

## 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](http://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](http://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.

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# Use Your SNAP EBT Card at Your Local **VIRGINIA FARMERS MARKET**



Feed  
your  
family  
the best  
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## 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!



## 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
  - Vegetables
  - Fruit
  - Eggs
  - Wrapped baked goods to be consumed at home
  - Honey
  - Herbs
  - Jams and preserves
  - Cheese
  - 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.

