

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.