



Cumberland County Farmers' Markets and Farm Stands

Bridgton Winter Farmers' Market

12 Depot St
November 8 - April 1
Sat 9-12pm
Patch Farm

Brunswick Winter Farmers' Market

14 Main St (Fort Andross Mill)
November 9 - April 26
Sat 9-12:30pm
Goranson Farm

Portland Winter Farmers' Market

631 Stevens Ave (in gymnasium)
December 7 - April 12
Sat & Wed 7-1pm
Alewives Brook Farm, Andy Valley Farm, Fresh Start Farm (Christine Pompeo), Goranson Farm, Tiny Acres Farm

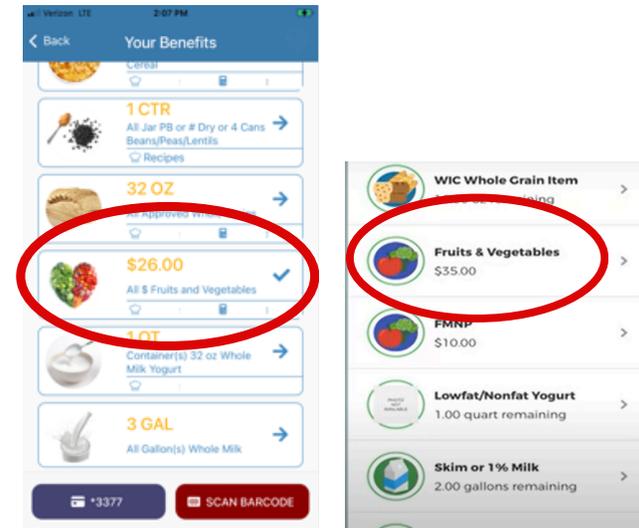
ME WIC does its best to keep this information current. Farmers' hours may vary, please call, email, or check social media for current hours.

What is Cash Value Benefit (CVB)?

Cash Value Benefit (CVB) is a WIC benefit you can use to purchase fruits and vegetables. This is different than Farmers' Market Nutrition Program (FMNP) that is available during summer months for eligible WIC participants.

Unlike FMNP, you can use CVB at WIC-eligible grocery stores and at Farmers' Markets year round.

Checking your CVB balance



Redemption Period: 11/10/2024 thru 12/09/2024

2.00	# Dry or 4 Cans Beans/Peas/Lentils
123.50	\$ Fruits and Vegetables
4.00	Can(s) 11.5-12 oz Frozen/Liq Concentrat
3.00	Container(s) 32 oz Lowfat or Nonfat Yogi
5.00	Dozen WIC Approved Eggs
14.25	Gallon(s) Skim or 1% Milk
18.00	1 Gallon(s) 2% Milk

How can I use my cash value benefit (CVB) to buy fruits and vegetables at Farmers' Markets?

Before you go:

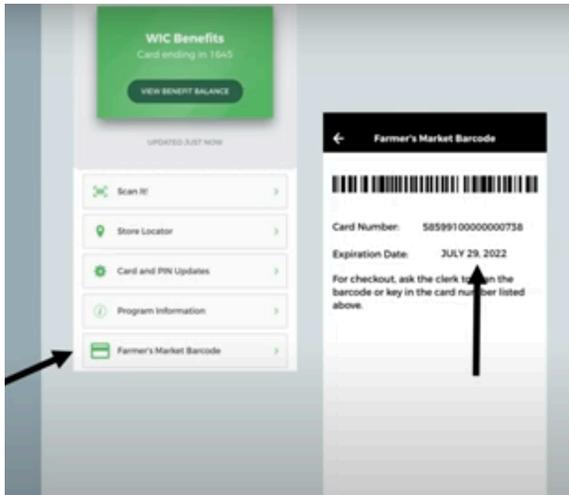
- Download the BNFT App or go to www.mybnft.com.
- Create an account.
- Screen shot your farmers market barcode or print before you shop.
- Choose where to shop (see reverse).

Shop:

- Select fresh fruits and vegetables from farmers participating in WIC.

Pay:

- Present your BNFT barcode to pay.
- If the cost exceeds your CVB balance, you may pay the rest another way.



Please note: CVB cannot be used to buy pickled vegetables, olives, salad bar items, party trays or fruit platters, decorative vegetables/pumpkins, herbs and spices.

Questions?

Contact your local WIC office:
(207) 553-5800
175 Lancaster St Suite 216

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



- Scan the QR code
- Visit Maine.gov/WIC
- WIC Shopper App - WIC Stores & Farmers tab



The WIC Nutrition Program is an equal opportunity provider.

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. You have the right to 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.

Updated Oct 2024

How to Buy Fruits and Vegetables at Farmers' Markets

Nov 1, 2024 - Apr 30, 2025

