**Coupon Rules**

- They may only be used at participating farmers markets and farm stands.
- They may only be used to buy fresh fruits, fresh vegetables and fresh-cut herbs. "Fresh" means just picked – sold raw and unprepared.
- Farmers may not give change for a coupon. If what you want costs a little over $6, it’s better to pay the extra in cash than waste part of a coupon. Bring some cash with you!
- Anyone who buys or sells a coupon may be disqualified from the program and subject to legal action.
- The coupons expire on October 31st of each year.

**Authorized Vendors**

Look for vendors who have yellow and blue Farm to Family signs posted.

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**Vermont EBT Cards**

Most markets accept the Vermont EBT card. Look for the EBT/debit card table at the market. You can get tokens you can use to buy products at the market there. The $1 tokens may buy foods eligible for the 3SquaresVT program and sold by any vendor in the cash market. The $5 tokens are for EBT cash accounts and may buy any product sold at the market. All EBT markets also offer bonus Crop Cash coupons to 3SquaresVT shoppers. The tokens & coupons may only be spent at the market where you got them.

**USDA Nondiscrimination**

Farm to Family is supported with funds from the U.S. Department of Agriculture (USDA). To learn how to report a discrimination complaint to the USDA, view the full USDA nondiscrimination statement at http://dcf.vermont.gov/benefits/f2f. Report other types of complaints to the market manager, the agency where you got the coupons or:

DCF - Economic Services Division
ATTN: 3SquaresVT Farm to Family
280 State Drive, HC 1 South, Waterbury, VT 05671-1020

This institution is an equal opportunity provider.

**Shopping Tips**

- Bring a large reusable shopping bag!
- Have your EBT card ready.
- Visit your local farmers market or farm stand!
- Enjoy the fresh air and friendly faces of the farmers.
- Use all your coupons.
- Use your coupons before they expire or locations close.
- Don’t let a little rain stop you!
- Get there early.
- Plan ahead.
- Shop the bargains.
- Choose well-colored vegetables and fruits.
- Be adventurous.
- Let your children help choose what foods to buy.
- You can’t beat the freshness of locally-grown produce!
- Eating five to nine servings of fruits and vegetables can lower your risk of heart disease and stroke
- Is a low-calorie way to add vitamins, minerals and fiber to your diet
- Support local farm families.
- Enjoy the delicious produce sold there.
- You help keep local farmers in business.
- You help keep local family farms and rural areas green!
- Many markets have Electric Benefit Transfer (EBT) machines.
- More and more farmers accept EBT.
- You can pay for produce with EBT! Look for the EBT/debit card table at the market.
- A list of locations authorized to accept coupons this year

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**Crop Calendar**

<table>
<thead>
<tr>
<th>Month</th>
<th>Crops &amp; Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>June</td>
<td>Lettuce, Onions, Radishes, Snap Peas, Spinach, Tomatoes, Winter Squash</td>
</tr>
<tr>
<td>July</td>
<td>Cauliflower, Carrots, Blackberries, Blueberries, Broccoli, Beans, Cabbage, Cucumber, Eggplant, Melons, Peppers, Peas, Potatoes, Raspberries, Rhubarb, Strawberries, Tomatoes, Winter Squash, Beans</td>
</tr>
<tr>
<td>August</td>
<td>Cauliflower, Carrots, Blackberries, Blueberries, Broccoli, Beans, Cabbage, Cucumber, Eggplant, Melons, Peppers, Peas, Potatoes, Raspberries, Rhubarb, Strawberries, Tomatoes, Winter Squash, Beans</td>
</tr>
<tr>
<td>September</td>
<td>Cauliflower, Carrots, Blackberries, Blueberries, Broccoli, Beans, Cabbage, Cucumber, Eggplant, Melons, Peppers, Peas, Potatoes, Raspberries, Rhubarb, Strawberries, Tomatoes, Winter Squash, Beans</td>
</tr>
<tr>
<td>October</td>
<td>Cauliflower, Carrots, Blackberries, Blueberries, Broccoli, Beans, Cabbage, Cucumber, Eggplant, Melons, Peppers, Peas, Potatoes, Raspberries, Rhubarb, Strawberries, Tomatoes, Winter Squash, Beans</td>
</tr>
</tbody>
</table>

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**Farm to Family 2020**

**Information for Coupon Shoppers**

Farm to Family coupons will help you to buy fresh fruits and vegetables, locally grown on Vermont farms.

This brochure includes:

- Shopping tips
- The rules for using your coupons (e.g., how, when, and for what)
- A harvest calendar that tells you when certain fruits and vegetables are normally available
- A list of locations authorized to accept coupons this year

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