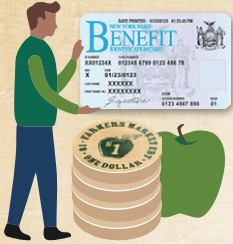




Currencies Welcome at Many Sullivan Catskills Farmers Markets *And How to Use Them...*

SNAP/EBT

How it Works:



STEP 1: When at the market, find the Market Manager tent. The market manager then swipes your SNAP/EBT card for the amount you request and gives you tokens to spend at the market for that amount.

STEP 2: Use the Tokens to shop with vendors. Tokens usually come in \$1 or \$5 amounts. Use your tokens with eligible vendors with signs that say "We Accept EBT."

What You CAN Buy at the Market... With Your Tokens:

- Fruits & Vegetables
- Plants that Grow Food
- Breads & Baked Goods Wrapped, Labeled & Intended for Home Consumption
- Meat, Fish, Poultry, & Dairy Products
- Maple & Honey Products
- Seeds & Plants that Produce Foods
- Jams, Sauces, Soups, etc.

What You CAN NOT Buy at the Market... With Your Tokens:

- Beer, Wine, or Liquor
- Tobacco Products
- Nonfood Items
- Food Meant to be Eaten On-Site
- Hot Foods
- Vitamins & Medicines

Fresh Connect Checks

How it Works:



STEP 1: When at the market, find the Market Manager tent. Swipe your EBT card. You'll receive \$2 in Fresh Connect Checks for every \$2 you spend with your SNAP/EBT card, up to \$50 per visit.

STEP 2: Use your checks to purchase SNAP eligible items at the market (listed above).

*See more Currencies
on the other side >>*



Scan the QR Code with your
smartphone to learn more
about each program.

Questions? Contact

845-292-6180 | SullivanFresh@Cornell.edu
Visit: SullivanCatskillsFarmersMarkets.com

@sullivancatskillsfarmersmarkets



Continues... Currencies Welcome at Many Sullivan Catskills Farmers Markets *And How to Use Them...*

Senior FMNP Checks

How it Works:

STEP 1: If you're 60 years or older, and meet income requirements, you can receive a booklet of checks worth \$25 to spend at your local farmers market. Income requirements change every year.

Coupons are available at the Sullivan County Office for the Aging, the Sullivan Fresh Monticello Farmers Market or at certain Farmers Markets located in Sullivan County on select days.

STEP 2: If you qualify, you get \$25 in coupons to spend by *November 30th* of each year. Each booklet contains five, \$5 coupons. Change cannot be given.

STEP 3: Shop for fresh Fruits, Vegetables and Herbs. Look for vendors with signs saying they accept FMNP.



FMNP Checks **GET \$25... FREE!**

STEP 1: If you receive WIC benefits, you are eligible for FMNP checks! Pick them up at a WIC Clinic.

STEP 2: FMNP checks are for fruit, vegetables, and herbs at the market. *Expires Nov. 30 each year.*



Fresh Rx Coupons

How it Works:

STEP 1: SNAP or Medicaid Eligible Customer may be eligible to receive up to \$480 worth of FREE produce! Get a referral from your physician or community health worker. Complete the eligibility screening with Cornell Cooperative Extension Sullivan County or Garnet Health.

STEP 2: Attend an approved class by Cornell Cooperative Extension Sullivan County or Garnet Health's Diabetes Prevention Program. Receive \$40 Fresh RX Coupons per class to spend at participating markets.

STEP 3: Look for the Fresh Rx sign at participating vendor tents. Then shop for fruits, vegetables and culinary herbs using your Fresh Rx Coupons, anytime, there is no expiration date. Change cannot be given.

For more information visit the Fresh Rx website at: www.sullivanvance.org/food-nutrition/rx-program, email freshrx@cornell.edu or call 845-292-6180 x101

