Did you know that some food travels about 1500 miles before it reaches the grocery store? It can be helpful to know where your produce is coming from and even when it was harvested. You can do both when you visit your local farmers’ market!

Why should you shop at a Farmers’ Market?

- All fruits and vegetables are picked fresh and are peak in both flavor and nutrients.
- There are unique items that grocery stores do not offer.
- It is a great place to be social. Meet your local farmers, learn about local foods grown in your area and catch up with friends and neighbors.
- You support your local farmers and keep the money you spend closer to your neighborhood.
- They are great places to let your kids pick out a new fruit or vegetable.
- SNAP EBT and WIC cards are accepted at many of them.
- They are easy to find! To find one close to you, visit: [http://florida-agriculture.com/consumers/crops/commfarmmkt/](http://florida-agriculture.com/consumers/crops/commfarmmkt/)

How Can I Make the Most of My Trip to the Farmers’ Market?

- Arrive early for the best selection.
- Ask for samples of unfamiliar fruit and vegetables.
- Talk with your local farmers to learn what seasonal items are on sale as well as what new foods to expect in the coming weeks.
- Ask the grower for ways to prepare the fresh foods they are selling.

**SOURCE:** USDA, WASHINGTON STATE UNIVERSITY EXTNSION, FARMERS MARKET COALITION
The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237.

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