

COUNTY OF



ALLEGHENY

RICH FITZGERALD
COUNTY EXECUTIVE

FOR IMMEDIATE RELEASE
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CONTACT: Guillermo Cole
Public Information Officer
412-578-8004
gcole@achd.net

PA Farmers Market Nutrition Program Provides Fresh Produce for WIC Families
Fresh Fruits and Vegetables Available at Farmers Markets

PITTSBURGH – The Allegheny County Health Department is offering free produce through the Pennsylvania Farmers Market Nutrition Program again this summer as part of its Women, Infants and Children (WIC) Supplemental Food Program.

Women who are pregnant, breastfeeding or postpartum and children two, three and four years old who are enrolled in the WIC Program are eligible for checks worth \$20 in free produce.

Checks will be distributed during quarterly WIC appointments starting in June. WIC clients who have quarterly appointments scheduled in July or August will have the opportunity to pick up their checks early on a walk-in basis by visiting their WIC office on the following dates: McKeesport and Turtle Creek, June 5; McKees Rocks and Springdale, June 6; Mt. Oliver, June 9; Carnegie and Downtown Pittsburgh, June 12; Wilkesburg, June 13; and Clairton, June 17.

The checks are redeemable through November 30 for Pennsylvania-grown fresh fruits and vegetables at participating Farmers Markets and Farm Stands in Pennsylvania. More than 60 locations are in Allegheny County and listed on the Health Department's WIC web site, www.achd.net/wic.

In addition to free produce, WIC families receive nutrition counseling, breastfeeding support, and other food benefits, such as infant formula; infant cereal; milk; eggs; cheese; juice; cereal; peanut butter; whole grains, including bread, tortillas, oatmeal and rice; soy milk; tofu; jarred baby foods; dry or canned beans; canned tuna/sardines/pink salmon; and fresh/frozen/canned fruits and vegetables.

WIC is a federally funded program for pregnant or breastfeeding women, postpartum mothers and children under the age of five. Eligibility is based on income and medical risk.

The income limits are an annual gross income of \$21,257 for a family of one; \$28,694 for 2; \$36,131 for 3; \$43,568 for 4; \$51,005 for 5; \$58,442 for 6; \$65,879 for 7; and \$73,316 for 8. Add \$7,437 for each additional member beyond 8. Unborn children are counted when the woman is pregnant.

For information about WIC and how to apply for benefits, please call the County Health Department WIC Program at **412-350-5801**. If this number is a toll call or you live outside Allegheny County, please call the statewide toll-free number, **1-800-WIC-WINS**. PA WIC is funded by USDA. USDA is an equal opportunity provider and employer.

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KAREN A. HACKER, MD, MPH, DIRECTOR
ALLEGHENY COUNTY HEALTH DEPARTMENT – PUBLIC INFORMATION OFFICE
955 RIVERMONT DRIVE • PITTSBURGH, PA 15207
PHONE (412) 578-8004 • FAX (412) 578-8325 • WWW.ACHD.NET

