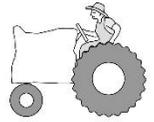


Shopping with WIC at Farmers' Markets & Farm Stands



Topics covered in this lesson:

- What fruits and vegetables you are likely to buy
- Using the WICShopper App to find recipes for fresh fruits and vegetables
- How to use your Farm Direct checks
- What you can buy with a Farm Direct check
- Where to use your Farm Direct checks

Materials needed:

1. *Farm Direct Nutrition Program Brochure*
2. *Shopping with WIC at Farmers' Markets and Farm Stands*



Shopping with WIC at Farmers' Markets & Farm Stands

You are about to receive Farm Direct checks that are used to buy fresh, locally grown produce at a farmers' market or farm stand. This lesson will take you about fifteen minutes to complete and when you are done, we hope you will feel confident about how to shop with the Farm Direct checks at a Farmers' Market or Farm Stand.

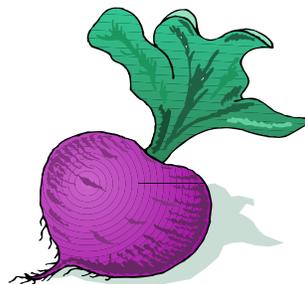
Activity #1: Fruits and vegetables are a healthy part of your diet!

Take a moment and circle the fruits and vegetables you are most likely to purchase at a farmers' market or farm stand.

Oregon Harvest Calendar

Apples	July-Oct
Apricots	July-Aug
Asparagus	June-July
Beans	July-Aug
Blackberries	July-Sept
Bok Choy	July-Oct
Broccoli	July-Oct
Cabbage	July-Oct
Cantaloupe	Aug-Sept
Carrots	July-Oct
Cauliflower	June-Oct
Cherries	June-July
Corn	Aug-Oct
Cucumber	July-Sept
Garlic	June-Oct
Green Beans	July-Aug

Greens	Aug-Oct
Lettuce	June-Oct
Nectarines	July-Aug
Onions	June-Oct
Peaches	June-Aug
Pears	Aug-Oct
Peas	June-July
Peppers	Aug-Oct
Plums	Aug-Sept
Potatoes	July-Oct
Pumpkins	Sept-Oct
Spinach	June-July
Squash	July-Oct
Strawberries	June-July
Tomatoes	July-Oct
Watermelon	Aug-Sept



Activity #2: Optional activity for smart phone users.

What fruits and vegetables do you most look forward to buying at the Farmers' Market this year? Use the **WICShopper App** to find a **Food Hero** recipe using your favorite seasonal fruits and vegetables.

Step 1: If you have not already done so, download the WICShopper App from your online App Store

Step 2: Select “Food Hero”

Step 3: Select “Recipes”

Step 4: Pick a recipe you want to try using one of the fruits or vegetables you plan to buy at the market this year.

Which recipe did you pick?



Your next steps:

1. Take your completed lesson up to the WIC desk.
2. Ask the staff person any questions you have about using your Farmer Direct checks at the Farmers' Markets and Farm Stands.
3. If you need information about where to shop, ask for a list of authorized Farmers' Markets and Farm Stands in your area.
4. Sign the register and receive your Farm Direct checks.



For more information or if you need this in alternate format, call 971-673-0040 or TTY 1-800-735-2900. WIC is an equal opportunity program and employer.

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