

WIC Farmers' Market Nutrition Program: Social Media Toolkit

English & Spanish Content Included!

June 2026

Acknowledgments

The **National WIC Association (NWA)** is the nonprofit voice for the 12,000 public health nutrition service provider agencies that support over 6.7 million mothers, babies, and young children through WIC. NWA provides education, guidance, and support to WIC staff, driving innovation and advocacy to strengthen WIC as we work toward a nation of healthier families. For more information, visit www.nwica.org.

In 2023, NWA received a grant from the Elevance Health Foundation to launch the *Increasing Access to Healthy Food Through Farmers' Markets* initiative, a groundbreaking "food as medicine" program. This three-year project aims to expand access to fresh, nutritious foods for low-income families by increasing participation in the Farmers' Market Nutrition Program (FMNP) and enhancing participants' ability to utilize the FMNP benefits and the core WIC fruit and vegetable Cash Value Benefit (CVB) at farmers' markets.

This toolkit was developed based on the findings from the WIC Farmers' Market Nutrition Program Landscape Scan Report, which was supported through work conducted by Urban Metrics Consultants.



Background

For over 50 years, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) has supported low-income families through its prescriptive food package, breastfeeding support, nutrition education, and referrals to health and social services.

Part of WIC's mission is to nourish families with healthy foods, but why should this care be limited to grocery stores when it could also thrive in local farmers' markets and communities, where fresh, whole food options are just around the corner?

The WIC Farmers' Market Nutrition Program (FMNP), established in 1992, enhances WIC's mission by **connecting WIC participants with fresh, locally-grown produce for families, fostering both nutritional well-being and community development!**¹

FMNP provides annual benefits ranging from \$10 to \$30 per participant during the Farmers' Market season, which can be used to purchase fresh fruits, vegetables, and herbs from authorized farmers, farmers' markets, and roadside stands.¹ Currently, FMNP operates across 49 states, six Indian Tribal Organizations (ITOs), and Puerto Rico.²

In April 2025, the National WIC Association (NWA) published the [Farmers' Market Nutrition Program \(FMNP\) Landscape Scan Report](#), which examines the implementation of FMNP, electronic FMNP (eFMNP), and Cash Value Benefit (CVB) programs across the nation, focusing on key facilitators and barriers to success. The findings from the Landscape Scan Report provided valuable insights into the challenges and opportunities within FMNP, highlighting key areas where increased awareness and education could drive better participation. These insights directly informed the creation of the social media toolkit, which is designed to address these gaps by offering resources and engaging content to promote the program effectively.

The Landscape Scan Report also highlighted the need for outreach materials for both WIC participants and farmers to be available in multiple languages. Language barriers can make it difficult for non-English-speaking WIC participants to fully understand program details or navigate the benefit redemption process. For farmers, these barriers may also discourage program participation. To ensure that all families and farmers can benefit from FMNP, the toolkit now includes Spanish-language translations for both participant- and farmer-focused content, making it easier to share key FMNP information with Spanish-speaking communities.

Help your state's FMNP flourish by spreading the word through social media! This toolkit provides valuable outreach materials to raise awareness and increase participation in FMNP through social media. By leveraging social media, we can reach WIC participants, farmers, and community advocates, ensuring that more families take full advantage of the program while supporting local agriculture.

¹Food and Nutrition Administration. WIC Farmers Market Nutrition Program. Accessed June 29, 2026.

<https://www.fns.usda.gov/fmnp/wic-farmers-market-nutrition-program>

²The WIC Hub. 2024 State of WIC Report: Celebrating 50 Years of Impact. Published 2024. Accessed March 18, 2025.

<https://thewichub.org/2024-state-of-wic-report-celebrating-50-years-of-impact/>

Social Media Strategies and Best Practices

How to Use Social Media to Enhance WIC FMNP

This WIC Farmers' Market Nutrition Program (FMNP) Social Media Toolkit is designed to help your Agency effectively promote FMNP, increase awareness, and drive participation among WIC families, farmers, and community stakeholders. Here's how to make the most of it:

1. Strengthen Community Connections

Use the infographics, social media posts, and captions to quickly and easily share FMNP messaging across various social media platforms and in local clinics. The toolkit includes WIC participant and farmer-focused content in both English and Spanish, to help you connect with the diverse communities that you serve.

