

2021 WIC Program

Farmers Market Coupons

Can be used at the following markets:
Anchorage Locations

Anchorage Farmers Market

Central Lutheran Church
W 15th & Cordova
Saturdays 9am – 2pm
(May 1 – Oct 16)

Center Market

Midtown Mall
600 E Northern Lights
Wednesdays and Fridays 10am – 6pm,
Saturdays 10am – 4pm
(All year)

Grow North Farm

3601 Mountain View Drive
Monday – Friday 4-7 pm
(June 24 – TBD)

Muldoon Farmers Market

Chanshtnu Muldoon Park
1301 Muldoon Road (at DeBarr)
Saturdays 9:30am-2:30pm
(June 26—Sept 25)

Anchorage Midtown Farmer's Market

3800 Center Point Dr # 1400
(Hillcorp building parking lot)
Saturdays 9am-2pm
(June 26-Oct 9)

South Anchorage Farmers Market

11111 O'Malley Center Drive
Sat. 9am – 2pm
(May – Oct)

South Anchorage Wednesday Market

Dimond Center
800 E. Dimond Blvd
Wed 10am – 4pm
(July 7 – Sept 29)

Spennard Farmers Market

2555 Spennard Rd
Sat 9am – 2pm
(May – TBD)

Anchorage Market and Festival

Dimond Center Mall at 88th Avenue
Babbling Brook Farm accepts WIC and SNAP
Fridays and Saturdays – 10am-6pm
Sundays 10am-5pm

Eagle River Farmers Market

Tuesdays 3 - 7 p.m. in the VFW Post parking lot.
(June – September)

Eagle River Locations

In accordance with Federal Law and U.S. Department of Agriculture policy, the WIC program is prohibited from discrimination based on race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Ave., SW, Washington DC 20250-9410 or call toll-free (866)

APPROVED FOOD LIST

Any fresh vegetable, berry or herb grown in Alaska.

Individual farmers are not required to carry every item listed. The main Alaska grown “fruit” will be berries.

The following foods are approved:

Beans (green, purple, white, string)

Beets

Blackberries

Blueberries

Bok Choy

Boysenberries

Broccoli

Brussel Sprouts

Cabbage

Carrots

Cauliflower

Celery

Chard

Corn

Cucumber

Garlic

Greens

Herbs, fresh

Kale

Kohlrabi

Lettuce

Loganberries

Marionberries

Mushrooms

Onions

Parsnips

Peas

Peppers—hot peppers or sweet peppers

Potatoes

Pumpkin

Radishes

Raspberries

Rhubarb

Rutabagas

Spinach

Squash

Strawberries

Tomatoes

Turnips



FOODS NOT

ALLOWED: Growing plants (like tomato plants), processed or dried foods (including dried herbs), honey, maple syrup, cider, nuts/seeds, eggs, meat, cheese, seafood.

HOW TO USE

FARMERS MARKET COUPONS

1. The early bird gets the worm! Go to the market as soon as it opens to get the best selection.
2. Each person who is over 4 months old and on WIC will get \$30 worth of coupons for the season.
3. Coupons may only be used during the valid dates shown on the coupon. **Specific Market dates do vary!** The projected dates for each market are listed on the front of this folder. **Markets may close early if the weather gets cold!**
4. The coupons **may only be used at the Farmers Markets.** **The coupons may not be used at the grocery store.**
5. Take your coupons to the Farmers Market. All farmers that accept the coupons will have a **“WIC, FARMER’S MARKET” sign** with a decal for this year posted at their stand.
6. Choose the items you want to buy. **Only fresh vegetables, berries and herbs grown in Alaska are allowed.** No processed or dried foods are allowed.
7. Tell the farmer you are using a WIC coupon. Each coupon is worth \$5, so you will need to **buy your foods in \$5 quantities** (\$5, \$10, \$15, \$20, \$25, \$30). The farmer is not allowed to give you change.
8. **You will not need to show an ID or sign** each coupon at the Farmers’ Market when you use them.
9. **Lost or stolen coupons cannot be replaced.**
10. If you have any questions or concerns, please contact your local WIC office.

PRODUCE	Available	How long will it	How do I keep it fresh and tasting best?
Beets 	Late July—	1 to 3 months	Refrigerate beets in the vegetable crisper drawer. Twist off the greens to extend storage life of beets. Wash and drain greens, store and eat same as leafy greens.
Berries 	Mid June— August	1 to 2 days	Strawberries/raspberries don't ripen after picked, enjoy right away. Keep berries dry. Wash just before serving.
Blueberries 	July— September	2 to 4 days	Refrigerate blueberries unwashed in covered container. Wash just before serving.
Broccoli 	Mid June— August	1 to 3 days	Store unwashed broccoli in plastic bag in crisper drawer. Wash just before serving.
Cabbage 	July— September	1 week	Refrigerate cabbage unwashed in plastic bag in crisper. Unwashed/uncut cabbage keeps up to a week.
Carrots 	Mid July— September	2 weeks	Remove green tops, store carrots unwashed in plastic bag. Wash just before serving.
Cauliflower 	July— September	1 week	Refrigerate cauliflower unwashed in plastic bag in crisper. Use cauliflower as soon as possible. Cauliflower gives a strong taste and smell if old. Wash just before serving.
Cucumbers 	May— September	1 week	Refrigerate cucumbers cut or whole, in plastic bag. Unpeeled, will last a week. Wash just before serving.
Green 	July— September	5 days	Refrigerate green onions unwashed. Use green onions quickly before they go bad. Wash just before serving.
Lettuce & Leafy Greens 	June— September	Several days to 1 week	Remove core from head lettuce, rinse, and drain before storing in the crisper drawer in a tightly closed container. Precut lettuce will last several days, whole will last a week. Refrigerate leafy greens in plastic bag immediately. Needs some moisture but not kept wet.
Onions 	July— September	Several weeks	Store onions in cool, dry, dark place, needs air circulation (loosely woven bag, basket, or crate). If cut, refrigerate in covered container.
Peppers 	June— September	Up to 7 days	Store peppers in plastic bags in refrigerator. Wash just before serving.
Potatoes 	July — September	Up to 2 months	Store potatoes in cool, dry, dark place. Refrigeration makes potatoes taste bitter. Keep in a dark place; light creates a bitter taste.
Radishes 	June— September	Up to 2 weeks	Sprinkle radishes with water, refrigerate to keep crisp. Wash just before serving.
Rhubarb 	June- September	Up to 2 weeks	Remove green tops, refrigerate stalks unwashed. Wash just before serving.
Zucchini & 	July— September	Up to 2 weeks	Refrigerate unwashed zucchini or yellow squash in plastic bag pierced with holes or in crisper drawer. Wash just before serving.
Tomatoes 	May— September	Varies	Never refrigerate tomatoes whole. Refrigerate if cut; flavor may change when chilled. Store room temperature until ripe, eat immediately.

Try 5 servings of fruit and vegetables everyday:

- ◆ ◆ Tastes great
- ◆ ◆ Adds Vitamins & Fiber
- ◆ ◆ Reduces Cancer risk



Alaskans can eat 5 servings of fruit & vegetables a day.

Choose:

- ◆ ◆ Vitamin A vegetables like carrots, spinach and sweet potato
- ◆ ◆ Vitamin C vegetable like cauliflower, broccoli & green pepper
- ◆ ◆ Vegetables for their fiber like winter squash, and carrots
- ◆ ◆ Fruit or vegetable high in folic acid like leafy greens and strawberries