Wi Farmers Markets

FARMERS MARKET

Card At The
Guest (EBT)
Use Your

FRESH

Choose

Benefits of Eating 4 Vegetables
Fresh Fruits

More Matters

Fruits & Vegetables

Benefits of Eating

plastic bag usage.
and bring your own ties to cut down on
any waste and dairy cool while you shop.
• Bring a cooler with freezer packs to keep
tackle as well as cooking and storage ideas.
• Ask farmers questions — they're ready to share
and change.
• When using cash, farmers appreciate small bills
preview the entire market.
best selection! Take time to walk through and
above all, eat fresh!
• Arrive at the market when it first opens for the

Good Health:
• Eating 4-5 cups of fruits and vegetables each day helps to manage weight and promotes

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,
whites and oranges — provides the broadest range
of nutrients.
Card is welcome at many WJ Farmers Market.

Step tips: and now, your Guest (EBT)

FARMERS and vendors offer free recipes and
Your Family Not to mention a local market.

It's the best food you can bring home to

more favorable you brought from your local farmers market.

When you shop at your local farmers market.

THE FARMERS MARKET:

GO FURTHER AT YOUR BENEFITS:

LETOVER TOKENS

WHAT TO DO WITH

FOOD SHARE (EBT) TOKENS

What you can buy with your

Jams, sauces, soups, etc.

Home consumption

Labeled and intended for

Baked goods: wrapped

Produce foods

Seeds and plants that

Maple and honey products

Dairy products

Meat, fish, poultry

Breads

Fruits and vegetables