



Tips for Storing Your Fruits and Vegetables

- Always wash all fruits and vegetables before eating or preparing.
- Rinse green leafy vegetables, and dry well. Wrap in a paper towel before placing in a bag.
- Refrigerate fruits and vegetables unless you are going to eat them within one or two days.
- Store potatoes and onions in a cool, dry, and dark place.
- Plan to eat fresh fruits and vegetables within five days of purchase.

The items listed below cannot be purchased with Farmer's Market Benefits:

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|-------------------------|--------------------|
| • Baked goods | • Maple syrup |
| • Bananas | • Meats |
| • Cheeses | • Medicinal herbs |
| • Cider | • Milk |
| • Dried or potted herbs | • Nuts |
| • Dried fruits | • Oranges |
| • Eggs | • Tangerines |
| • Flowers | • Painted pumpkins |
| • Grapefruits | • Party trays |
| • Gourds | • Pineapples |
| • Honey | • Plants |
| • Jams and jellies | • Potted flowers |
| • Lemons | • Salad bars |
| • Limes | • Seafood |
| • Mangos | • Seeds |



2023 Participant Guide Farmer's Market Benefits



This institution is an equal opportunity provider.

To get more information about WIC or Farmers' Markets, call the Health Information Line at 401-222-5960/RI Relay 711 health.ri.gov/wic

Look for:
We accept WIC Farmer's Market Benefits posters or signs at approved Rhode Island Farmer's Market locations.

How to use your WIC Farmer's Market Benefits

Eligible WIC participants will receive \$25 worth of Farmer's Market Benefits for the season that can be used from June through October.

WIC participants will have a card with QR code stickers added to it containing their FMNP benefits.

You can purchase fresh, unprepared, locally grown fruits and vegetables, and fresh-cut cooking herbs.

At the time of purchase, the farmer will scan the participant's QR code sticker.

Participants are then prompted to confirm the transaction by entering their PIN (Listed as DOB on the screen).

Farmer's Market benefits can ONLY be used toward purchases at WIC-authorized Farmer's Markets.

Sample QR code



If you wish to purchase unauthorized WIC foods at the Farmer's Market, two separate transactions must be made.

No change will be given. If your purchase is less than the total benefit value, only the total amount purchased is entered.

Paying the difference is allowed.

Lost or stolen benefits cannot be replaced.

NO CASH BACK from the Farmer's Market Benefits

Pop-Up Markets

Pawtucket

Children's Friend
500 Prospect Street
Tuesday, September 12
3 p.m. – 6 p.m.

Providence

Elmwood at Reservoir
24 Reservoir Ave.
Saturday, July 1
9 a.m. – Noon

Roger Williams Park Gateway Center
1197 Broad Street
Saturday, July 15
9 a.m. – Noon

Southside Cultural Center of RI
393 Broad St.
Saturday, July 29
9 a.m. – Noon

State House Grounds
82 Smith St.
Wednesday, August 9
11 a.m. – 2 p.m.

Davinci Center
470 Charles St.
Saturdays, September 16 & 30
9 a.m. – Noon

St. Patrick Church
244 Smith St.
Saturdays, September 2 & October 7
9 a.m. – Noon

Children's Friend
350 Point St.
Tuesday, September 26
3 p.m. – 6 p.m.

Johnston
Johnston Memorial Park
1583 Hartford Ave.
Saturday, August 26
9 a.m. – Noon

Farmers' Markets

Bristol

Mount Hope Farm Farmers Market **(EBT accepted)**
250 Metacom Ave.
Saturdays, May 13 – October 28
9 a.m. - 12:30 p.m.

Burrillville

Stillwater Mill Pavilion **(EBT accepted)**
75 Tinkham Lane
Saturdays, June 3 – September 30
9:30 a.m. - 12:30 p.m.

Central Falls

Farm Fresh Central Falls Farmers Market **(EBT accepted)**
Children's Friend Parking Lot
621 Dexter St.
Tuesdays, August 1 & 15, September 5 & 19,
October 3 & 17
3 p.m. – 6 p.m.

Charlestown

Charlestown Land Trust Farmer's Market
Church of the Holy Spirit
4150 Old Post Rd.
Fridays, June 23 – September 1
9 a.m. – 12:30 p.m.

Cranston

Pawtuxet Village Farmer's Market **(EBT accepted)**
Rhodes on the Pawtuxet Parking Lot
60 Rhodes Place
Saturdays, May 6 – October 28
9 a.m. – Noon

East Greenwich

Goddard Memorial Park Farmer's Market **(EBT accepted)**
1095 Ives Rd.
Fridays, May 5 – October 6
9 a.m. – 1 p.m.

Middletown

Aquidneck Grower's Market **(EBT accepted)**
Embrace Home Loans Campus
25 Enterprise Dr.
Saturdays, May 6 – October 28
9 a.m. – Noon

Narragansett

Fishermen's Memorial Park Farmer's Market
1011 Point Judith Rd.
Sundays, May 7 – October 8
9 a.m. – 1 p.m.

