

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 the **QR code** on your card to check available benefits.

Find a list of SFMNP-approved Farmers' Markets at:
<https://dem.ri.gov/sfmnp>

Tips for Farmers' Market Shopping

Head to the market with an 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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Rhode Island Farmers' Markets: Good Food For Good Health



Why Shop at the Farmers' Market?

- 🥕 Support **local farms**
- 🥕 Connect with growers and neighbors in your **community**
- 🥕 Try **new, healthy foods**
- 🥕 Fresh, seasonal fruits and vegetables **taste great!**

Why are Fruits and Vegetables Important?

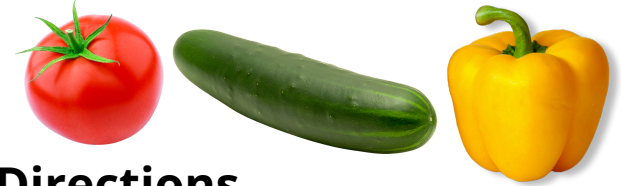
- 🍎 They have lots of **vitamins and minerals** to help protect bone and eye health
- 🍎 They contain **fiber** for healthy digestion
- 🍎 They have a high water content to help you **stay hydrated**
- 🍎 A diet high in fruits and vegetables may help **prevent some cancers and other health problems**

Veggie Couscous Salad

Farmers' Market Shopping List:



fresh vegetables of your choice



Ingredients

- 1½ cups uncooked couscous
- 1 teaspoon minced fresh garlic
- 2 tablespoons chopped parsley
- ½ cup chopped red onion
- 2 cups chopped fresh vegetables (tomato, cucumber, bell pepper, etc)
- 1 tablespoon crumbled feta cheese

Dressing

- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar
- 1½ teaspoons olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions

1. Cook couscous according to package and set aside.
2. In a small bowl, mix dressing ingredients together.
3. In a large bowl, toss garlic, parsley, onion, vegetables, cooked couscous, feta cheese, and dressing together.
4. Refrigerate for 2-3 hours before serving.