Customize materials to reflect with your local FMNP details, and consider sharing English and Spanish content side by side to improve accessibility and reach.

2. Choose the Right Platforms

Post on social media channels where your audience is most active.

- Facebook & Instagram: For storytelling, visuals, and engagement
- BlueSky: For quick updates and reminders.
- Tiktok: For storytelling, sharing success stories, and easy how-to content.

3. Engage Your Audience

Use hashtags to expand your reach and increase visibility, while also encouraging engagement by asking questions and inviting WIC participants to share their experiences. Highlighting success stories from FMNP participants and farmers can inspire others to take advantage of the program and showcase its positive impact on families and local communities.

4. Collaborate and Cross-Post

Partner with local farmers' markets, community organizations, and health agencies to share content and maximize outreach. Cross-post content and share Spanish-language materials with partners serving Spanish-speaking communities to ensure broader accessibility.

5. Educate and Empower in Multiple Languages

Share step-by-step guidance on how to use FMNP benefits to help participants, including how to shop. Post market schedules, locations, and details on participating. Provide simple nutrition tips to support healthy choices and address common questions about benefit redemption.

Offering content in multiple languages helps reduce barriers and supports equitable access to fresh, nutritious fruits and vegetables!

Dos and Don'ts of Social Media

Do

- Use the correct graphic size for the platform:
 - Instagram: 1080 by 1350 pixels
 - BlueSky, Facebook: 1600 by 900 pixels
- Know your audience
- Think your audience would respond better to different messaging? Tweak your content and see what works best!
- Use relevant hashtags
- Engage with others' content that is relevant to your topic area or audience

Don't

- Overuse hashtags - use them sparingly and strategically. Suggested hashtags ranges by channel:
 - Instagram: 3-5
 - LinkedIn: 3-5
 - TikTok: 4-6
- Overpost - make sure there are a few days between posts about the same topic (such as the posts in this toolkit)
- Just post - make sure to engage with others' content and the audience as well

Ready-to-Use Infographics, Social Media Posts & Templates

To make promoting the **WIC Farmers' Market Nutrition Program (FMNP)** as easy as possible, we've created a collection of pre-written social media posts, infographics, and customizable templates for your Agency to use. These posts are designed to engage WIC participants, raise awareness about FMNP benefits, and encourage families to shop at local farmers' markets.

All posts and infographics are available in English and Spanish. Consider sharing both versions together to help more families in your community access key program information.

Use these ready-made posts as they are, or personalize them to fit your community's needs!

Infographics

Infographics make FMNP information easy to understand and share, helping to increase awareness among WIC families, farmers, and community stakeholders. These visuals are designed to highlight key program benefits, address common questions, and support outreach efforts.

For WIC Participants

These participant-facing infographics help families understand and engage with FMNP. **Post them on social media, include them in newsletters, or print them for WIC Local Clinics and farmers' markets** to ensure participants have access to essential program details.

ENGLISH

[WIC Farmers' Market Nutrition Program \(FMNP\) Overview](#)

[FMNP vs CVB: Understanding the Differences & Maximizing Your Benefits](#)

[eFMNP vs CVB: Understanding the Differences & Maximizing Your Benefits](#)

SPANISH

[Descripción general del Programa de Nutrición del Mercado de Agricultores de WIC \(FMNP\)](#)

[FMNP vs CVB: Entendiendo las diferencias y maximizando tus beneficios](#)

[eFMNP vs. CVB: Entender las diferencias y maximizar tus beneficios](#)

Each State Agency runs its FMNP differently, so we've included templates to help tailor your messaging. **Share these on social media, include them in newsletters, or print them for Local Clinics and farmers' markets** after adding state-specific details like market locations, dates, and program information. Each template includes a Spanish version as well

[How to: Creating an Infographic about WIC FMNP \(Paper Vouchers\)](#)

[How to: Creating an Infographic about WIC eFMNP](#)

[How to: Creating an Infographic about CVB at Farmers' Markets](#)

For Farmers

Struggling to recruit farmers for FMNP? Use this flyer to spread the word! Post it at farmers' markets, hand it to non-participating farmers, or display it in wholesale stores where farmers shop to encourage more farmers to join the program.

ENGLISH

[Inviting Farmers to Participate in WIC FMNP](#)

SPANISH

[Invitando Agricultores a Participar en el WIC FMNP](#)

Each WIC Agency runs its FMNP differently. Use this template to create an FAQ Guide for farmers! This template also includes a Spanish version.

