

Farmers Market Visits

Liaison Guide

2018



Thank you for being part of the team!

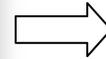
Liaison checklist

- Greet guests and ask them to sign the Farmers Market Visit sign in sheet.**
- Distribute \$5 tokens (Apple-A-Day for youth) and bags.**
- Show guests the location of the market information booth.**
- Introduce guests to the market manager and staff.**
- Explain ways to pay at the markets.**
- Briefly explain market programs.**
- Visit the market!**

Ways to pay at the markets

EBT/SNAP

Simply take your EBT/SNAP card to the market information booth. The market staff will swipe your card and provide you with wooden tokens to use just like cash. Signage around the market tells you where you can redeem your tokens.



Individuals can use EBT/SNAP tokens to buy

- Breads, cereals, and bakery items
- Salsa, kombucha, pickles, honey
- Fruits and vegetables
- Meats, fish, and poultry
- Dairy products
- Seeds and plants that produce food for the household to eat

Note: Hot food vendors, crafters, and flower vendors at the farmers market are not allowed to take EBT/SNAP tokens.

Debit/Credit

Most vendors accept debit or credit cards directly.

Cash

All vendors accept cash and will give you change.

Programs available at the markets

Fresh Bucks

The Fresh Bucks program offers a 1:1 match up to \$10 per market, per week for eligible EBT/SNAP shoppers. If you are an eligible EBT/SNAP shopper, visit the market information booth, swipe your card, say how much you'd like in market tokens, and they will match those tokens 1:1 up to \$10. Buy \$10, Get

\$10—walk away with \$20 to use on fresh fruits, vegetables, mushrooms and plant starts.

Use Fresh Bucks to buy

- Fruits and vegetables
- Mushrooms
- Herbs
- Plants starts that produce food for the household to eat



WIC and Senior Farmers Market Nutrition Program

WIC and Senior Farmers Market Nutrition Program checks let you purchase fresh fruits and vegetables at farmers markets. Look for this sign to find the farms at the markets who can accept your checks.



Apple-A-Day

Children 3 - 16 years old get a \$1 Apple-A-Day market token every time they visit a market. Apple-A-Day coins are for children to buy a fruit or veggie of their choice.



This program is available at the Tacoma Farmers Markets and Proctor Farmers' Market. Apple-A-Day coins never expire.

Time to Visit the Market!

Walk through the market and find signs that show a vendor accepts EBT, Fresh Bucks, SFMNP, WIC vouchers, and Senior Farm Share checks.

Introduce guests to farmers who participate in the market programs.

Remember: Our farmers value you! They rely on sales and support in order to feed their families and ours!

Encourage guests ask questions.

- What produce is in season right now?
- What else are they growing on their farm?
- What do they love about farming?

Special market shopping tips before you buy!

- Walk up and down the market.
- Compare prices! (Some organic farmer prices compare to non-organic)
- Ask if you are not sure, farmers are friendly!
- It's okay to put some back if your total is too high.
- Don't buy more than you can use before your next visit to cut down on waste.
- Ask fruit farmers about seconds (imperfect or ugly produce) for freezing, juicing or processing quickly.
- When in doubt, find the info booth for help!