

Farm Fresh Produce is for Everyone!

Food benefits programs at Vermont farmers' markets

Farm to Family Program



1 in 4 Vermonters qualifies for Farm-to-Family coupons!

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

For more information, visit **dcf.vermont.gov** and look up Farm to Family.

Harvest Health



Double your money at the farmers' market!

For every \$2 a customer accesses with an electronic benefits transfer (EBT) card at a participating farmers' market, 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.** Coupons are good until October 31.

Farmers' Market Tokens

Visit the EBT/Debit Card stand at a participating farmer's market to swipe your 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. To see if you qualify, go to **Vermontfoodhelp.com**



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.



This information sheet was produced by the Youth Horticulture Project, a UVM Extension 4-H program, with generous support from NE-SARE. © 2010 by University of Vermont Extension

Issued in furtherance of Cooperative Extension work. Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.

