [www.mybnft.com](http://www.mybnft.com).

### **What can I buy?**

- Fresh, unprepared, Maine grown fruits and vegetables.
- **You can use your fruit and vegetable benefits (CVB) year-round at the market and farm stands using the BNFT App bar code.**

### **What am I not allowed to buy with the farmers' market benefits?**

- You cannot buy honey, maple syrup, cider, nuts, seeds, eggs, cheese, meat, seafood, prepared items, fruits and veggies that are NOT Maine grown, and dried herbs.

October 31st, 2024  
is the last day to use your  
Farmers Market benefits!

### Important:

- If the total exceeds the sum of the farmers' market benefit the additional charge will be deducted from your available CVB balance automatically by the point of sales system.
- You can use another form of payment if the total is more than your WIC benefits.
- Farmers' Market and Farm Stand hours may vary due to the seasonal nature of farming. Check out their Facebook pages for more information.



For more information about WIC call **207.553.5800**  
or visit [www.maine.gov/wic](http://www.maine.gov/wic)

WIC is a program of The Opportunity Alliance. The Opportunity Alliance is a non-profit, multi-service, community action agency committed to transforming our community by helping people in need build better lives. The WIC Nutrition Program is an equal opportunity program administered by the Maine Department of Health and Human Services. The program is operated in accordance with the US Department of Agriculture policy which prohibits discrimination on the basis of race, color, sex, age, disability, religion, or national origin. Participants may file a complaint about any improper farmer or Farmers Market practices. To file a complaint, call 1-800-437-9300 or email [WICVendor@maine.gov](mailto:WICVendor@maine.gov).

Revised 7/15/2024



# TOA Farmers' Market Guide



**Bridgton**Bridgton Farmers' Market

12 Depot St  
Sat 8-12 (summer hours)

*Patch Farm*

**Brunswick**Brunswick Farmers' Market

195 Maine St - On the Mall  
Tue, Fri 8:30-1:30

*Six River Farm, Tender Soles Farm,  
Whatley Farm*

**Brunswick**BTLT Farmers' Market

277 Pleasant Hill Rd  
Sat 8:30-12:30

*Six River Farm, Whatley Farm*

**Cumberland**Cumberland Farmers' Market

290 Tuttle Rd - Town Hall Complex  
Sat 10-1

*Andy Valley Farm*

**Freeport**Freeport Farmers' Market

22 Main St  
Friday 9-1

*Andy Valley Farm, Liberation Farms*

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ME WIC does its best to keep this information current. Farm and Market hours may vary, please call, email, or check social media for current hours.

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**Gorham**Cherry Hill Farmers' Market

616 Main St Rt 25  
Wed 2-6

*November's Harvest Farm*

**Portland**Portland Farmers' Market

Deering Oaks Park  
Sat, Wed 7-1  
(207) 382-6007

*Alewives Brook Farm LLC, Andy Valley Farm, Fresh Start Farm (Christine Pompeo), Goranson Farm, Tiny Acres Farm*

**Portland**Cultivating Community Mobile Farmstands

- Riverton  
2 Riverton Drive  
Thu 11-3
- Cathedral of Immaculate Conception  
307 Congress Street  
Sunday 8:30-1:30

**South Portland**South Portland Farmers Market

25 Cottage Rd  
City Hall Parking Lot  
Sun 10-2

*Alewives Brook Farm, New Roots Cooperative Farm*

**Westbrook**Westbrook Pointe Apt

26 Prospect St  
Fri 2:30-6

*Mobile Farmstand*

**Yarmouth**Yarmouth Farmers' Market

1 Railroad Square/Bickford Pavilion  
Thur 3-6

*Tender Soles Farm, Andrews Farm, Liberation Farms*

**Cape Elizabeth**Alewives Brook Farm Stand

83 Old Ocean House Rd  
Daily 9-7  
(207) 382-6007

**Scarborough**Scarborough Farmers' Market

259 US Route 1  
Sun 9-1

*Girard Farm*