WIC Farmers’ Market Nutrition Program (FMNP)
Women and children ages 1-4 who are active participants in the WIC (Women, Infants and Children) program administered by the Department of Public Health are eligible for the Farmers Market Nutrition Program. For more information about the program, contact your WIC agency or call 1-800-532-1579.

Supplemental Nutrition Assistance Program (SNAP)
If your household is at or below the following income range, you may be eligible for food assistance:

<table>
<thead>
<tr>
<th>HOUSEHOLD</th>
<th>GROSS MONTHLY INCOME</th>
<th>HOUSEHOLD</th>
<th>GROSS MONTHLY INCOME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$1,620</td>
<td>5</td>
<td>$3,924</td>
</tr>
<tr>
<td>2</td>
<td>$2,196</td>
<td>6</td>
<td>$4,500</td>
</tr>
<tr>
<td>3</td>
<td>$2,772</td>
<td>7</td>
<td>$5,076</td>
</tr>
<tr>
<td>4</td>
<td>$3,348</td>
<td>8</td>
<td>$5,652</td>
</tr>
</tbody>
</table>

Some vendors at farmers markets accept SNAP as payment for eligible items, including produce. Look at the other side of this brochure for a list of vendors that accept SNAP/EBT cards.

Double Up Food Bucks
Double Up Food Bucks allow SNAP food assistance clients to DOUBLE their food assistance benefits when spending SNAP benefits at participating markets. SNAP customers receive a dollar-for-dollar match (up to $10 each market day) for SNAP benefits spent at the market with participating vendors. Double Up dollars can then be used to purchase locally grown fruits and vegetables. For more information, stop at the information booth at participating markets.

Senior Farmers’ Market Nutrition Program (SFMNP)
Seniors must meet the following requirements to be eligible to receive Farmers Market Nutrition Program benefits:
- Be 60 years of age or older at the time of their application
- Live in the service area of their local Area Agency on Aging
- Have a yearly income of less than $23,107 for a single person
- Have a yearly income of less than $31,284 for a married couple.

For more information, contact Aging Resources of Central Iowa at 515-255-1310 or 1-800-747-5352.

For help with an application or questions about food assistance:
FoodAssistanceOutreach@iowafba.org
1-855-944-FOOD (3663)
### MARKET LISTING 2019

#### MONDAY

- **Pleasant Hill**
  4pm – 7pm
  June 3rd – September 30th
  5299 E. University Ave. in Pleasant Hill

- **Southridge Mall**
  3pm – 6pm
  June 4th – October 14th
  1111 E. Army Post Rd. in Des Moines

#### TUESDAY

- **Beaverdale**
  4pm – 7:30pm
  June 4th – September 10th
  4100 Urbandale Ave. in Des Moines

- **Capitol Complex**
  11am – 1pm
  June 18th – September 24th
  E. 13th St. between E. Walnut St. & E. Grand Ave. in Des Moines

- **Eastside**
  3pm – 6pm
  May 14th – October 29th
  Collectamania Parking Lot
  3200 Delaware Ave. in Des Moines

- **Johnston**
  3:30pm – 6:30pm
  May 21st – October 8th
  City Hall Parking Lot
  6221 Merle Hay Rd. in Johnston

- **Knoxville**
  3pm – 5:30pm
  May 28th – October 8th
  Hy-Vee Parking Lot
  Hwy. 14 & Railroad in Knoxville

- **VA Market**
  10am – 1pm
  June 4th – October 29
  VA Central Iowa
  3600 30th St. in Des Moines

#### WEDNESDAY

- **Altoona**
  4:30pm – 7pm
  June 5th – September 25th
  Civic Plaza
  360 Center Pl. SW in Altoona

- **Indianola**
  2pm – 6pm
  July 10th – September 11th
  Warren County Fairgrounds
  1400 W. 2nd Ave. in Indianola

- **Pleasantville**
  3:30pm – 6pm
  July 3rd – October 16th
  Across from Casey’s
  801 Pleasant St. in Pleasantville

- **Waukee**
  4pm – 7pm
  June 5th – September 25th
  6th St. & Ashworth Dr. in Waukee

#### THURSDAY

- **Pella**
  3pm – 6pm
  May 9th – October 17th
  First Reformed Church
  603 Broadway St. in Pella

- **Polk City**
  4pm – 7pm
  May 23rd – September 12th
  Town Square
  Corner of 3rd St. & Broadway in Polk City

- **Valley Junction**
  4pm – 8pm
  May 2nd – September 26th
  100 & 200 Blocks of 5th St. in West Des Moines

- **Perry**
  4pm – 7pm
  May 30th – September 26th
  Josh Davis Plaza
  2nd St. in Perry

#### FRIDAY

- **Dallas Center**
  4pm – 7pm
  June 7th – September 27th
  At Trail Head
  Walnut & 14th St. in Dallas Center

- **Norwalk**
  4pm – 7pm
  May 3rd – October 25th
  1120 Sunset Dr. in Norwalk

- **Van Meter**
  5pm – 8pm
  July 12th – August 9th
  910 Main St. in Van Meter

#### SATURDAY

- **Downtown**
  7am – 12pm (8am -12pm in Oct.)
  May 4th – October 26th
  400 Court Ave. in Des Moines

- **Carlisle**
  8:30am – 11:30am
  June 1st – October 26th
  Wyckoff Heating & Cooling Parking Lot
  95 Hwy. 5 in Carlisle

- **Indianola**
  8am – 12pm
  June 1st – October 29th
  Warren County Fairgrounds
  1400 W. 2nd Ave. in Indianola

- **Knoxville**
  8am – 12pm
  May 25th – October 12th
  Hy-Vee Parking Lot
  Hwy. 14 & Railroad in Knoxville

- **LSI Global Greens**
  9am – 1pm
  June 1st – October 26th
  3200 University Ave. in Des Moines

- **Ted Lare Garden Center**
  2pm – 4:30pm
  1st Saturday of each month (May - October)
  2701 Cumming Ave. in Cumming

- **Uptown Ankeny**
  8am – 12pm
  May 18th – September 28th
  Ankeny Market & Pavilion Park
  715 W. 1st St. in Ankeny

### Available food assistance at each market is labeled with the following:

- **Supplemental Nutrition Assistance Program (SNAP/EBT)**
- **Double Up Food Bucks**
- **Farmers' Market Nutrition Program/WIC Vouchers**