

How to Use Senior Farmers' Market Coupons

- ✓ Redeem your coupons at approved farmers' markets, farm stands or farms. You cannot use coupons at grocery stores.
- ✓ Look for the WIC "Accepted Here" sign. These are the farmers who will accept the coupons.
- ✓ Coupons can only buy Alaska-grown fresh fruits, vegetables and herbs. Authorized Foods are listed below.
- ✓ Tell the farmer you are buying with a senior coupon. Each coupon is worth \$5.00. You can combine coupons in a single transaction but the farmer cannot give change.
- ✓ These coupons are just like cash and cannot be replaced. Report any lost, stolen or damaged coupons to your Senior Program agency.
- ✓ Let your Senior Program agency know if you have any problems using your coupons.
- ✓ Helpful Shopping Tips:
 - Call ahead for operating hours and availability of fruits and vegetables.
 - Try to get to the market before noon for the best selection.
 - Bring your own bag and look for the best bargain within the market.



Alaska-Grown Eligible Foods

Any harvested Alaska-Grown fresh fruit, berry, herb, or vegetable which is grown in Alaska and sold at an authorized farmers' market, farm stand or farm.

Asparagus	Celery	Parsnips
Beans (green, purple, white, string type)	Chard	Peas
Beets	Corn	Peppers, Hot
Blackberries	Cucumber	Peppers, Sweet
Blueberries	Garlic	Potatoes
Bok Choy	Greens	Pumpkins
Boysenberries	Herbs (any type)	Radishes
Broccoli	Kale	Raspberries
Brussels Sprouts	Kohlrabi	Rhubarb
Cabbage	Lettuce	Rutabagas
Carrots	Loganberries	Spinach
Cauliflower	Marionberries	Squash
	Mushrooms	Strawberries
	Onions (dry, green)	Tomatoes
		Turnips

Foods not allowed: honey, maple or birch syrup, cider, nuts/seeds, eggs, meat, cheese and seafood.