

Food Assistance Programs and Farmers Markets

SNAP (Supplemental Nutrition Assistance Program) is an EBT style card that can be used to buy staple foods such as meat, vegetables, and fruit. You can use your SNAP benefits at participating vendors at Farmers Markets. Vendors will have a sign stating they accept EBT/SNAP.



Double Up Food Bucks (DUFBS) is a program that matches every dollar you spend on fruits and vegetables with your SNAP/EBT card. If you spend \$5 you get an additional \$5 to spend on fruits and vegetables. You can earn an additional \$15/day.

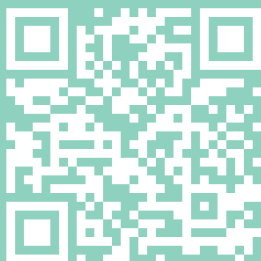


DUFBS can only be used on fruits, vegetables, and food-producing plants and seeds.



DUFBS are accepted at participating locations only. In the Cedar Valley, many Fareway stores accept DUFBS. The Waterloo Urban Farmers Market also accepts DUFBS; there is an information tent at the Saturday market.

Iowa HHS Food Assistance Information



Double Up Food Bucks Information

Senior/ WIC FMNP Information



Farmers Market Nutrition Program (FMNP) for Seniors and WIC (Women, Infant, and Children)

WIC and Senior FMNP participants can receive vouchers to purchase fresh, unprepared, locally-grown fruits, vegetables, and herbs. FMNP vouchers may only be used from June 1 to October 31 at FMNP authorized farmers markets and farm stands.

The Senior FMNP program is administered by the Iowa Department of Agriculture and Land Stewardship in cooperation with the Iowa Department of Health and Human Services. SFMNP vouchers are distributed by the Area Agencies on Aging from June 1 through September 30 on a first-come-first served basis. Eligible seniors must apply annually and may only receive SFMNP vouchers once per year. Applicants must be at least 60 years old and must have a household income within the eligibility guidelines. Eligible Seniors can call LifeLong Links at 866-468-7887 to contact the Area Agency on Aging for their county.



The WIC FMNP is a program administered by the Iowa Department of Agriculture and Land Stewardship in cooperation with the Iowa Department of Health and Human Services. Participants in the WIC FMNP must be active participants in the Iowa Department's Women, Infants, and Children (WIC) program. The local WIC Agencies distribute WIC FMNP benefits from June 1 through September 30. Families who are active participants in the WIC program may be eligible for the Farmers Market Nutrition Program. Contact your local WIC Clinic for more information.



GROW. = eat. PLAY.