

## 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.



## 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.*

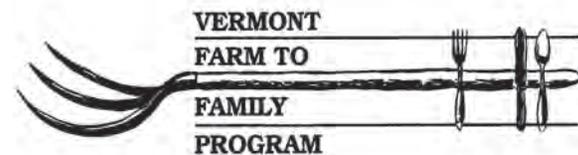
## USDA Nondiscrimination

*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 2019 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 locations authorized to accept coupons this year



## Shopping Tips

- ▶ **Use all your coupons.** They help support local farm families.
- ▶ **Use your coupons before they expire or locations close.** Coupons expire on October 31, but some locations close before then.
- ▶ **Don't let a little rain stop you!** Locations will be open rain or shine.
- ▶ **Get there early.** You'll get the best selection early in the day.
- ▶ **Plan ahead.** The selection of produce and locations dwindles as fall approaches. An early freeze may close a location 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.healthynasnapvt.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 or farm stand!**  
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.