



Turn \$15 of CalFresh (EBT) benefits into \$30 worth of fresh fruits and vegetables at these SLO County farmers' markets year-round:

Baywood-Los Osos

Mondays, 2–4:30pm
Santa Maria Ave. & 2nd

Atascadero

Wednesdays, 3–6pm
East Mall & El Camino Real

Paso Robles

Tuesdays, 9–11:30am
1103 Spring St.

Morro Bay

Thursdays, 2–4:30pm
2650 Main St.

Templeton

Saturdays, 9am–12:30pm
Crocker St. & 5th

Paso Robles

Country Farm & Craft Market

(This market will match up to \$10.)

Saturdays, 9am–1pm
11th St. & Spring St.

How Does This Work?

- 1) When you arrive to your farmers' market, find the info booth.
- 2) Let the staff member know you are interested in using your CalFresh benefits for a Market Match.
- 3) The staff member will swipe your EBT card for the amount you desire and give you the appropriate number of tokens or vouchers (matching up to \$15 at no additional cost) for the purchase of fruits and vegetables.

Why Choose Farmers' Markets?

In addition to getting twice the value for your money when purchasing fruits and vegetables with your EBT benefits, shopping at farmers' markets will help you:

- Support local farmers.
- Reduce the impact the production of your food has on the environment.
- Buy items that are in season, which will optimize their flavor and nutritional value. Look forward to seeing these items during the winter months:
 - Butternut squash
 - Turnips
 - Limes
 - Brussel sprouts
 - Parsnips
 - Tangerines
 - Leeks
 - Beets
 - Oranges
 - Kale
 - Avocados
 - Grapefruits

Want to Know More About These Fruits/Vegetables and How to Prepare Them?

Visit slofoodbank.org/nutrition for information and inspiration
or scan this code:





Se puede cambiar \$15 de CalFresh beneficios por \$30 para gastar en estos mercados de agricultores todo el año

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Miércoles, 3-6pm
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Paso Robles

Martes, 9-11:30am
1103 Spring St.

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Jueves, 2-4:30pm
2650 Main St.

Templeton

Sábados, 9am-12:30pm
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Paso Robles

Country Farm & Craft Market

(Cambia hasta \$10.)
Sábados, 9am-1pm
11th St. & Spring St.

¿Cómo funciona esto?

- 1) Cuando llegue en el mercado de agricultores, vaya al stand informativo.
- 2) Dígale al personal que le gustaría usar sus beneficios de CalFresh para frutas y verduras.
- 3) El personal cargará la cantidad que le gustaría a su tarjeta y cambiará tokens o vales para frutas y verduras. Le dará \$30 en tokens por \$15 en beneficios de CalFresh.

¿Por qué debo comprar en los mercados de los agricultores?

- Ahorrar dinero
- Apoyar a los agricultores locales
- Reducir su impacto en el medio ambiente
- Los mercados de los agricultores ofrecen productos estacionales que son más saludables y saben mejor. Encontrar estas frutas y verduras en el invierno:
 - Calabaza
 - Coles de bruselas
 - Puerros
 - Col rizada
 - Nabos
 - Chirivías
 - Remolachas
 - Aguacates
 - Limas
 - Mandarinas
 - Naranjas
 - Pomelos

Para obtener información sobre frutas y verduras, visite:

slofoodbank.org/nutrition

o escanee este código:

