**SPENDING YOUR FARMER’S MARKET BENEFITS**

* Spend ONLY at **Approved WIC Farms –** looks for this sign

(if it is not displayed, please ask them to put it up or reference below who our WIC farmers are at the Helena Farmers Market)

* FM Benefits can be spent at our 2 local farmer markets OR at any approved farmer within the state (approved farmers have the **“Montana WIC Authorized Farmer”** Sign)
	+ **Saturday: Helena Farmers Market** on Fuller St, 9:00 AM to 1:00 PM
	+ **Tuesday: East Helena** Farmers Market at Main Street Park 3:00 PM to 6:00 PM. Starts July 27th

These are the farmers who accept WIC FM benefits:

**Highland Produce** **Hicks Garden**

**Broken Wheel Farm**  **West Mont Farm and Garden**

* **FM Benefits need to be spent –** Last day to spend is **Saturday, September 27th, 2025.** If you are not able or choose not to use all your FM benefits, please return them to the office so we can

re-distribute them to other WIC families.

* You can **spend** Farmers Market benefits **all at once or space them out**. They just need to be spent before the end of the WIC Farmers Market Season.
* FM Benefits are for the 2025 Farmers Market season and are **not** issued monthly
* Spend on **fruits, vegetables, and herbs only** - no baked goods or plants (refer to the Approved Farm Direct Food List)
* Each eligible participant gets $30 FM benefits for the **Farmers Market 2025 season** – **They are NOT issued monthly**
* Lost, Damaged, or Stolen Farmer Market Benefits **CANNOT** be re-issued