

# 2018 Oregon Farm Direct Nutrition Program

## FACT SHEET



### What is the Oregon Farm Direct Nutrition Program?

Families in the Women, Infants and Children Special Supplemental Nutrition Program (WIC) and limited-income seniors receive checks to spend directly with local farmers who grow fruits and vegetables.

The Farm Direct Nutrition Program ("Farm Direct") provides families and seniors an additional source of nutritious food and education on selecting and preparing fresh produce. Farm Direct also supports local farmers markets and farmers.

### How do WIC Families receive their checks?

WIC participants receive \$28 worth of green Farm Direct checks at their local clinic via a class or during an individual appointment, or sometimes at a farmers market.

The Farm Direct Nutrition Program is just one of the diverse ways that WIC provides nutrition and nutrition education to participating families. WIC serves lower-income pregnant, post-partum and breastfeeding women, infants and children under age 5 who have a health or nutrition risk. Women, children and infants over 4 months of age are eligible to receive Farm Direct checks.

### How do Seniors receive their checks?

Eligible seniors will receive a **yellow letter** from the State in late April that will announce their eligibility to receive the checks. **Interested seniors must sign and return the "Response Card" portion of their letter to the State by the indicated date.** There is not enough funding to serve every senior who wants Farm Direct checks this year. Seniors who return their Response Card will be randomly selected to receive green Farm Direct checks worth \$24.

Seniors must be at least 62 years old and receiving Medicaid or SNAP (food stamps) on April 1, 2018, to be eligible for the Farm Direct Nutrition Program. Additionally, seniors cannot be living in a facility where meals are provided.

To qualify, seniors must have a monthly income below \$1,396 for a single person and \$1,893 for a couple.

## Where can Farm Direct checks be used?

At participating farm stands and farmers markets displaying a program sign. Please visit [myoregonfarm.org/fdnp\\_wic\\_shopperguide](http://myoregonfarm.org/fdnp_wic_shopperguide) for a list of farmers markets and farm stands near you.

## What foods can be purchased with Farm Direct checks?

The checks can ONLY be used for fresh locally grown fruits, vegetables and herbs. Items that can NOT be purchased include hot foods, dried foods, jams, nuts, honey, eggs, cider, meat, cheese, seafood, baked goods, plants, cut flowers, or fruits/vegetables not grown in Oregon (such as bananas, oranges, lemons, pineapples).



## Why are these checks only good with LOCAL farmers?

The program helps Oregon families support local farmers and rural communities. Produce at the supermarket may not come from a local farmer. Buying directly from the farmer means they get 100% of every Farm Direct dollar.

## When can Farm Direct checks be used?

Between June 1 and November 30. After this date, the farmer will not be reimbursed for these checks.



## How do Farm Direct checks benefit local farmers?

Participating farmers are paid the face value of Farm Direct checks; this increases their earnings and helps them to keep farming. In turn, farmers spend those dollars in their local communities, which promotes local economic development. Farm Direct brought over \$1.4 million into the hands of local farmers in 2017. Keeping local farmers in business is important to our communities as well as our health.

## Other questions?

- WIC participation:  
Call **your local WIC clinic** or dial 211, toll-free, to locate the nearest WIC clinic.
- Senior participation:  
Call **Senior Farm Direct** toll-free at 1-866-299-3562.
- Participating farmers markets and farm stands:  
call **Dept. of Agriculture** at 503-872-6600.

Revised 2/2018



Oregon  
Department  
of Agriculture



Oregon  
Health  
Authority

USDA is an equal opportunity provider. You can get this document in other languages, large print, braille or a format you prefer. Contact Oregon WIC at 971-673-0040.

We accept all relay calls or you can dial 711.