

HOW TO SHOP AT A FARMERS MARKET

- Arrive at the market when it first opens for the best selection; take time to walk through and preview the entire market.
- When using cash, farmers appreciate small bills and change.
- Ask farmers questions - they're ready to share recipes as well as cooking and storage tips!
- Bring a cooler with freezer packs to keep any meats and dairy cool while you shop; and bring your own totes to cut down on plastic bag usage.

BENEFITS OF EATING FRESH FRUITS & VEGETABLES!



Eating 4-5 cups of fresh fruit and vegetables each day helps to manage weight and promotes good health.

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, white and orange - provides the broadest range of nutrients.

PROJECT FRESH COUPONS, SNAP and BRIDGE CARDS are accepted at the GRAND BLANC FARMERS MARKET

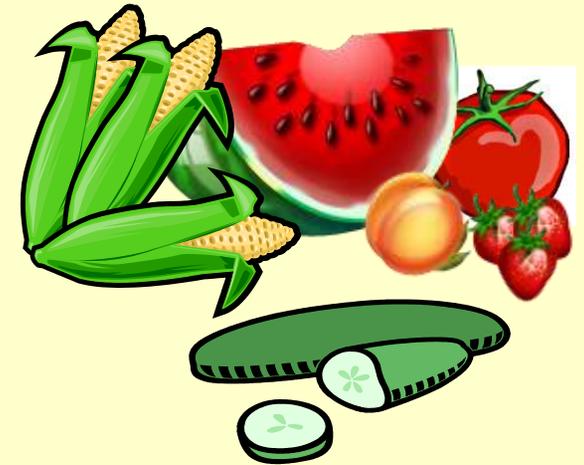


NUTRITION FACTS THAT MIGHT SURPRISE YOU:

- You've heard dairy contains calcium - but do you know broccoli, kale, garlic and tomatoes also contain calcium? Calcium builds strong bones, teeth and muscles.
- Vitamin C also helps to keep teeth and bones healthy and can be found in peppers, onions, zucchini and cauliflower.
- Iron, responsible for healthy blood, isn't just found in meat - leafy green vegetables such as collard greens and spinach also contain iron!
- To reduce the risk of heart disease, diabetes and cancer be sure to get plenty of fiber from vegetables and whole grain breads.

CHOOSE FRESH!

USE YOUR FOOD STAMP (EBT) CARD AT THE FARMERS MARKET



*Sundays on Grand Boulevard
10 AM ~ 3 PM*



HOW to USE YOUR BRIDGE CARD AT THE FARMERS MARKET



1. Head to the table with the banner - "Use Your BRIDGE Card Here!"
2. At the table use your BRIDGE card to purchase as many \$1.00 plastic tokens as you'd like. These tokens will act as cash at the vendor booths at the Farmers Market.
3. Use your \$1.00 tokens at any market booth that displays a sign stating "BRIDGE Card Tokens Accepted Here".



YOUR BENEFITS GO FURTHER AT THE FARMERS MARKET

When you shop at your local Farmers Market, you benefit from food that's fresher and more flavorful.

It's the best food you can bring home to your family. Not to mention, local market farmers and vendors offer free recipes and prep tips. And now your Food Stamp/BRIDGE Card is welcome at the Grand Blanc Farmers Market!

WHAT YOU CAN BUY WITH YOUR BRIDGE CARD TOKENS

- Fruits and vegetables
- Breads
- Meat, fish, poultry
- Dairy products
- Maple and honey products
- Seeds and plants that produce foods
- Baked goods: wrapped, labeled and intended for home consumption
- Jams, sauces, soups, etc.

LEFTOVER TOKENS ?

Unused tokens may be used the next time you come to the Farmers Market. Tokens do not have an expiration date!

