

# HOW TO SHOP AT A FARMERS MARKET



- Arrive at the market when it first opens for the best selection; take time to walk through and preview the entire market.
- When using cash, farmers appreciate small bills and change.
- Ask farmers questions – they're ready to share recipes as well as cooking and storage tips!
- Bring a cooler with freezer packs to keep any meats and dairy cool while you shop; and bring your own totes to cut down on plastic bag usage.

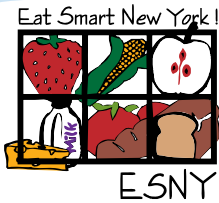


## BENEFITS OF EATING FRESH FRUITS & VEGETABLES!

Eating 4-5 cups of fresh fruit and vegetables each day helps to manage weight and promotes good health.

Most fresh fruits and vegetables contain only small amounts of fat and cholesterol, or none at all.

Eating fruits and vegetables in a variety of colors – red, dark green, yellow, blue, purple, white and orange – provides the broadest range of nutrients.



**Free In-Home Nutrition  
Help Through Eat Smart  
New York (ESNY)**

Want to learn more about healthy eating? Nutrition Education is FREE to all Food Stamp (EBT) Card holders. Trained nutrition experts can meet with you in your home or in a public setting to help you explore nutrition, meal planning, smart food shopping, cooking and more! Contact your county's Cornell Cooperative Extension office for more information.

## NUTRITION FACTS THAT MIGHT SURPRISE YOU:

- You've heard dairy contains *calcium* – but did you know broccoli, kale, garlic, and tomatoes also contain calcium? Calcium builds strong bones, teeth and muscles.
- *Vitamin C* also helps to keep teeth and bones healthy, and can be found in peppers, onions, zucchini, and cauliflower.
- *Iron*, responsible for healthy blood, isn't just found in meat – leafy green vegetables such as collard greens and spinach also contain iron!
- To reduce the risk of heart disease, diabetes, and cancer, be sure to get plenty of *fiber* from vegetables and whole grain breads.



To check your Food Stamp (EBT) Card balance, visit [www.ebtaccount.jpmmorgan.com](http://www.ebtaccount.jpmmorgan.com).

# CHOOSE FRESH!



## USE YOUR FOOD STAMP (EBT) CARD AT THE FARMERS MARKET!

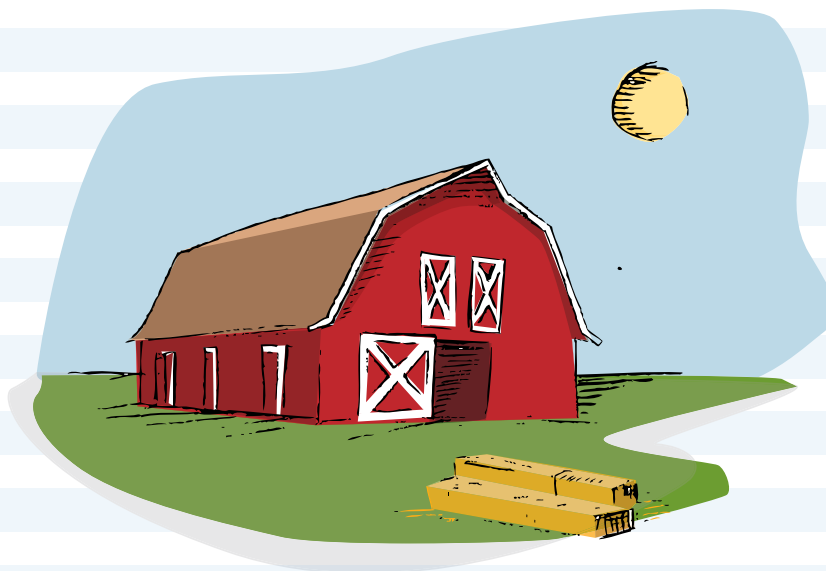
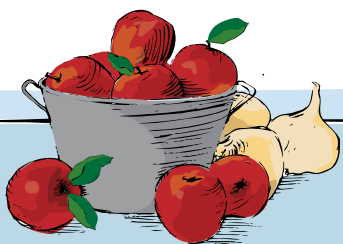


# NY FARMERS MARKETS

## HOW TO USE YOUR FOOD STAMP (EBT) CARD AT THE FARMERS MARKET:



- 1) Head to the table with the banner “Use Your Food Stamp (EBT) Card Here!”
- 2) There, use your Food Stamp (EBT) Card to purchase as many \$1 wooden tokens as you’d like. *These tokens will act as “cash” at the market where you purchased them.*
- 3) Use your \$1 tokens at any market booth that displays a sign stating “Food Stamp (EBT) Tokens Accepted Here.”



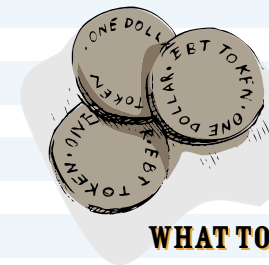
## YOUR BENEFITS GO FURTHER AT THE FARMERS MARKET!

When you shop at your local farmers market, you benefit from food that’s fresher, and more flavorful.

*It’s the best food you can bring home to your family.* Not to mention, local market farmers and vendors offer free recipes and prep tips. And now, your Food Stamp (EBT) Card is welcome at many NY Farmers Markets.

### WHAT YOU CAN BUY WITH YOUR FOOD STAMP (EBT) TOKENS

- Fruits and vegetables
- Breads
- Meat, fish, poultry
- Dairy products
- Maple and honey products
- Seeds and plants that produce foods
- Baked goods: wrapped, labeled and intended for home consumption
- Jams, sauces, soups, etc.



### WHAT TO DO WITH LEFTOVER TOKENS

- Unused tokens may be exchanged at the token booth for a refund back onto your Food Stamp (EBT) Card.
- You may also keep unused tokens and use them next time you shop the farmers market. Tokens do not have an expiration date!