



# WIC FMNP (Farmers Market Nutrition Program)

## WHAT IS WIC FMNP?

The WIC Farmers' Market Nutrition Program (FMNP) provides locally grown unprepared fresh fruits, vegetables and herbs to nutritionally at-risk pregnant, breastfeeding, or post-partum women, and children 2-5 years old.

To be eligible, people in these categories must:

- Have a medical condition or limited access to nutrition that places their health at risk
- Live in New Jersey and provide proof of residency
- Have a gross income (i.e., income before deductions for income taxes, Social Security taxes, insurance premiums, bonds, etc.) equal to or less than the income poverty guidelines increased by 185%. No allowance is made for the use of a standard deduction or hardship when calculating a family's income

*To apply, schedule an appointment with your local WIC office. Ensure that all applicants in the family, including children, are present for the appointment.*

You will also need to bring the following materials:

- Proof of identity
- Proof of pregnancy
- Proof of income
- Proof of residency
- Your health care referral form (if completed by your doctor or other health care provider)
- Your children's Universal Child Health Record (UHCR).
- Your children's vaccination records

## ARE YOU ELIGIBLE?

You are eligible to apply for WIC benefits if you are a:

- Pregnant woman
- Woman who has delivered a child within the last six months
- Breastfeeding woman who has delivered a child within the last year
- Infant or child under five years old

The chart below can help you figure out your eligibility according to your household size and income.

Family Size	Annual Income	Monthly Income	Twice-Monthly Income	Bi-Weekly Income	Weekly Income
1	\$25,142	\$2,096	\$1,048	\$967	\$484
2	\$33,874	\$2,823	\$1,412	\$1,303	\$652
3	\$42,606	\$3,551	\$1,776	\$1,639	\$820
4	\$51,338	\$4,279	\$2,140	\$1,975	\$988
5	\$60,070	\$5,006	\$2,503	\$2,311	\$1,156
6	\$68,802	\$5,734	\$2,867	\$2,647	\$1,324
7	\$77,534	\$6,462	\$3,231	\$2,983	\$1,492
8	\$86,266	\$7,189	\$3,595	\$3,318	\$1,659
For Each Additional Family Member, Add:	\$8,732	\$728	\$364	\$336	\$168



# WIC Benefits: Where to Apply

<p><b>Atlantic</b> Gateway Community Action Partnership WIC Program EMAIL: tricity_wic@gatewaycap.org</p>	<ul style="list-style-type: none"> <li>• Egg Harbor City WIC 300 Philadelphia Avenue, Suite B Egg Harbor City, NJ 08215 (609) 593-3940</li> <li>• Atlantic City WIC 139 N. Iowa Avenue Atlantic City, NJ 08401 (609) 246-7767</li> <li>• Galloway Township 333 Jimmie Leeds Road, Unit 5 Galloway NJ 08205 (609) 382-5050</li> </ul>
<p><b>Bergen</b> Saint Joseph Medical Center EMAIL: wic@sjhmc.org</p>	<ul style="list-style-type: none"> <li>• Hackensack Department of Health 215 State Street Hackensack, NJ 07601 (973) 754-4575</li> <li>• St. Mark's Episcopal Church 118 Chadwick Road Teaneck, NJ 07666 (973) 754-4575</li> <li>• First Presbyterian Church 457 Division Avenue Carlstadt, NJ 07072 (973) 754-4575</li> <li>• St. Paul's Episcopal Church 113 Engle Street Englewood, NJ 07631 (973) 754-4575</li> <li>• Cliffs Park Head Start 263 Lafayette Avenue Cliffs Park, NJ 07010 (973) 754-4575</li> <li>• Bergenfield Department of Health 198 North Washington Avenue Bergenfield, NJ 07621 (973) 754-4575</li> <li>• St John's Episcopal Church 301 East Main St Ramsey, NJ 07446 (973) 754-4575</li> <li>• BCCAP Weatherization Training Center 541 Midland Avenue Garfield, NJ 07026 (973) 754-457</li> </ul>
<p><b>Burlington</b> Burlington County WIC Program EMAIL: WIC@co.burlington.nj.us</p>	<ul style="list-style-type: none"> <li>• Burlington County Health Department Raphael Meadow Health Center 15 Pioneer Blvd. Westampton, NJ 08060 (609) 267-4304</li> <li>• Nesbitt Recreation Center Anderson Avenue &amp; Pemberton-Browns Mill Road Pemberton, NJ 08068 (609) 267-4304</li> <li>• Central Baptist Church Fifth &amp; Maple Avenues Palmyra, NJ 08065 (609) 267-4304</li> <li>• 1st United Methodist Church Camden &amp; Pleasant Valley Avenue Moorestown, NJ 08057 (609) 267-4304</li> <li>• Tabernale Fire Company #1 76 Hawkins Road &amp; Rt. 206 Tabernacle, NJ 08088 (609) 267-4304</li> <li>• Shiloh Baptist Church 104 ½ Elizabeth Street Bordentown, NJ 08505 (609) 267-4304</li> <li>• JFK Center 429 JFK Way Willingboro, NJ 08046 (609) 267-4304 Burlington Housing Authority 800 Walnut Street Burlington, NJ 08016 (609) 267-4304</li> <li>• Riverside VFW 1125 S. Fairview Street Delran, NJ 08075 (609) 267-4304</li> <li>• Fort Dix/McGuire AFB-Education and Training Center 5240 New Jersey Avenue (Fort Dix Chapel) Fort Dix, NJ 08641 (609) 267-4304</li> <li>• Beverly Housing Authority 100 Magnolia Street Beverly, NJ 08010 (609) 267-4304</li> </ul>
<p><b>Camden</b> Gateway Community Action Partnership WIC Program EMAIL: tricity_wic@gatewaycap.org</p>	<ul style="list-style-type: none"> <li>• Blackwood Plaza 1111 South Black Horse Pike Blackwood, NJ 08012 (856) 302-1405</li> <li>• Mt Ephraim WIC 2881 Mt. Ephraim Ave., Unit 6-7 Camden, NJ 08104 (856) 225-5050/5051</li> </ul>



