

How to use your SFMNP Benefits

Eligible senior participants will receive a benefit card with **\$50** worth of Farmer's Market Benefits for the season that can be used from May through November.

- You will have a card with a QR code for SFMNP benefits.



- You can purchase fresh, unprepared, locally grown fruits and vegetables, fresh-cut cooking herbs, and honey.
- At the time of purchase, the farmer will scan your **QR code sticker** and verify available benefits.

Find a list of SFMNP-approved Farmers' Markets at:
www.farmfreshri.org/risummer/

Tips for Farmers' Market Shopping

Head to the market with a loose idea of what you want.

Farmers' markets do not always carry everything you need. Instead of having a specific product in mind, be flexible and take home fresh fruits and vegetables that look good to you.

Before you go, find out what kinds of payment you can use.

Many farmers' markets take different types of payment, including cash, debit cards, EBT, and Senior Farmers Market benefits.

Not sure about something? Ask the farmer!

Most farmers are cooks themselves and know their products well. They may be able to suggest how you should prepare the item, or may even be able to give you a sample.



State of Rhode Island
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www.dem.ri.gov

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Rhode Island Farmers' Markets: Good Food For Good Health



Why Shop at the Farmers' Market

Support local farms.

Buying fruit and vegetables from the farmers' market helps financially support local farmers in your community.

Connect with your community.

Farmers' markets are a great place to get to know the members of your community.

Get new ideas on what to cook.

Many farmers can suggest recipes to try or may show you a fruit or vegetable you have not tried before.

Shop seasonally.

Produce that is freshly picked simply tastes great! To see what is in season near you, visit: www.seasonalfoodguide.org

Health Benefits of Fruits & Vegetables



Fruits and vegetables have:

- ✓ Many **vitamins and minerals** to help protect bone and eye health.
- ✓ **Fiber**, which helps you feel fuller for longer and promotes a healthy digestive system.
- ✓ A high **water content** to help you stay hydrated.



Fresh Zucchini Salad

Farmers' Market Shopping List:

zucchini, green onion, green pepper, tomato

Ingredients

- 1 medium zucchini
- 1 tablespoon green onion
- 1 small green pepper
- 1 medium tomato
- 1 tablespoon vegetable oil
- ¼ cup white vinegar

Directions

1. Wash and chop zucchini, green onion, green pepper, and tomato into bite-size pieces. Combine in a bowl.
2. In a small bowl, mix together oil and vinegar. Pour dressing over vegetables and toss.
3. Cover and chill until serving.

For more easy, healthy recipes visit uri.edu/SnapEd or call 1-877-FOOD-URI.