

## Fresh fruits and vegetables are allowed

Any Variety of fresh fruits and vegetables, including all varieties of potatoes.

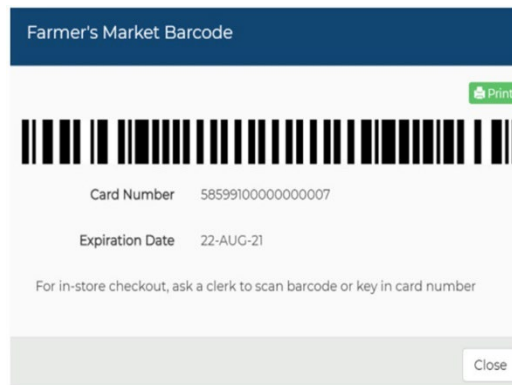
Examples: oranges, bananas, pineapple

## Items NOT allowed, include:

- ◆ Fruit baskets or cut vegetables with dip
- ◆ Decorative, dried fruits or vegetables mixed fruit & nuts
- ◆ Herbs and Spices like basil, parsley & chives
- ◆ Baked Goods, Cider
- ◆ Cheese, Eggs, Jam, Jelly
- ◆ Honey, Maple Syrup



- Fruit and Vegetable Benefits (CVB) are available on the Bnft app or mybnft.com
- If the total exceeds your CVB the transaction will be denied, so make sure you know your balance! (Participants shall use another form of tender if the sum of the transaction exceeds the total of the participant's CVB benefits).
- To use your benefits at the farmers market, or farmstand show the barcode on the Bnft app or bring a printed copy of the barcode from mybnft.com

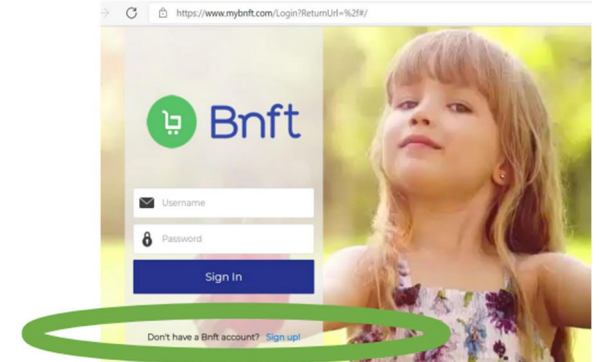


You have the right to file a complaint about any improper farmer or Farmer Market practices. A complaint may be filed by calling 1-800-437-9300 or emailing [WIC.Maine.gov](mailto:WIC.Maine.gov)

This institution is an equal opportunity provider



**\*Use Cash Value Benefits (CVB) for Fruits & Veggies  
\*All Year\***  
By downloading the Bnft app to redeem with WIC Farmers



Create a Bnft account by signing up. You will need eWIC EBT card number, birthdate, mailing zip code, and an email address - this will become your Bnft username.

For info to set up the Bnft account, scan the QR Code



**\*ME WIC does its best to keep this information current. Farmer's hours may vary. Please call or check social media for the most current hours. Check the WICShopper app by visiting [Maine.gov/WIC](http://Maine.gov/WIC) or scan the QR code below**



*Make sure to visit the Market early for the best selection!*

**Bangor Farmers' Market**

140 Harlow St **Bangor**  
Abbott Square  
207-951-5953  
Sun 11-1:30

**Bangor Winter Farmers' Market**

50 Cleveland Street **Bangor**  
1<sup>st</sup> and 3<sup>rd</sup> Sundays 11-1

**Hampden Winters Farmers' Market**

177 Coldbrook Rd  
Citizens of Maine  
**Hampden**  
207-370-1524  
Fri 2-5:30 Dec  
Jan-March every other Friday

**Orono Farmers' Market**

300 College Ave **Orono**  
Steam Plant Parking Lot  
207-323-8642  
Sat 8-12

**Orono Winter Farmers' Market**

6 Goodridge Dr.  
Asa Adams School  
**Orono**  
207-416-5417  
Sat 9-12 (Dec)  
2<sup>nd</sup> and 4<sup>th</sup> Sat 9-12 (Jan-April)

**Chiron Farms**

840 N Chester Rd **Chester**  
917-846-1927  
Mon/Tues/Thurs/Fri 9-3  
Sat 10-3

**Maine-ly Apples**

372 Moosehead Trl  
**Dixmont**  
207-234-2043  
Fri-Sun 10-5



**Peacemeal Farm Stand**

25 Peacemeal Lane  
**Dixmont**  
207-323-8642  
Tues 2-6

**Foxgreen Farmstand Year Round**

527 N Howland Rd  
**Howland**  
508-212-2468  
Daily 10-6, call for appointment