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<p style="text-align: center;"><b>Cape May</b> Gateway Community Action Partnership WIC Program EMAIL: tricounty_wic@gatewaycap.org</p>	<ul style="list-style-type: none"> <li>• Cape May WIC 6 Moore Rd. Cape May, NJ 08210 (609) 465-1224</li> </ul>	
<p style="text-align: center;"><b>Cumberland</b> Gateway Community Action Partnership WIC Program EMAIL: tricounty_wic@gatewaycap.org</p>	<ul style="list-style-type: none"> <li>• Bridgeton WIC Office 10 Washington Street Bridgeton, NJ 08302 (856) 451-5600</li> <li>• Millville WIC 811 West Main Street, Suite F Millville, NJ 08332 (856) 300-5352</li> </ul>	<ul style="list-style-type: none"> <li>• Vineland WIC Office 610 East Montrose Street Vineland, NJ 08360 (856) 691-4191</li> </ul>
<p style="text-align: center;"><b>Essex</b> City of Newark WIC Program EMAIL: NewarkWIC@ci.newark.nj.us</p>	<ul style="list-style-type: none"> <li>• City of Newark Department of Health and Community Wellness 110 William Street Newark, NJ 07102 (973) 733-7604</li> <li>• Newark Beth Israel Medical Center 166 Lyons Avenue Newark, NJ 07112 (973) 705-3504 or (973) 705-3505</li> </ul>	<ul style="list-style-type: none"> <li>• Irvington Site (Briar Hill Building) 50 Union Avenue Suite 702 Irvington, NJ 07111 (973) 761-2517</li> <li>• Saint James Health Center 228 Lafayette Street 4th Floor Newark, NJ 07105 (862) 229-6360</li> </ul>
<p style="text-align: center;"><b>Gloucester</b> Gloucester County WIC Program EMAIL: gcwic@co.gloucester.nj.us</p>	<ul style="list-style-type: none"> <li>• Gloucester County Department of Health &amp; Senior Services 204 East Holly Avenue. Sewell, NJ 08080 (856) 218-4116</li> <li>• Williamstown-Monroe Township Municipal Building 125 Virginia Avenue Williamstown, NJ 08094 (856) 218-4116</li> </ul>	<ul style="list-style-type: none"> <li>• Paulsboro WIC Office Gloucester County Health Department 1000 Delaware Street Paulsboro, NJ 08066</li> </ul>
<p style="text-align: center;"><b>Hudson</b> Jersey City WIC Program EMAIL: wic2@nhcac.org or North Hudson Community Action Corporation (NHCAC) WIC Program EMAIL: wic2@nhcac.org</p>	<ul style="list-style-type: none"> <li>• City of Jersey City Department of Health &amp; Human Services City Hall Annex, 1 Jackson Square Jersey City, NJ 07305 (201) 547-6842</li> <li>• Bayonne Hospital (Health Start) 29 East 29th Street Bayonne, NJ 07002</li> <li>• North Hudson Community Action Corp. 407 39th Street, Union City, NJ 07087 (201) 866-4700</li> </ul>	<ul style="list-style-type: none"> <li>• Kearny Health Department 645 Kearny Avenue Kearny, NJ 07032 (201) 866-4700</li> <li>• Town of Harrison 326 Harrison Avenue (basement level) Harrison, NJ 07029</li> </ul>



