

ARIZONA FARMERS' MARKET NUTRITION PROGRAM (AZFMNP) PARTICIPANT GUIDE

Once a year, families participating in the Women, Infants, and Children (WIC) program and seniors, age 60 and older and participating in the Commodity Supplemental Food Program (CSFP), can receive \$30 in farmers market coupons that can be used to purchase fresh, locally grown fruits, vegetables, and herbs at an approved farmers' market. Approved markets can be found at www.azfmnp.org.

THINGS TO REMEMBER:

- This program is funded by the United States Department of Agriculture (USDA) and is for WIC and CSFP participants only.
- Your AZFMNP coupons can only be used at approved farmers' markets and with approved AZFMNP farmers and growers.
- Look for the "AZFMNP Coupons Accepted Here" signs at the market. You can use your coupons at these booths.
- The last day to receive coupons is September 30.
- The last day to use your coupons is November 15.
- Your coupons can only be used to purchase fresh, locally grown fruits, vegetables, and herbs.
- The approved AZFMNP farmer and grower is not allowed to give money back. Try to use the full value of your AZFMNP coupon.
- Make sure to keep your coupons safe. We are unable to replace lost or stolen coupons.
- If you are unable to pick up your coupons or go to the farmers' market, you can send a proxy who can either pick up coupons or go to the farmers market for you.

YOU MAY NOT:

- Receive cash in exchange for your coupons or change back from your coupon purchases.
- Buy produce grown outside of Arizona, such as pineapple, mango or kiwi.
- Buy other foods, such as meats, nuts, jams, dry beans, or pickles with your coupons. You are only allowed to purchase fresh fruits, vegetables, and herbs.
- Buy craft items or other non-food items with your coupons.

QUESTIONS ABOUT THE PROGRAM?

Email us: info@azfmnp.org or call 1-833-836-8253.

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Participating in the Arizona Farmers Market Nutrition Program (AZFMNP) is a great way to add a variety of seasonal produce to your meals. Choose different colored, flavored, and textured fruits, and vegetables when you shop at the market.

Stuffed Peppers Recipe

Ingredients

- 3 bell peppers
- ½ onion (about ½ cup)
- 1 cup sliced mushrooms (optional)
- 1 chopped zucchini (about 1 cup)
- 1 cup of diced tomatoes
- 1 cup cooked rice
- ½ pound ground beef, turkey, chicken, or tofu (optional)
- 1 teaspoon basil herbs (dry or fresh)
- 1 teaspoon oregano herbs (dry or fresh)
- 4 cloves garlic, minced
- ¼ teaspoon each salt and pepper

Directions

1. Cook the rice or prepare instant rice according to package directions.
2. Cut the peppers in half from top to bottom. Remove the stem and seeds.
3. In a large skillet over medium heat (300 degrees in an electric skillet), cook the meat until no longer pink. Add seasonings during last few minutes.
4. Add onion, mushrooms, and zucchini to the skillet. Add a small amount of oil, if needed. Sauté until tender.
5. Mix in the tomatoes and rice. Remove from heat.
6. Fill the pepper halves with the skillet mixture and place in a baking dish.
7. Cover the baking dish with foil.
8. Bake at 350 degrees for 40 to 50 minutes or until peppers are tender when poked with a fork.
9. Serve.
10. Refrigerate leftovers within 2 hours.

Nutrition Facts (Per Serving)

Calories, 146; Carbohydrate, 16 g; Protein, 11 g; Total Fat, 4.5 g; Saturated Fat, 1. g; Trans Fat, 0 g; Cholesterol, 35 mg; Fiber, 3. g; Total Sugars, 5. g; Sodium, 243. mg; Calcium, 32. mg; Folate, 39. mcg; Iron, 1.9 mg; Calories from Fat, 28%. Makes 6 servings; Serving Size ½ pepper.

<https://www.azhealthzone.org/recipes/stuffed-peppers-with-turkey-and-vegetables>

For additional ideas and recipes on how to cook your fresh fruits, vegetables, and herbs, visit azhealthzone.org.

