FMNP Recipient Rules and Regulations

- FMNP customers may buy only the fruits and vegetables grown by the approved farmer and/or purchased directly from a Pennsylvania farmer (a partial list is on the other side of this card).

- FMNP checks cannot be used before the First Day to Use (June 30) or after the Last Day to Use date (November 30).

- FMNP customer sign in the “Signature Recipient or Proxy” block in the lower right corner. (sign at the market when making a purchase)

- FMNP purchase must total $5.00. Receiving change is not permitted. You may be offered additional FMNP eligible produce to make purchase an even $5.00.

- Food purchased with FMNP checks is only for the recipients consumptions

- FMNP checks can only be used for purchases with FMNP approved farmers. For a list of approved farmers and their selling locations please go to www.PAFMNP.org

FMNP eligible food is defined as GROWN BY A PENNSYLVANIA FARMER. Below is a partial list of “eligible” foods under Pennsylvania’s FMNP program. Previously approved out-of-state farmers may only sell produce they grow and produce purchased directly from a Pennsylvania farmer.

Do Not Accept FMNP Checks for processed food. For example: jams, honey, nuts, cider, or baked goods. Jack-o-lanterns are not allowable for purchase.

Do Not Accept FMNP Checks for citrus or tropical fruits. For example: bananas, oranges, lemons, limes, grapefruit, tangerines, pineapples, mangoes and dried fruits and vegetables, dried herbs. Produce grown outside of Pennsylvania is not permitted.

Fruit – A partial list
- Apples
- Melons
- Grapes
- Apricots
- Nectarines
- Plums
- Berries
- Peaches
- Cherries
- Pear

Vegetables – A partial list
- Artichokes
- Eggplant
- Radishes
- Asparagus
- Greens
- Rhubarb
- Beans (fresh)
- Kohlrabi
- Rutabagas
- Beets
- Leeks
- Spinach
- Broccoli
- Lettuce
- Sweet potatoes
- Brussels sprouts
- Mushrooms
- Tomatoes
- Cabbage
- Okra
- Turnips
- Carrots
- Onion
- Winter Squash
- Cauliflower
- Parsnips
- Yams grown in PA
- Celery
- Peas
- Zucchini
- Cucumbers
- Potatoes

No actual plants are permitted for purchase only the mature fruit and/or vegetable is allowable for purchase with the FMNP checks.

Fresh cut herbs are allowed if they are used for cooking or flavoring.

This institution is an equal opportunity provider.