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<p><b>Hunterdon</b> Northwest Community Action Partnership (NORWESCAP) WIC Program EMAIL: <a href="mailto:wic@norwescap.org">wic@norwescap.org</a></p>	<ul style="list-style-type: none"> <li>Flemington United Methodist Church 116 East Main Street Flemington, NJ 08822 (908) 454-1210</li> </ul>
<p><b>Mercer</b> Children's Home Society (CHS) Mercer WIC Program EMAIL: <a href="mailto:wicnutritionist@chsofnj.org">wicnutritionist@chsofnj.org</a></p>	<ul style="list-style-type: none"> <li>The Children's Home Society of NJ's Mercer WIC Program 1440 Parkside Ave. Ewing, NJ 08638 (609) 498-7755</li> <li>Hamilton Health Department McManimon Building: 320 Scully Avenue Hamilton, NJ 08610 (609) 498-7755</li> <li>Princeton Twp. Municipal Building WIC 400 Witherspoon Street Princeton, NJ 08542 (609) 498-7755</li> <li>CHS South Clinton Office 635 South Clinton Avenue Trenton, 08611 (609) 498-7755</li> <li>First Baptist Church of Hightstown 125 South Main Street Hightstown, NJ 08520 (609)498-7755</li> </ul>
<p><b>Middlesex</b> Visiting Nurses Association (VNA) of Central Jersey WIC Program EMAIL: <a href="mailto:wic@vnahg.org">wic@vnahg.org</a></p>	<ul style="list-style-type: none"> <li>How Lane Health Center 123 How Lane (Rear of Building) New Brunswick, NJ 08901 (732) 249-3513</li> <li>Presbyterian Church of Jamesburg 177 Gatzmer Avenue Jamesburg, NJ 08831 (732) 249-3513</li> <li>Edison Township Health Department 80 Idlewild Road Edison, NJ 08817 (732) 249-3513</li> <li>Perth Amboy WIC Program 313 State Street Second Floor Perth Amboy, NJ 08861 (732) 376-1188</li> <li>Reigning in Life Learning Academy 33 Terminal Avenue Carteret, NJ 07708 (732) 376-1188</li> <li>Acelero Head Start 301 Augusta Street South Amboy, NJ 08879 (732) 376-1188</li> <li>Woodbridge Health Center 2 George Frederick Plaza Woodbridge, NJ 07095 (732) 376-1188</li> </ul>
<p><b>Monmouth</b> Visiting Nurses Association (VNA) of Central Jersey WIC Program EMAIL: <a href="mailto:wic@vnahg.org">wic@vnahg.org</a></p>	<ul style="list-style-type: none"> <li>VNA of Central NJ WIC Admin Site 790 Rt 35 Middletown, NJ 07748 (732) 471-9301</li> <li>Trinity Church 503 Asbury Avenue, Asbury Park, NJ 07712 (732) 471-9301</li> <li>Freehold Health Center 597 Park Avenue Freehold, NJ 07728 (732) 471-9301</li> <li>Keyport VNA Community Health Center 35 Broad Street Keyport, NJ 07734 (732) 471-9301</li> <li>Monmouth Day Care Center 9 Dr. James Parker Blvd Red Bank, NJ 07701 (732) 471-9301</li> <li>Grace Methodist Church 115 Saint James Avenue Union Beach, NJ 07735 (732) 471-9301</li> <li>First Presbyterian Church 9th Avenue and E Street Belmar, NJ 07719 (732) 471-9301</li> </ul>



