

### Important

- You can purchase more than the face value of the eFMNP benefit(s) by using the Cash Value Benefit (CVB), if available. Where available, CVB can be used year-round at year-round markets.
- If the total exceeds the sum of the eFMNP benefit the additional charge will be deducted from your available CVB balance automatically by the point of sales system.
- You can use your own money if the total is more than the WIC benefits.
- You can use SNAP benefits to pay for items at many markets and stands.
- You can only use on Maine-grown fruits & vegetables.
- You can NOT use on plants, honey, maple syrup, cider, nuts & seeds, meat, eggs, cheese, seafood, baked goods or prepared items, dried herbs, and anything not grown in Maine.

For more information about WIC call **207.768-3026** or visit [www.maine.gov/wic](http://www.maine.gov/wic)

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 WIC.Maine.gov



### At the Market:

- Look for WIC signs. Those farmers accept WIC FMNP benefits.
- If it is a listed farmer, and you do not see a WIC sign, ask if they accept WIC eFMNP.

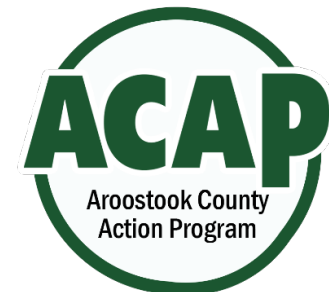
**Feel free to shop around before using your benefits**

### Why shop local?

- Locally grown food is fresh & tastes better.
- Buying local supports our farmers
- Buying local builds stronger communities.
- Local food is healthier.

**This institution is an equal opportunity provider.**

# 2024 ACAP WIC Farmers' Market Guide



## 2024 WIC Farmers' Markets & Stands

### Caribou

#### Goughan's Berry Farm

875 Ft. Fairfield Rd.  
Caribou, ME  
Mon. – Sat. 8:00 am – 5:00 pm  
Sun. 12:00 pm – 5:00 pm

### Houlton

#### Houlton Community Market

32 Market Square  
Houlton, ME  
Saturday 8:30 am – 12:30 pm  
(Gallifreyan Farm)

### Linneus

#### Gallifreyan Farm

133 Codfish Ridge Rd  
Linneus, ME  
Mon. - Fri. 10:00 am – 6:00 pm  
Sun 3:00 pm-6:00 pm

### Ludlow

#### Tiny Farmer Farm Stand

1620 Ludlow Rd  
Ludlow, ME  
Daily 2:00 pm- 7:00 pm

### Madawaska

#### Madawaska Farmer's Market

188 Main St. (Pavilion)  
Madawaska, ME Weds. & Sat.  
9:00 am – 1:00 pm

#### Freckle Farm, LLC

183 Beaulieu Rd.  
St. David, ME  
Mon.-Fri. 9:00 am – 2:00 pm

### Presque Isle

#### Presque Isle Farmers' Market

Aroostook Ctr. Mall Lot  
Presque Isle, ME  
Sat. 9:00 am – 1:00 pm  
(Goughan's Berry Farm)

#### Riverside Farmer's Market

19 Riverside Dr.  
Presque Isle, ME  
Sat. 8:30 am – 12:30 pm  
(Angelus Bell Farm)

#### MSAD #1 Educational Farm

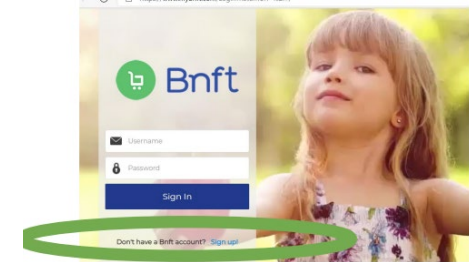
340 State Street  
Presque Isle, ME  
Mon. – Fri. 9:00 am – 5:00 pm  
Sat. 9:00 am – 1:00 pm



Use the **QR code** to go  
[www.maine.gov/WIC](http://www.maine.gov/WIC) to find the  
most current "*eWIC Certified  
Farmers List*" & check the  
WICShopper app.



## Using WIC Farmer's Market eFMNP benefits & eWIC Cash Value Benefit (CVB).



### Before you go:

- Create your **Bnft account** by downloading the app on your smart phone or go to **mybnft.com** & click sign up. You will need your eWIC EBT card number, birthdate, mailing zip code & an email address – this will become your Bnft username

[For info to set up Bnft account use this link](#)

### [How to use the Bnft App - YouTube](#)

- To use your benefits at the farmers market, or farmstand show the bar-code on the Bnft app or bring a printed copy of the barcode from mybnft.com



- Bring a bag or box to carry the produce.