

# Farmers Markets for All!

Shopping at one of Vermont's farmers markets is a great way to support our farmers, growers and local economy, build community, and access fresh, nourishing foods. There are a number of programs that make shopping at markets and farm stands more affordable.



**Shop with 3SquaresVT** at more than 40 farmers markets in Vermont. 3SquaresVT is a program that helps stretch the food budgets of nearly 70,000 Vermonters every month. You can use your EBT card in exchange for wooden tokens to buy groceries like fresh produce, honey, apple cider, maple syrup, meat, dairy, breads and grains, and preserved foods like jams and ferments. Visit [nofavt.org/3squaresvt/farmersmarket](https://nofavt.org/3squaresvt/farmersmarket) to learn more about how to shop at markets with your EBT card.



## Double your 3SquaresVT

**benefits** at 30 markets across the state! Up to \$10 of your 3SquaresVT benefits can be doubled in Crop Cash to purchase fruits, veggies and edible plants! This means \$10 in 3SquaresVT

buys \$20 in local food (once per market day) when you visit a farmers market. Visit multiple markets each week to maximize your benefit.



## Shop with Farm to Family Coupons

at farmers markets and stands across the state. People who qualify can get \$30 in Farm to Family coupons to buy fresh fruits, vegetables, and herbs at participating farmers markets and farm stands. To learn more about eligibility requirements and how to apply, visit [dcf.vermont.gov/benefits/f2f](https://dcf.vermont.gov/benefits/f2f).

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Vermont Farmers Markets are for everyone and can be fun for the whole family. To learn more about stretching your budget at farmers markets, and more information about how to apply for 3SquaresVT, visit [vermontfoodhelp.com](https://vermontfoodhelp.com)

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