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<p style="text-align: center;"><b>Morris</b> Saint Joseph Medical Center WIC Program EMAIL: <a href="mailto:wic@sjhmc.org">wic@sjhmc.org</a></p>	<ul style="list-style-type: none"> <li>• St. Margaret Church 6 Sussex Avenue Morristown, NJ 07960 (973) 754-4575</li> <li>• Boonton United Methodist Church 626 Lathrop Avenue Boonton, NJ 07005 (973) 754-4575</li> <li>• Zufall Health Center 18 West Blackwell Street Dover, NJ 07801 (973) 754-4575</li> </ul>
<p style="text-align: center;"><b>Ocean</b> Ocean County WIC Program EMAIL: <a href="mailto:WIC@ochd.org">WIC@ochd.org</a></p>	<ul style="list-style-type: none"> <li>• Ocean County Health Department 175 Sunset Avenue Toms River, NJ 08755 (732) 370-0122</li> <li>• Southern Ocean Resource Center 333 Haywood Avenue Manahawkin, NJ 08050 (732) 370-0122</li> <li>• Ocean Health Initiatives (OHI) 10 Stockton Drive Toms River, NJ 08753 (732) 370-0122</li> <li>• Northern Ocean County Board of Health 1771 Madison Avenue Lakewood, NJ 08701 (732) 370-0122</li> <li>• Ocean Health Initiatives Health Center 101 Second Street Lakewood, NJ 08701 (732) 370-0122</li> </ul>
<p style="text-align: center;"><b>Monmouth</b> Visiting Nurses Association (VNA) of Central Jersey WIC Program EMAIL: <a href="mailto:wic@vnahg.org">wic@vnahg.org</a></p>	<ul style="list-style-type: none"> <li>• VNA of Central NJ WIC Admin Site 790 Rt 35 Middletown, NJ 07748 (732) 471-9301</li> <li>• Trinity Church 503 Asbury Avenue, Asbury Park, NJ 07712 (732) 471-9301</li> <li>• Freehold Health Center 597 Park Avenue Freehold, NJ 07728 (732) 471-9301</li> </ul>
<p style="text-align: center;"><b>Passaic</b> Saint Joseph Medical Center WIC Program EMAIL: <a href="mailto:wic@sjhmc.org">wic@sjhmc.org</a></p>	<ul style="list-style-type: none"> <li>• Saint Joseph WIC Program 800 Main Street Paterson, NJ 07524 (973) 754-4575</li> <li>• Center for Family Resources 12 Morris Rd. Ringwood, NJ 07666 (973) 754-4575</li> <li>• Pompton Lakes Health Department 25 Lenox Avenue Pompton Lakes, NJ 07442 (973) 754-4575</li> <li>• Wayne Health Department 475 Valley Road Wayne, NJ 07470 (973) 754-4575</li> <li>• Greater Bergen Community Action HS 500 East 35th Street Paterson, NJ 07504 (973) 754-4575</li> <li>• Boys and Girls Club of Clifton, Inc; 181 Colfax Avenue Clifton, NJ 07013 (973) 754-4575</li> <li>• City of Passaic WIC Program EMAIL: <a href="mailto:passaicwic@cityofpassaicnj.gov">passaicwic@cityofpassaicnj.gov</a> 333 Passaic Street Passaic, NJ 07055 (973) 365-5620</li> </ul>



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<p><b>Salem</b> Gateway Community Action Partnership WIC Program EMAIL: tricounty_wic@gatewaycap.org</p>	<ul style="list-style-type: none"> <li>• Salem WIC Office 14 New Market Street Salem, NJ 08079 (856) 935-8919</li> </ul>
<p><b>Somerset</b> Northwest Community Action Partnership (NORWESCAP) WIC Program EMAIL: wic@norwescap.org</p>	<ul style="list-style-type: none"> <li>• People Care Center 120 Finderne Avenue, Room 4 Bridgewater, NJ 08807 (908) 685-8282</li> <li>• Watchung Avenue Presbyterian Church 170 Watchung Avenue North Plainfield, NJ 07060 (908) 454-1210</li> </ul>
<p><b>Sussex</b> Northwest Community Action Partnership (NORWESCAP) WIC Program EMAIL: wic@norwescap.org</p>	<ul style="list-style-type: none"> <li>• The First United Methodist Church 111 Ryerson Avenue Newton, NJ 07860 (973) 579-5155</li> </ul>
<p><b>Union</b> City of Plainfield WIC Program EMAIL: wic@plainfieldnj.gov</p>	<ul style="list-style-type: none"> <li>• Plainfield WIC Program 510 Watchung Avenue Plainfield, NJ 07060 (908) 753-3397</li> </ul>
<p><b>Warren</b> Northwest Community Action Partnership (NORWESCAP) WIC Program EMAIL: wic@norwescap.org</p>	<ul style="list-style-type: none"> <li>• NORWESCAP WIC Program 350 Marshall Street Phillipsburg, NJ 08865 (908) 454-1210</li> <li>• Trinity Methodist Church 213 Main Street Hackettstown, NJ 07840 (908) 454-1210</li> <li>• First Presbyterian Church 41 East Church Street Washington, NJ 07882 (908) 454-1210</li> </ul>



City Green's Good Food Bucks program is New Jersey's only statewide SNAP nutrition incentive program. For more resources and news, visit [www.GoodFoodBucks.com](http://www.GoodFoodBucks.com)



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