

Farmers Market Coupons

Use your coupons through **October 31st** at approved farmers markets & farmstands



What can you buy with your SFMNP coupons?

Locally grown fruits & vegetables, fresh cut herbs, & locally harvested honey



Good to know

- Each coupon is worth \$5
- No change can be given
- If your items cost more than your coupons, you must pay the difference
- Coupons **cannot** be used at grocery stores



Remember to bring



Coupon booklet



SNAP/EBT card

Many farmers & farmers markets accept SNAP and participate in the Healthy Incentives Program (HIP).



Reusable bags



What is HIP?

HIP is a Massachusetts program that applies state funds to your purchase when using your EBT card to buy fruits and vegetables at participating farms.



Where & How to Use Your Coupons

Use your coupons with **certified farmers** at approved farmers markets & farmstands in Massachusetts. See your printed list of locations or visit:

massnrc.org/farmlocator/map.aspx



Scan this QR code or the one on your coupons to find locations near you at MassGrown!

- 1 **Find your market or farmstand**
- 2 **Plan your visit** — Check hours and arrange transportation. A friend or family member can shop for you.
- 3 Look for the **"Farmers Market Coupons Accepted"** sign to know which farmers & honey vendors accept coupons.



- 4 **Need help?** — Find the market manager's tent — someone is always there to assist you!



What's in Season?

SPRING / EARLY SUMMER

May – June

Asparagus, beets, bok choy, broccoli, cabbage, cauliflower, cucumber, greens, herbs, honey, lettuce, mushrooms, peas, peppers, potatoes, radishes, scallions, spinach, strawberries

PEAK SUMMER

July – August

Blueberries, cantaloupe, garlic, herbs, honey, mushrooms, onions, peaches, peppers, potatoes, raspberries, watermelon, beans, broccoli, carrots, corn, eggplant, lettuce, summer squash

LATE SUMMER / FALL

September – October

Apples, cranberries, herbs, honey, mushrooms, onions, pears, potatoes, pumpkins, turnips, winter squash, cabbage, lettuce

Eat Well, Live Well

Tips for getting the most from your fresh produce

How many servings?

Most adults need 5 servings of fruits & vegetables daily.

One serving equals:

- 1 cup raw leafy greens
- 1/2 cup chopped fresh, frozen, or canned fruit/veggies
- 1 medium piece of fruit
- 1/4 cup dried fruit
- 1 small ear of corn

Healthy cooking tips

- Wash produce before using
- **Keep the skin on** — it's a great source of fiber!
- Try baking, grilling, steaming, or roasting
- Use olive or vegetable oil instead of butter
- Reduce salt — use garlic, ginger, or fresh herbs for flavor

Nutrition Facts & Recipes

Learn more about nutrition for you:

nutrition.gov/topics/nutrition-life-stage/older-adults

Get inspired with seasonal recipes from UMass Extension Nutrition Program:

umass.edu/agriculture-food-environment/nutrition/publications-resources/recipes

Storing your produce

On the counter

Tomatoes, avocados, peaches, plums, bananas. Potatoes, onions & winter squash in a cool dry place.

In the fridge

Most fruits & vegetables. Use the crisper drawer to keep veggies cool and moist. Cover any cut produce.

In the freezer

Freeze most fruits and blanched vegetables you won't eat within 1–2 weeks to avoid waste.

Need help with food assistance?

SNAP (formerly Food Stamps)

Find out if you are eligible: mass.gov/snap

Project Bread FOODSOURCE Hotline

SNAP, HIP & emergency food. Assistance in 180 languages.

1-800-645-8333 · gettingsnap.org

MA Nutrition Program for Seniors

mass.gov/nutrition-programs-for-seniors

MA Executive Office of Aging & Independence

mass.gov/orgs/executive-office-of-aging-independence-age

1-800-AGE-INFO · 1-800-243-4636

Call 2-1-1

Free, confidential help in 150 languages for food pantries, community meals & emergency food assistance.



This institution is an equal opportunity provider.