

Saturdays | 9 AM – 1 PM | Jun 13 – Oct 3
Welcomes: WIC VF, WIC FMNP, SR FMNP

Belmont Farmers Market

32 Willets Avenue (Route 19), Belmont
Thursdays | 11 AM – 5 PM | May 21 – Oct 29
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR FMNP, DUFB

Canaseraga Farmers Market

Old Oliver Bldg Parking Lot @ Main Street, Canaseraga
Saturdays | 9 AM—1 PM | Starting June 6

Wellsville Farmers Market

44 Park Avenue, Wellsville |
Thursdays | 12 - 6 PM | Jun 18 – Oct 1
Welcomes: WIC VF, WIC FMNP, SR FMNP

CATTARAUGUS COUNTY

Franklinville Farmers Market

Park Square, Route 16 & Pine Street, Franklinville |
Wednesdays | 3 – 6 PM | May 20 – Oct 28
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR FMNP, DUFB

REAP Olean Farmers Market

Located at Olean Walmart Plaza parking lot between BJs and Carmike Cinemas, Olean
Saturdays | 8 AM – 1 PM | May 16 – Oct 31
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR FMNP, DUFB

Salamanca Farmers Market

Jefferson Park at Park Avenue, Salamanca
Tuesdays | 11 AM – 5 PM | May 19 – Oct 27
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR FMNP, DUFB

South Dayton Farmers Market

Village Park @ RT 322, South Dayton
Saturdays | 9 AM – 1 PM | Jun 20 – Oct 17
Welcomes: WIC VF, WIC FMNP, SR FMNP

Southern Tier Farmers Market - Olean

1900 Constitution Avenue @ Tractor Supply Parking Lot, Olean
Fridays | 2 – 6 PM | May 15 – Oct 30
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR FMNP, DUFB

CHAUTAUQUA COUNTY

Chautauqua Mall Farmers Market

318 East Fairmont Avenue @ Mall Entrance facing Mall

Boulevard, Lakewood
Wednesdays | 11 AM – 4 PM | Jun 3 – Aug 26
Some vendors accept SNAP.

Downtown Jamestown Farmers Market

Cherry Street between 2nd and 3rd Streets, Jamestown |
Thursdays | 12 - 6 PM | Jun 4 – Aug 27
Thursdays | 12 - 4 PM | Sep 3 - Oct 29
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR FMNP, DUFB

Dunkirk Farmers Market

45 Cliffstar Court & Ruggles Street @ Dunkirk Senior Center Parking Lot, Dunkirk
Wednesdays | 9 AM – 2 PM | Jun 17 - Sep 30
Some vendors accept SNAP.
Welcomes: WIC VF, WIC FMNP, SR FMNP

Falconer Farmers Market

West Main St. @ Davis Park, Falconer
Saturdays | 9 AM – 2 PM | Jun 6 – Oct 31
Welcomes: WIC VF, WIC FMNP, SR FMNP

Fredonia Farmers Market

9 Church Street, Fredonia
Saturdays | 9 AM – 1 PM | May 16 – Oct 31
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR FMNP, DUFB

Lakewood Farmers Market

Chautauqua Avenue between 1st & 2nd Streets, Lakewood
Tuesdays | 1 – 5 PM | Jun 2 – Aug 25
Some vendors accept SNAP.
Welcomes: WIC VF, WIC FMNP, SR FMNP

Sherman Farmers Market

Main Street, on both sides of the main block, Sherman
Saturdays | 10 AM – 2 PM | May 23 – Sep 5

Westfield Farmers and Artisans Market

Portage and Main Streets, (Routes. 394 & 20), Westfield
Saturdays | 9 AM – 2 PM | May 23 – Sep 26
Some vendors accept SNAP.
Welcomes: WIC VF, WIC FMNP, SR FMNP

GREATER REGION

Seneca Nation Farmers Market

Seneca One Stop RT 20 & RT 5, Irving
Tuesdays | 11 AM – 5 PM | May 19 – Oct 27



USING NUTRITION BENEFITS AT LOCAL FARMERS MARKETS

2015

**Allegany, Cattaraugus, &
Chautauqua Counties**



www.FreshLocalWNY.org



Your local NY farmers market is more than a place to buy food; it's an event you can share with your family and the surrounding community. Unlike grocery and convenience stores, the farmers market gives you an opportunity to meet the person who produced your food. That person can give you tips, recipes and insight on how to best work with their product.

