



State of Alaska Farmer Market (FMNP) and Senior Farmers Market (SFMNP) Nutrition Programs

Approved Food List

INELIGIBLE FOODS:

The following are not allowed for purchase with program benefits:

- Honey is not eligible for WIC FMNP purchase.
- Fruits & vegetables processed beyond their natural state
(examples: dried, diced, shredded, sliced, frozen, and chopped)
- Fruits, vegetables and herbs with added sugars, fats, and/or oils
(examples: syrups, jams, ciders, fruit leathers, and fruit roll-ups)
- Mixtures containing grains, nuts, seeds, and/or other non-eligible products
- Eggs, meats, cheeses, seafood, canned & dried mature legumes
- Potted herbs, plants, flowers, and starts

ELIGIBLE FOODS: The following fresh fruits, vegetables and fresh-cut herbs are allowed for purchase in exchange for program benefits. All products must be grown within Alaska borders and be intentionally planted on a farmers' property (either owned, leased, or rented) for the purpose of public sale.

Vegetables

Artichoke
Mushrooms
Arugula
Mustard greens
Asparagus
Onion
Baby greens
Parsnip
Beet Peas
Bok choy
Peppers
Broccoli
Potato
Brussels sprout
Pumpkin
Cabbage
Radicchio
Carrot
Radish
Cauliflower
Romanesco
Celery
Rutabaga

Vegetables

Chickweed
Snap beans
Collard
Spinach
Corn
Sprouts
Cucumber
Squash
Eggplant
Swiss chard
Endive
Taro
Garlic Tatsoi
Green beans
Tomatillo
Green onion
Tomato
Kale
Turnip
Kohlrabi
Watercress
Leeks
Zucchini
Lettuce greens
***All other eligible greens**

Herbs

Basil
Chamomile
Chives
Cilantro
Dill
Fennel
Lavender
Lovage
Marjoram
Mint
Oregano
Parsley
Rosemary
Sage
Savory
Scallions
Sorrel
Spearmint
Stevia
Tarragon
Thyme

Fruit

Apple
Cherries
Currants
Gooseberries
Haskaps
Honeyberry
Huckleberries
Lingonberries
Melon varieties
Raspberry
Rhubarb
Strawberry

***Honey (SFMNP Only)**