

This information sheet was produced by the Youth Agriculture Project, a UVM Extension 4-H program, with generous support from NE-SARE.



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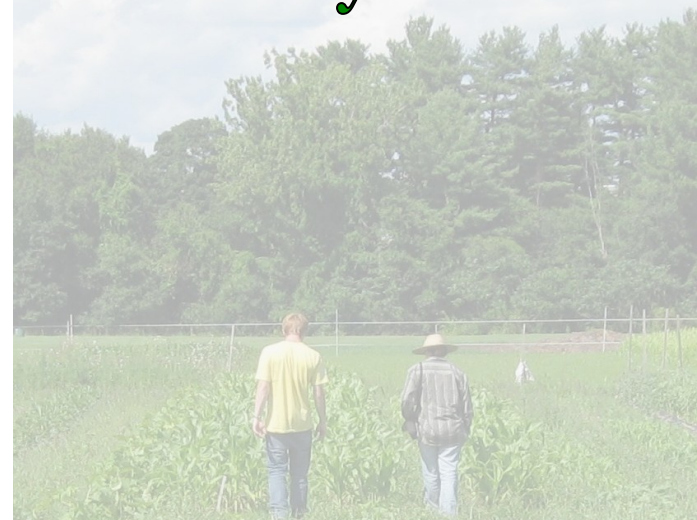
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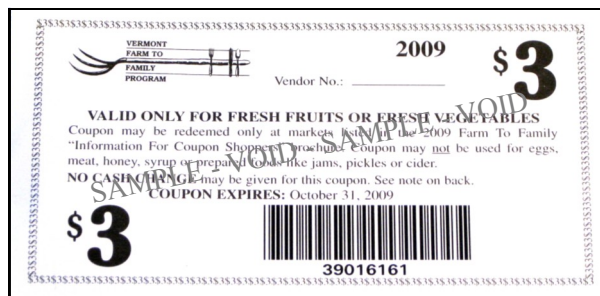
Farm Fresh Produce is for Everyone !



Using Food Benefits at Vermont farmers' markets



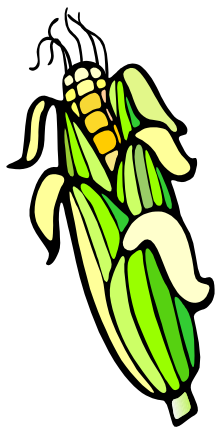
Vermont Farm-To-Family Program



Farm-to-Family coupons help families buy **fresh, locally grown, unprocessed fruits, vegetables and herbs.**

Who is eligible

About 1 in 4 Vermonters qualifies!



- Families enrolled in the Vermont Department of Health's WIC Program
- Other individuals or families who have a household income at or below 185% of the federal poverty limit.

For more information, visit
http://dcf.vermont.gov/esd/farm_to_family

Farmers' Market tokens



Visit the manager's booth at a participating farmer's market to swipe your EBT or debit card for \$1 or

\$5 wooden market tokens. You can **use market tokens all season** at the same market, or return them back onto your card.

EBT tokens

Spend your **\$1** tokens on **fresh fruit and vegetables and cold prepared food to take home.** The rules are the same as for food stamps (3SquaresVT) benefits.



Visit **Vermontfoodhelp.com** to see if you qualify for a food benefits program.

Debit tokens

Swipe your debit card at the manager's booth to receive **\$5** farmers' market tokens that work just like cash at the market

Harvest Health coupon program



Double your money at the farmers' market!

Customers using food stamps (3SquaresVT) benefits at some farmers' markets this season can increase their purchasing power!

For every \$2 a customer accesses with a 3SquaresVT electronic benefits transfer (EBT) card, they will receive a \$2 Harvest Health coupon.

Coupons work the same as 3SquaresVT (food stamps) benefits. So, you can **buy fresh fruit and vegetables, and cold prepared food to take home.**

For more information, talk to your farmers' market manager!