

Lewiston Farmers' Market

Become

A FRESH FOOD CHAMPION!

get more fresh food
FOR YOUR MONEY!



for every \$2 you spend
with SNAP/food Stamps or WIC

**you get \$1
FREE**

up to \$10 each week
in market dollars
to buy more fresh fruits and vegetables



market dollars are *NOT* cash but can be used *LIKE* cash to buy fresh fruits and vegetables

Come Try it Out!

\$2 off

your first SNAP purchase

with the Lewiston Farmers' Market. Just bring this flier to the Information Booth at the Lewiston Farmers' Market and we'll give you \$2 off for using your SNAP benefits and learning about our Fresh Food Champion program!

June-October

Sundays 10:00 - 1:00pm

Corner of Lincoln and Main Street

For More Information

Please visit us at the Information Booth at the farmers' market or contact us here:

lewistonfarmersmarket@gmail.com

207 513 3848

 **ST. MARY'S** NUTRITION CENTER
REGIONAL MEDICAL CENTER OF MAINE

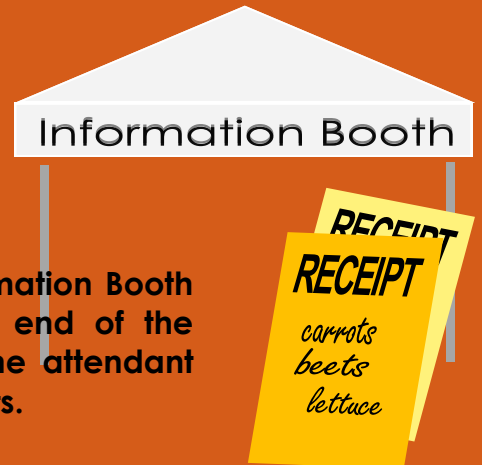
How to use SNAP/Food Stamps AT THE LEWISTON FARMERS' MARKET

1



Visit all your favorite farmers' market vendors **FIRST**. Choose what you want to purchase and **ASK FOR A RECEIPT**. Collect a receipt from each vendor you visit.

2



Go to the Information Booth located at the end of the market. Give the attendant **ALL** your receipts.

3



At the information booth the attendant will swipe your food stamp/EBT card. She will then give you \$1 in market dollars for every \$2 you spend with your EBT card. You can receive up to \$10 for the day. Market dollars can be used like cash to buy more fresh fruits and vegetables.

4



Bring your receipts back to each vendor and collect your groceries. Spend your market dollars on more fresh fruits and vegetables **OR** save them to spend at another market in the future

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What you can buy with your SNAP/Food Stamps AT THE LEWISTON FARMERS' MARKET



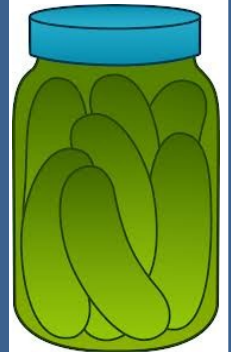
fresh vegetables



baked goods



eggs



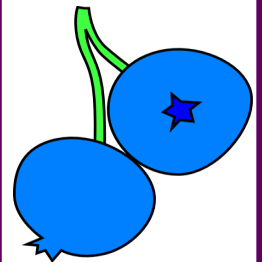
pickles



beef & pork



cheese



fruit



bread



jam & jelly



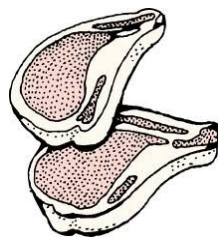
lobster & seafood



maple products



poultry



lamb & rabbit



milk & yogurt



herbs



vegetable seedlings