

Tips for shopping at a farmers market:

- Markets are fun: live music, tastings, and special events – make them a family outing!
- Some things sell out quickly, so come early.
- The food at the market is locally grown and may only be available during a certain season. Find out what is in season (and at its tastiest!) at www.vdacs.virginia.gov/vagrown/pdf/producechart.pdf.
- You can ask farmers questions, and they can often tell you great recipes for produce that is new to you.
- For low-cost, healthy recipes like us on Facebook at www.facebook.com/vafnp.

Fruits and vegetables – great for your family!

- Model healthy eating for your kids by having cut fruits and vegetables handy for healthy snacks. Low-fat yogurt and peanut butter make great dips.
- Challenge your family to eat the rainbow – choose fruit and vegetables with a variety of colors. Make it a game to see who can have the most colorful plate.
- If you are trying to stay thin and trim, eating fruits and vegetables is the way to do it. They have been proven to help keep the weight off while keeping you full and satisfied.



The Family Nutrition Program

- Are you looking to lose or maintain your weight?
- Do you want to feed your family healthy meals without breaking your budget? We can help! Learn how with The Family Nutrition Program.
- It is FREE and FUN!
- You will meet and make new friends and learn to cook new foods that lower your grocery bill
- Call today to learn more about the program 1-888-814-7627



The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services.

www.ext.vt.edu

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Use Your
EBT (food stamp)
Card at Your Local

VIRGINIA FARMERS MARKET!



Feed
your
family
the best
Virginia
has to
offer.



Virginia Cooperative Extension



How to use your EBT card at a farmers market

Using your EBT card at a farmers market:

1. Find the market manager's information table.
2. He or she will swipe your EBT card for the amount you request. You will receive \$1 wooden tokens. These tokens act like cash in the market.
3. Use your tokens to buy fruit, vegetables, meat, eggs, baked goods, herbs, and more!



What you can buy with your SNAP benefits at the market:

- Meat
- Vegetables
- Fruit
- Eggs
- Wrapped baked goods to be consumed at home
- Honey
- Herbs
- Jams and preserves
- Plants that produce food
- Cheese

You cannot buy hot prepared foods, alcohol, and non-food items, same as the grocery store.

What to do with leftover tokens:

- Keep unused tokens to use at another time in the market.
- OR**
- Return the tokens and have funds put back on your EBT card.

Buy fresh, local foods with SNAP

- Many farmers markets are now able to accept your SNAP (food stamp) benefits.
- Food from the farmers market is locally grown, healthy, and tasty.
- Visit your local farmers market and experience the difference yourself.

To find the farmers market nearest you, visit www.vdacs.virginia.gov/vagrown/index.shtml

