Shopping at Farmers Markets is a great way to eat locally, support your local farmers, & decrease your carbon footprint by purchasing food items that have traveled fewer miles.

10 Farmers Market Shopping Tips:

**Look for the Market Information Booth (and the Market Manager).** Most farmers markets have an info booth & a market manager. This person's job is to run the market, answer questions, & help you find your way around. Also, the manager is responsible for issuing SNAP, debit, or credit card tokens if accepted at the market.

**Bring Small Change.** Many farmers markets today are cash-only, but as technology is advancing, some are beginning to accept SNAP, debit & credit cards, WIC FMNP vouchers, & Senior FMNP vouchers. If you don't know what your and other markets accept, bring cash (small bills!) this first time around.

**Don't Bargain.** Think of your farmers market as a very local grocery store. You wouldn't bargain at a grocery store. Please don't do it at the farmers market. If you are unsure of the price of an item, just ask.

**Do Some Homework (or Know Who to Ask for Help).** Do a little research before coming to the market to learn how to tell when produce is ripe and when items are in season. If you still aren't sure, ask your farmer or market manager!

**Bring Your Own Bags.** Some farmers offer bags, but many of them are flimsy plastic. Help get your produce home securely & save plastic by using reusable bags.

**Bring a Cooler.** Bring a cooler with ice packs so you won't need to travel straight home in order to keep your produce fresh.

**Ask Questions.** If you see an item you are unfamiliar with, ask what it is and how to prepare it. Most farmers are happy to share their knowledge and are willing to give you tasty recipes.

**Visit Regularly and Often.** Don't miss out on seasonal items! Attend the farmers market as often as you can.

**Don't Forget...**

Farmers markets are a great community gathering place, often with activities for children & events for the whole family like music, cooking demos, and more. Bring the whole family and enjoy a day with your local farmers & neighbors.

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