

Shopping Tips

- ▶ **Use all your coupons.** They help support local farm families.
- ▶ **Use your coupons before they expire or markets close.** Coupons expire on October 31, but some markets close before then.
- ▶ **Don't let a little rain stop you!** Markets are open rain or shine.
- ▶ **Get there early.** You'll get the best selection early in the day.
- ▶ **Plan ahead.** The selection of produce, markets and vendors dwindles as fall approaches. An early freeze may close a market earlier than expected.
- ▶ **Shop the bargains.** Some growers sell surplus produce at bargain prices after Labor Day. Buy extra tomatoes, corn or other vegetables to can, freeze and store this winter.
- ▶ **Choose well-colored vegetables and fruits.** Make sure they are not too soft or too hard.
- ▶ **Be adventurous.** Buy produce you've never tried before. Ask the farmer how to prepare them!
- ▶ **Let your children help choose what foods to buy.** They are more likely to eat different, healthy foods that they helped pick out.

Bring a large, reusable shopping bag to carry all your produce home!

Why eat fresh fruits and vegetables?

Eating five to nine servings of vegetables and fruits every day:

- ▶ Can lower your risk of heart disease and stroke
- ▶ Is a low-calorie way to add vitamins, minerals and fiber to your diet

You can't beat the freshness of locally-grown produce!

Get tips for eating healthy online at <http://www.healthyinasnapvt.org/>.

Coupons MAY NOT buy:

baked goods	honey
cider	jam/jelly
dressings	meat
dried herbs	pickles
eggs	maple products
flowers/plants	prepared foods
non-food items like decorative corn or decorated Halloween pumpkins	

Visit your local farmers' market!
Enjoy the fresh air and friendly people. Meet the farmers who grew the delicious produce sold there.

Harvest Calendar

CROP	June	July	Aug	Sept	Oct
apples			☀	☀☀	☀☀
beans		☀☀	☀☀	☀☀	☀☀
beets		☀	☀☀		
blackberries		☀☀	☀☀	☀☀	
blueberries		☀	☀☀	☀	
broccoli			☀☀	☀☀	☀☀
cabbage				☀☀	☀☀
carrots			☀	☀☀	☀☀
cauliflower		☀	☀☀	☀☀	☀☀
corn			☀☀	☀☀	
cucumber		☀☀	☀☀	☀☀	
eggplant		☀☀	☀☀	☀☀	
lettuce	☀☀	☀☀	☀☀	☀☀	☀☀
melons			☀☀	☀☀	☀
onions		☀	☀☀	☀☀	☀
peas	☀	☀☀			
peppers		☀	☀☀	☀☀	☀
potatoes			☀☀	☀☀	☀
pumpkins			☀	☀☀	☀☀
radishes	☀☀	☀☀	☀☀	☀☀	☀☀
raspberries		☀☀	☀☀	☀☀	
rhubarb	☀☀	☀☀			
spinach	☀☀	☀☀	☀☀	☀☀	☀
strawberries	☀	☀			
summer squash	☀☀	☀☀	☀☀	☀☀	☀
swiss chard		☀☀	☀☀	☀☀	☀☀
tomatoes		☀☀	☀☀	☀☀	☀
winter squash				☀☀	☀☀

This is also a list of some of the fruits & vegetables you may buy with your coupons.

Coupon Rules

- ▶ They may only be used at participating farmers' markets, not at farm or roadside 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.



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 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.*

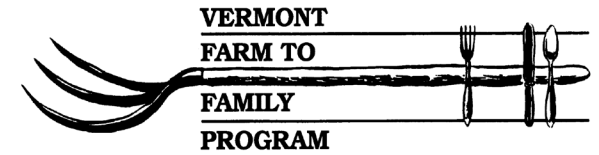
USDA Nondiscrimination

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.*



Farm to Family 2018 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, where, when and for what)
- ⇒ A harvest calendar that tells you when certain fruits and vegetables are normally available
- ⇒ A list of markets authorized to accept coupons this year

