

What can I buy with my WIC eFMNP benefits?

Any Maine-grown fresh fruits or vegetables!

What can't I buy with my WIC eFMNP benefits?

Any fruits or vegetables not grown in Maine and any other products like jams, pickles, dairy, honey, and other prepared foods.

How do I use my WIC eFMNP benefits?



- Download the BNFT app or visit mybnft.com and click "sign-up." Create an account using an email address, password, zip code, birthdate, and your eWIC card number.
- Choose where you want to shop from our list of farmers that will take your eWIC benefit.
- Shop! When you are ready to check out, log into your BNFT app and click the bar code button. If you do not have the app, you will need to print your barcode and bring it with you for the farmer to scan. Let us know how we can help you!
- You must have enough benefits on your card for your purchase or it will be declined. You can use your cash value benefit and farmers' market benefits together. If your benefits will not cover the full cost of the produce, you may use an alternate form of payment—just let the farmer know.
- Remember: you can spend your cash value benefit at farmers' markets and farm stands year-round!

Questions?

Contact your local WIC office!

Bath: (207) 442-7963

For the most up-to-date list of WIC-participating farmers in the state...



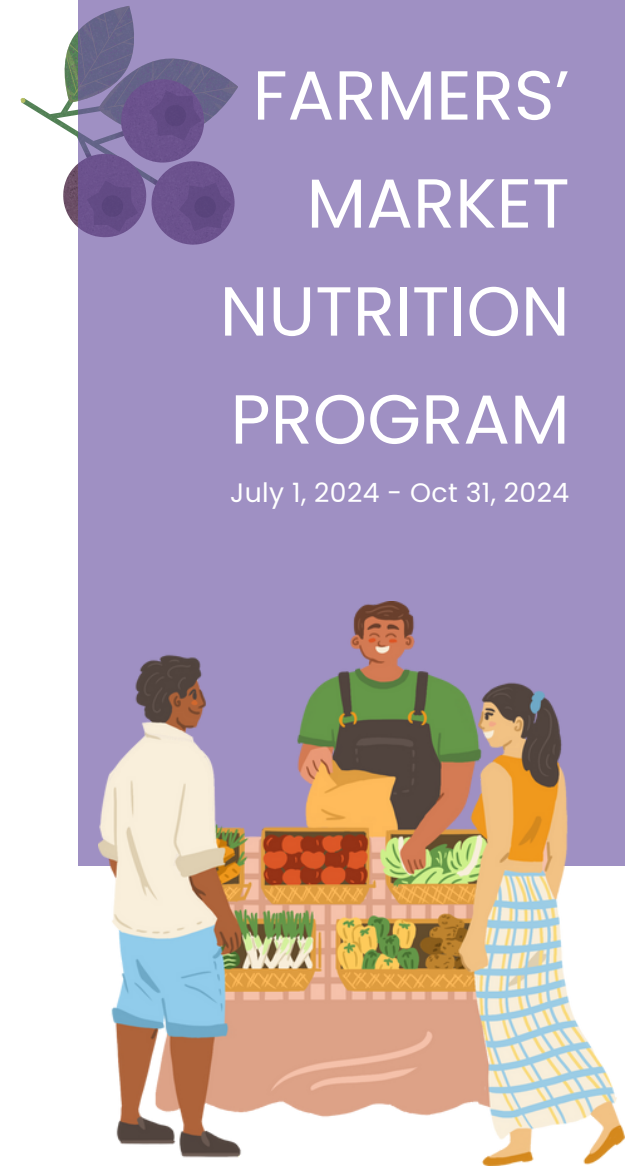
- scan the QR code
- visit Maine.gov/WIC
- WIC Shopper App - WIC Stores & Farmers tab



This institution is an equal opportunity provider.

You have the right to file a complaint about any improper farmer or farmers' market practices. A complaint may be filed by calling 1-800-437-9300 or emailing WICVendor@maine.gov.

Updated June 2024



MAINE GROWN
FRESH FRUITS
AND VEGETABLES



Bath Farmer's Market

27 Commercial St, Bath
Saturday 8:30-12
Dharma Farm & Goranson Farm

Bowdoinham Farmer's Market

1 Main St, Bowdoinham
Saturday 8:30-12:30
Tender Soles Farm

Tender Soles Farm Stand

453 Maine St, Richmond
9-6, daily (call to use eWIC)
207-620-0030

Wiscasset Farmers' Market

51 Bath Rd, Wiscasset
Friday 9-1
SeaLyon Farm

Goranson Farmstand

150 River Rd, Dresden
10-5, daily (call to use eWIC)
207-737-8834

Damariscotta Farmers' Market

3 Round Top Lane, Damariscotta
Friday 9-12
Goranson Farm

Boothbay Area Farmers' Market

1 Common Dr, Boothbay Harbor
Thursday 9-12
Dharma Farm & Goranson Farm

Dharma Farm

175 Calderwood Rd, Washington
Mon 3-5, Thurs & Sat 9-3
207-737-8834

Rockland Farmers' Market

1 Pleasant St, Rockland
Thursday 9-1
Second Frost Farm

**SAGADAHOC,
LINCOLN, KNOX, &
WALDO COUNTY
FARMERS' MARKETS &
FARM STANDS**

**ME WIC does its best to
keep this information
current. Farmers' hours
may vary. Please call,
email, or check social
media for the most
current hours.**

**October 31st, 2024 is the last day to
use your Farmers' Market Benefits!**

Camden Farmers' Market

116 Washington St, Camden
Sat 9-12, Wed 3:30-6 (June-Sept)
Junction Garden

Belfast Farmers' Market

256 High St, Belfast
Friday 9-1
Peacemeal Farm, Second Frost Farm

United Farmers' Market

18 Spring St, Belfast
Saturday 9-2
*Hands Four Farm, Heald Farm, Olde
Haven Farm*

**Village Green Organic Produce
at Brooks**

24 Veterans Hwy, Brooks
Thursday 10-1

Freedom Farmers' Market

22 Mill St, Freedom
Tuesday 12-4
Calyx Farm

Islesboro Farmers' Market

103 Pendleton Point Rd, Islesboro
Wednesday 10:30-12:30
Dig Deep Farm

Ramble On Farm

55 Knox Rdg S, Knox
7-7, daily
207-341-0439

Village Green Farmstand

252 Myrick Rd
Wed & Fri 9-12
207-948-5724