[How to: Creating a Frequently Asked Questions \(FAQ\) Guide for Farmers](#)

For State and Local WIC Agencies

Understanding FMNP challenges and best practices is key to improving program effectiveness. These infographics highlight key findings from the FMNP Landscape Scan Report, helping agencies adjust their approach and increase participant awareness. Distribute these within State and Local Agencies through internal communications.

[WIC FMNP Landscape Scan Report Findings](#)

[WIC FMNP Promising Practices](#)



Social Media Posts

Use these pre-written social media posts to promote FMNP on platforms like Facebook, Instagram, and BlueSky. Customize them to fit your audience, add local market details, or include interactive elements like questions or polls to boost engagement.

[Download all English graphics here.](#)

[Download all Spanish graphics here.](#)

Facebook or Instagram

Raising Awareness of WIC FMNP

Understanding FMNP: How to Increase Participant Engagement with eFMNP Benefits

Understanding FMNP: How to Increase Participant Engagement with CVB Benefits

National Farmers' Market Week (First Full Week in August)

What Fruits are in Season? (Summer)

What Vegetables are in Season? (Summer)

What Fruits are in Season? (Fall)

What Vegetables and Herbs are in Season? (Fall)

BlueSky and Similar

English

Did you know? WIC Farmers' Market Nutrition Program (FMNP) benefits help families buy fresh, local produce while supporting farmers! 🍎🥬 Find a market near you and shop fresh today! #WICFMNP #HealthyEating

Don't let your WIC FMNP benefits go to waste! 🥬🍎 Redeem them for fresh, local produce at participating farmers' markets before the farmers' market season is over! #StateFMNP #WIC

Fresh, local, and affordable! 🍎🥬 Use your WIC FMNP benefits to buy delicious fruits, veggies, and fresh herbs at _____ market [Insert Location]. A healthier family starts with fresh food! #WICFMNP #EatFresh

New to the WIC FMNP? No problem! Simply take your vouchers to a participating farmers' market, look for the WIC sign, and exchange your benefits for fresh fruits, veggies, and herbs. It's that easy! 🥕🍊 #WICBenefits #ShopLocal [Insert Picture of WIC Sign]

Looking for a farmers' market that accepts WIC FMNP benefits? Check with your local WIC office to find a participating market near you! 🥕🥬 #WICFMNP #FindYourMarket

Did you know that you can use your WIC Cash Value Benefit (CVB) at WIC farmers' markets? 🥬🍓 Check with your local WIC office to find a farmers' market near you! #WICFMNP #WICCVB

Spanish

¿Sabías que los beneficios del Programa de Nutrición del Mercado de Agricultores de WIC (FMNP) ayudan a las familias a comprar productos frescos y locales mientras apoyan a los agricultores? 🍎🥦
¡Encuentra un mercado cercano y compra fresco hoy! #WICFMNP #ComerSaludable

¡No dejes que tus beneficios de WIC FMNP se desperdicien! 🥦🍎 Úsalos para obtener productos frescos y locales en los mercados de agricultores participantes antes de que termine la temporada.
#FMNPDelEstado #WIC

¡Fresco, local y accesible! 🍎🥦 Usa tus beneficios de WIC FMNP para comprar frutas, verduras y hierbas frescas deliciosas en el mercado _____ [Insertar ubicación]. ¡Una familia más saludable comienza con comida fresca! #WICFMNP #ComeFresco.

¿Eres nuevo en WIC FMNP? ¡No hay problema! Simplemente lleva tus vales a un mercado de agricultores participante, busca el letrero de WIC e intercambia tus beneficios por frutas, verduras y hierbas frescas. ¡Así de fácil! 🥕🍎 #BeneficiosWIC #CompraLocal
[Insertar imagen del letrero de WIC]

¿Buscas un mercado de agricultores que acepte beneficios FMNP de WIC? ¡Consulta con tu oficina local de WIC para encontrar un mercado participante cerca de ti! 🥕🥦 #WICFMNP #EncuentraTuMercado

¿Sabías que puedes usar tu Beneficio de Valor en Efectivo (CVB) de WIC en los mercados de agricultores de WIC? 🥦🍓 Consulta con tu oficina local de WIC para encontrar un mercado cerca de ti. #WICFMNP #WICCVB

