



ALLEGHENY COUNTY

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WIC Announces Check Distribution for Farmers' Market Nutrition Program

PITTSBURGH – The Allegheny County Health Department is announcing that its Women, Infants and Children Program (WIC) has started distributing the Farmers' Market Nutrition Program (FMNP) checks. They will be available until September 29 or until the FMNP checks run out.

Each eligible participant will receive \$20 worth of FMNP checks for the summer for purchasing Pennsylvania-grown fresh fruits and vegetables at any participating Pennsylvania FMNP authorized farm market or stand. The vouchers are redeemable at more than 70 locations in Allegheny County along with any authorized location in Pennsylvania. To find a location, either call your local WIC office or see the list on the Health Department's website: <http://www.achd.net/wic/2017FMNPList.html>.

New this year, children turning a year-old between June 1 and September 29 can receive FMNP checks. Previously, eligible children had to be two years of age.

Also, new this year, children in the WIC program will be given the opportunity to learn how to grow their very own vegetables. WIC will be distributing vegetable seed packets (tomatoes, carrots, cucumbers and pumpkins) to FMNP eligible children ages two - four along with instructions on how to grow seeds using cardboard egg cartons. The seed packets will be available while supplies last.

"We are very excited to offer this new opportunity to our WIC families," said Dr. Karen Hacker, Director of the Allegheny County Health Department. "Exposing children to fresh foods at a young age is a great way to make sure they are getting the nutrients they need and help them develop healthy habits to last a lifetime." This is very much in line with our *Live Well Allegheny* initiative.

WIC urges participants to pick up their checks and use them in the summer when the best selection of locally grown produce is available.

For information about WIC and how to apply for benefits, please call the Allegheny 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**, or visit www.pawic.com.

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