

These farmers' markets accept WIC and Senior FMNP coupons and EBT cards:

Market	Hours
Carrboro Farmers' Market 301 W Main St, Carrboro, NC 27510 www.carrborofarmersmarket.com	Sat: 7am-12pm spring/summer; 9am-12pm winter Wed: 3:30pm-6:30pm Apr-Oct; 10am-2pm winter
Columbus County Community Farmers' Market 132 Government Complex Rd, Whiteville, NC 28472 www.columbuscountyfarmersmarket.com	Sat: 7am-12pm
Lexington Farmers' Market 29 Railroad St, Lexington, NC 27292 www.lexingtonncfarmersmarket.com	Wed: 10am-2pm Sat: 8am-12pm May-Oct
Onslow County Farmers' Market 4024 Richlands Hwy, Jacksonville, NC 28540 www.onslowncfarmersmarket.com	Tue: 8:30am-1:30pm Apr-Oct Thur: 12pm-6pm (1108 Western Blvd) Sat: 8:30am-1:30pm Apr-Oct
Salisbury Farmers' Market 300 South Main St, Salisbury, NC 28144 www.salisburyrowanfarmersmarket.com	Wed: 7am-1pm spring/summer Sat: 7am-12pm spring/summer; 9am-12pm winter
Watauga County Farmers' Market 591 Horn In the West Dr, Boone, NC 28607 www.wataugacountyfarmersmarket.org	Sat: mornings-12pm May 1-Oct 30 Wed: 8am-11am Jun-Sept (1620 Blowing Rock Rd)
Yancey County Farmers' Market 20 West Blvd, Burnsville, NC 28714 www.localharvest.org/yancey-county-farmers-market-M7641	Sat: 8:30am-12:30pm Apr-Oct

Look for these signs at your farmers' market



The North Carolina Farmers' Markets Nutrition Programs is a collaboration of these local farmers' markets and state partners.



N.C. Department of Health and Human Services
Division of Public Health • Nutrition Services Branch
www.ncdhhs.gov • www.nutritionnc.com

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North Carolina Farmers' Markets Nutrition Programs



Select North Carolina farmers' markets now accept all three of these food benefits:

- ◆ **WIC Farmers Market Nutrition Program (FMNP) coupons**
- ◆ **Senior Farmers Market Nutrition Program (FMNP) coupons**
- ◆ **Food and Nutrition Services (FNS) Program EBT cards**

4 Good reasons to shop at your local farmers' market

1. **Price:** You can find great bargains on locally grown fruits and vegetables.
2. **Taste:** The flavor and texture of fresh picked fruits and vegetables is amazing.
3. **Variety:** Local markets have a lot of different fresh fruits and vegetables. The many varieties are often hard to find at other grocers.
4. **Community:** Getting to know your local farmer is part of the fun of shopping at farmers' markets. It is a great way to support local farming jobs.

Use this chart. Learn which foods you can and cannot buy with your coupons and EBT card.

	CAN Buy	CANNOT Buy
WIC and Senior FMNP Coupons	Fresh North Carolina-grown fruits and vegetables.	Peanuts, other nuts, baked goods, cooked foods, processed foods, honey, eggs, plants, crafts, or other non-food items.
FNS Program EBT Card	Breads and cereals; fruits and vegetables; meats, fish and poultry; dairy products; seeds and plants which produce food for the household to eat.	Beer, wine, liquor, cigarettes or tobacco; any nonfood items, such as pet foods, soaps, paper products, household supplies; vitamins and medicines; unpackaged prepared foods that will be eaten at the market; hot foods.

Shopping Tips

- ◆ **Check when the market is open.** Use this guide to locate and find the nearest market's hours of operation.
- ◆ **Bring your own shopping containers.** Bring your own basket, cloth bag, cart, or re-use clean plastic shopping bags.
- ◆ **Browse before buying.** It is good to know where your food comes from. Try new foods. Taste and compare food from different farmers. Look at produce that other people are buying and listen for ideas.
- ◆ **Take time to chat with farmers.** Learn more about your food from farmers. Ask them to share how to select and prepare the food.
- ◆ **When you buy food grown in season, buy in bulk.** You can preserve food by freezing or canning it. Buy edible plant seedlings to grow your own food.
- ◆ **Keep your food fresh.** Bring your produce home as soon as possible; or bring a cooler. After you get home, store your foods properly.



- ◆ **Eat more fresh fruits and vegetables.**
- ◆ **Expand your buying power!**
- ◆ **Make the most of your food benefits.**