What is a farmers market? A farmers market is a group of local farmers that sell their products directly to you the consumer. Markets are usually held weekly at an outdoor venue and offer locally grown or produced seasonal fruits, vegetables, eggs, meats, and baked goods.

Why shop at a farmers market? You have access to fresh, locally grown foods. Farmers markets have fruits and vegetables at the peak of the growing season. This means produce is at its freshest and tastes the best. The food is typically grown near where you live, not thousands of miles away or another country. Shopping at farmers markets also supports your local farmers and keeps the money you spend on food closer to your neighborhood.

What payments are welcome at the farmers market? In addition to cash, many farmers markets now accept debit/credit cards, SNAP benefits, and other nutrition benefits.

How do I use my SNAP benefits at the farmers market? Locate the "Use Your Food Stamp (EBT) Card Here!" banner. Use your EBT/Food Stamp/SNAP card to purchase as many \$1 wooden tokens as you'd like. These tokens act as cash within the market. Use your \$1 tokens at any market booth that displays the "Food Stamp (EBT) Tokens Accepted Here" sign.

If you don't use all of your market tokens, that's ok. You can keep your unused tokens for the next time you shop the market; tokens do not expire. Unused tokens may be

exchanged at the token booth for a refund back onto your EBT/Food Stamp/SNAP card. Tokens ARE market-specific and cannot be transferred between markets. Each token is labeled with the particular market it was distributed from.

What you *can* buy with your SNAP tokens:

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

What you *cannot* buy with your SNAP tokens:

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

How do I use my WIC or SENIOR VEGETABLE AND FRUIT COUPONS at the farmers market? The Farmers Market Nutrition Program (FMNP) coupons can be redeemed directly with individual vendors who display "FMNP Coupons Accepted Here" signs.

Where can I use my nutrition benefits? This brochure contains a list of the farmers markets in the Southern Tier. Next to each market is a list of which benefits the market welcomes.

Key to Benefits Welcomed:

WIC FMNP | WIC Farmers' Market Nutrition Program - \$4.00 WIC FMNP checks used to purchase local, fresh,

unprocessed vegetables and fruit from authorized farmers.

SR FMNP | Senior Farmers' Market Nutrition Program - \$4.00 Senior FMNP checks used to purchase local, fresh, unprocessed vegetables and fruit from authorized farmers.

WIC VF | WIC Vegetables and Fruit Check Program at Farmers Markets - \$8, \$10 and \$15 checks to purchase fresh, unprocessed produce from authorized farmers.

SNAP EBT | SNAP/Food Stamps/EBT at Farmers Markets

FCC | FreshConnect Checks Program - For every \$5 transaction using an SNAP/EBT card, a \$2 FreshConnect Check (FCC) is given. FCC's may be used to purchase any SNAP eligible food item, including but not limited to vegetables, fruit, dairy, eggs, bread, jam, honey, and meat.

DUFB | DoubleUp Food Bucks - whatever you spend on your SNAP/EBT at the farmers market will be matched up to \$20.

ALLEGANY COUNTY

Alfred Farmers Market

Alfred Village Green, Main Street & Saxon Drive, Alfred
Sundays | 11 AM – 3 PM | Jul 12 – Oct 25
Some vendors accept SNAP.
Welcomes: FCC, WIC VF, WIC FMNP, SR FMNP

Angelica Farmers Market

Park Circle in downtown Angelica

For More Information

Visit us on the web:
WWW.FRESHLOCALWNY.ORG

Southern Tier West Regional Planning
& Development Board
Local Foods Project
(716) 945-5301

Find us on Facebook: FreshLocalWNY

