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 are 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.





The Family Nutrition Program

- 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.

EatSmart MoveMore

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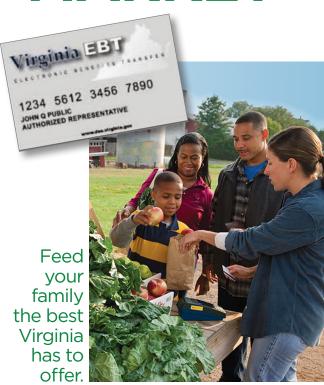
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Use Your SNAP EBT Card at Your Local

VIRGINIA FARMERS MARKET



EatSmart MoveMore



Virginia Tech · Virginia State University

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









Buy fresh, local foods with SNAP

- Many farmers markets are now able to accept your SNAP benefits.
- Some will double your SNAP dollars for free!
- 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 and which ones double SNAP dollars, visit https://eatsmartmovemoreva.org/ shop/farmers-markets/

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

Meat

Honey

Vegetables

Herbs

■ Fruit

Jams and preserves

Eggs

Cheese

Wrapped baked goods to be consumed at home ■ Plants that produce food

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

What to do with leftover tokens:

Keep unused tokens to use at another time in the market.

