

Keeping Local Food Affordable: Using Your SNAP Benefits At a Farmers Market



How to use your SNAP card at the market:

- 1) Find the market manager's information table. Look for signs that say "Use your EBT card here."
- 2) The manager 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, herbs, baked goods, seeds, and more!
- 4) Tokens don't expire, so hold on to them for your next visit if you have any left over.



WHAT'S in Season in Virginia?

Making half your plate fruits and vegetables may seem expensive. However, buying fruits and vegetables when they are in season gives you the best value. Seasonal produce also has better taste and nutrition. Many farmers markets in Virginia now accept SNAP/EBT.



Spring	Summer	Fall	Winter	Year Round
FRUIT strawberries	FRUIT blackberries blueberries cantaloupe cherries figs nectarines peaches plums raspberries watermelon	FRUIT apples cranberries grapes pears	FRUIT apples pears	FRUIT apples
VEGETABLES asparagus kale peas radishes rhubarb spinach	VEGETABLES beets bell peppers black-eyed peas corn cucumbers eggplant green beans hot peppers okra summer squash tomatoes zucchini	VEGETABLES acorn squash broccoli butternut squash cauliflower mushrooms pumpkin Swiss chard	VEGETABLES Brussels sprouts cabbage collard greens kale parsnips sweet potatoes turnips	VEGETABLES carrots celery garlic herbs (cilantro, basil and mint) lettuce mushrooms onions potatoes

Visit your local farmers market and try locally grown fruits and vegetables with your family.

- At some markets, each farmer will have an EBT machine, so there are no tokens and you pay each farmer with your EBT card.
- Many markets have funds to double your SNAP dollars. For example, when you spend \$10 with your EBT card, they will give you another \$10 free to spend on fresh fruits and vegetables! See the map on the back for more information.

What are the differences between shopping at the supermarket and a farmers market?

Seasonality. Some farmers markets only have produce which is grown in that particular season. For example: asparagus and strawberries will only be found in the spring.

I'm not a great cook yet...

Don't worry! You do not have to be a master chef to add more fresh fruits and vegetables to your diet.

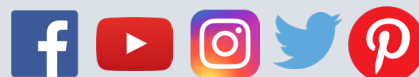
Start slow by adding to what you already eat: top frozen pizza with zucchini; add broccoli to the pasta when you make macaroni and cheese; sauté some bell peppers and carrots to add to your instant noodles. Add a bit here and there!

Chickens from the market are usually whole. Roast them, or make soup.

When you aren't sure how to cook a vegetable, roasting it on a baking sheet in the oven at 350 degrees with olive oil, salt, pepper, and garlic is usually an easy answer. Mix it up with different herbs, lemon juice, or nuts for new tastes.

For more recipes go to:
eatsmartmovemoreva.org/recipes/

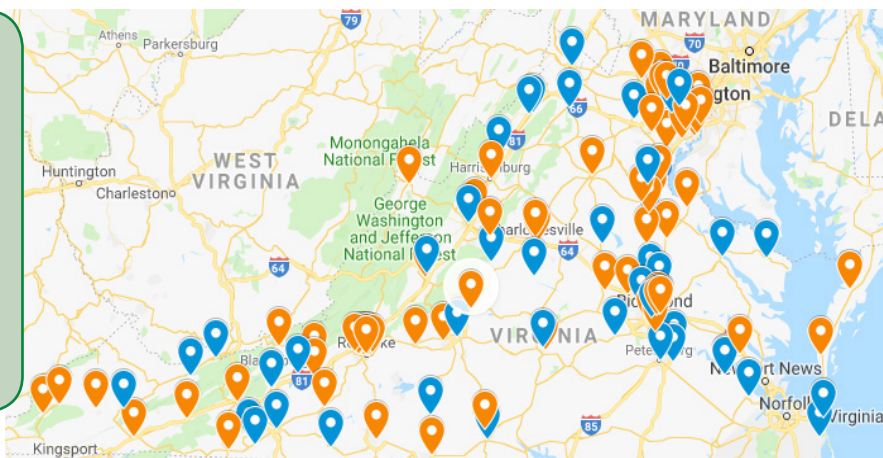
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I'm interested! How do I find my local farmer's market?

You can look it up online at:
<https://bit.ly/2WT90bC>

This map shows Virginia markets that accept SNAP. The orange markets will double SNAP!



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