Newport

Aquidneck Grower's Market **(EBT accepted)**
Memorial Blvd.
Between Edgar Court and Chapel St.
Wednesdays, May 17 – October 25
2 p.m. – 6 p.m.

Aquidneck Grower's Market (EBT accepted)

Miantonomi Park
120 Hillside Ave.
Mondays, July 10 – August 28
2 p.m. – 5 p.m.

Pawtucket (NEW)

Pawtucket Farmer's Market **(EBT accepted)**
The Guild
461 Main Street
Fridays, May 12 – October 27
4:30 p.m. – 7:30 p.m.

Providence

Farm Fresh Armory Park Farmer's Market **(EBT accepted)**
85 Parade St.
Thursdays, June 1 – October 26
3 p.m. – 7 p.m. or dusk

Farm Fresh Broad Street Farmer's Market (EBT accepted)

807 Broad St.
Saturdays, June 10 – October 28
8 a.m. – Noon

Farm Fresh Providence Market (EBT accepted)

10 Sims Ave.
Saturdays, **Open Year Round**
9 a.m. – 1 p.m.

Hope Street Farmer's Market (EBT accepted)

Lippitt Park
1015 Hope St.
Saturdays, May 6 – October 28
9 a.m. – 1 p.m.

Farm Fresh Neutaconkanut Park Market (EBT accepted)

675 Plainfield St.
Mondays, July 3 – October 30
2 p.m. – 6 p.m.

Sankofa Market (EBT accepted)

Knight Memorial Library
275 Elmwood Ave.
Wednesdays, June 21 – November 1
2 p.m. – 6 p.m.

Scituate

Scituate Rotary Farmer's Market
Scituate Art Festival Grounds
46 Institute Lane
Saturdays, May 13 – September 30
9 a.m. – Noon

Smithfield

Blackbird Farm Farmer's Market
660 Douglas Pike
Sundays, June 11 – October 8
10 a.m. – 2 p.m.

South Kingstown

South Kingstown Farmer's Market **(EBT accepted)**
25 West Independence Way
Saturdays, April 29 – October 28
8:30 a.m. – 12:30 p.m.

Warren

Schoolyard Farmer's Market **(EBT accepted)**
691 Main St.
Wednesdays, June 14 – September 27
4 p.m. – 7 p.m.

West Warwick

Farm Fresh W. Warwick Farmer's Market **(EBT accepted)**
Thundermist Health Center
Thundermist Grows Community Garden
186 Providence St.
Wednesdays, July 5 – October 25
3 p.m. – 6 p.m.

Woonsocket

Farm Fresh Woonsocket Farmer's Market **(EBT accepted)**
Near Thundermist Health Center
John A. Cummings Way at Clinton St.
Tuesdays, July 11 – October 21
3 p.m. – 6 p.m.

Farm Stands

East Greenwich

Pezza Farm and Garden Center
2657 South County Trail
April – December
Daily, 9 a.m. – 5 p.m.; closed Tuesdays

Glocester

The Farm LLC
463 Tourtellot Hill Rd.
Open year round
Wednesdays/Fridays, 12 p.m. – 4 p.m.
Saturdays, 9 a.m. – 2 p.m.

Johnston

Pezza Farm
2279 Plainfield Pike
April – December
Daily, 9 a.m. – 5 p.m.; closed Wednesdays

Salisbury Farm

11 Peck Hill Rd.
May 30 – October 31
Daily, 10 a.m. – 5 p.m.

Lincoln

Old Orchard Farm
505 Old River Rd.
April 27 – December 20
Closed Mondays
Tuesday – Friday, 9 a.m. – 5 p.m.
Saturdays/Sundays, 9 a.m. – 4 p.m.

North Kingstown

Narrow Lane Orchard
213 Narrow Lane
August 1 – October 31
Daily, 10 a.m. – 5 p.m.

Luckyfoot Ranch

1337 Gilbert Stuart Rd.
May 3 – January 13
Wednesday – Saturday 10 a.m. – 6 p.m.

North Smithfield

Goodwin Brothers Farm
458 Greenville Rd.
May 29 – October 31
Monday – Saturday 9 a.m. – 6 p.m.
Sundays, 9 a.m. – 5 p.m.

Scituate

Barden Family Orchard
56 Elmdale Rd.
August 1 – October 31
Monday - Thursday 9 a.m. – 6 p.m.
Friday - Sunday 9 a.m. – 5 p.m.
(November) Daily, 10 a.m. – 4 p.m.

PV Farm Stand

Martinelli's Farm and Charcuterie
56 Peep Toad Rd.
June 1 – October 31
Tuesday – Sunday 12 p.m. – 5 p.m.

Smithfield

Appleland Orchard LLC
135 Smith Ave.
August 1 – December 31
Daily, 8 a.m. – 6 p.m.

Warwick

West Bay Community Action
West Bay Farm
1351 Centerville Rd.
June 29 - October 5
Thursdays, 3 p.m. – 6 p.m.

Westerly

Frontier Farm
449 Westerly Bradford Rd.
June – September
Thursdays/Fridays, 3 p.m. – 6 p.m.