

Where can I use my nutrition benefits? This brochure contains a list of the farmers markets and farm stands that accept nutrition benefits in the Southern Tier. Next to each market is a list of which benefits the market welcomes. The information contained in this brochure was provided by the individual markets and was accurate at the time of print. Narrative provided by www.snaptomarket.com and USDA.

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, \$11 and \$17 checks to purchase fresh, unprocessed produce from authorized farmers.

SNAP EBT | SNAP/Food Stamps/EBT used to purchase SNAP eligible foods at authorized farmers markets.

FCC | FreshConnect Checks Program - For every \$5 transaction using an SNAP/EBT card, a \$2 FreshConnect Check (FCC) is given to eligible veterans. FCC's may be used to purchase any SNAP eligible food item.

SHB | Seneca Health Bucks - A Seneca Nation of Indians program, coupons are accepted for fresh fruits and vegetables at selected markets & vendors.

DUFB | DoubleUp Food Bucks - a one to one match of your SNAP dollars up to \$20 per visit, e.g., spend \$10 on your SNAP EBT card and receive a match of an additional \$10 to purchase local fresh fruits and vegetables.



USING SNAP AND OTHER NUTRITION BENEFITS AT FARMERS MARKETS & FARM STANDS

**2016
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
- Eggs
- Meat, Fish, Poultry
- Dairy Products
- Maple and Honey Products
- Seeds and Plants that Produce Foods
- Baked Goods: Wrapped, 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 FMNP 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 .

2016 FARMERS MARKETS & FARM STANDS

ALLEGANY COUNTY

Alfred Farmers Market

Alfred Village Green, Main Street & Saxon Drive,
Alfred Sundays | 11 AM – 3 PM | Jul 10 – Oct 30
Welcomes: SNAP EBT, FCC, WIC VF, WIC FMNP,
SR FMNP

Angelica Farmers Market

Park Circle in downtown Angelica
Saturdays | 9 AM – 1 PM | Jun 11 – Sep 24
Welcomes: WIC VF, WIC FMNP, SR FMNP

Belmont Farmers Market

32 Willets Avenue (Route 19), Belmont
Thursdays | 11 AM – 5 PM | May 26 – Oct 27
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 | Jun 11 - End of Season

Cuba Farmers & Artisans Market

38 E Main Street, Cuba
Fridays | 4 - 7 PM | Jun 24 - Sep 30

Houghton Farmers Market

RT 19 across from Houghton College, Houghton
Fridays | 1 - 6 PM | Jun 3 - Oct 28
Welcomes: WIC VF, WIC FMNP, SR FMNP

On The River Farm Stand

7579 NY 19, Belfast | 716-560-5594
Welcomes: WIC VF, WIC FMNP, SR FMNP

Quest Farm Produce

7142 NY 21, Almond | 607-661-8031
Welcomes: SNAP EBT

Wellsville Farmers Market

44 Park Avenue, Wellsville
Thursdays | 11 AM - 5 PM | Jun 9 - Oct 6
Welcomes: WIC VF, WIC FMNP, SR FMNP

CATTARAUGUS COUNTY

Canticle Farm Market

3809 Old State Rd, Allegany | 716-373-0200 x 3358
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR FMNP

Franklinville Farmers Market

Park Square, Route 16 & Pine Street, Franklinville
Wednesdays | 3 – 6 PM | Jun 15 – Oct 26
Some vendors accept SHB
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR
FMNP, DUFB

Miller's Farm Market

1685 Olean-Portville Rd, Olean | 716-372-2521
Welcomes: WIC VF, WIC FMNP, SR FMNP

REAP Olean Farmers Market

Olean Center Mall Parking Lot, N Union Street, Olean
Saturdays | 8 AM – 1 PM | May 14 – Oct 25
Some vendors accept SHB
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 24 – Oct 25
Some vendors accept SHB
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR
FMNP, DUFB

South Dayton Farmers Market

Village Park @ RT 322/Parish St, South Dayton
Saturdays | 9 AM – 1 PM | Jun 18 – Oct 15
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 20 – Oct 28
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR
FMNP, DUFB

CHAUTAUQUA COUNTY

Abers Acres Farm Market

884 NY 394, Kennedy | 716-267-2431
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR
FMNP

Anderson's Produce

3058 Terry Rd, Sinclairville | 716-962-2514
Welcomes: WIC VF, WIC FMNP, SR FMNP

Downtown Jamestown Farmers Market

Cherry Street between 2nd and 3rd Streets, Jamestown
Thursdays | 12 - 6 PM | Jun 2 - Oct 27
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 15 - Sep 28
Welcomes: FCC, SNAP EBT, WIC VF, WIC FMNP,
SR FMNP

Falconer Farmers Market

Davis Park @ W Main St/Homestead St, Falconer
Saturdays | 9 AM – 2 PM | Jun 4 – Oct 29
Welcomes: WIC VF, WIC FMNP, SR FMNP

Fredonia Farmers Market

9 Church Street, Fredonia
Saturdays | 9 AM – 1 PM | May 21– Oct 29
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR
FMNP, DUFB

Hathaway Farms Market

9595 E Main Rd, Ripley | 716-736-3864
Welcomes: WIC VF, WIC FMNP, SR FMNP

Lakewood Farmers Market

Chautauqua Avenue between 1st & 2nd Streets,
Lakewood Tuesdays | 1 – 5 PM | Jun 7 – Aug 30
Some vendors accept SNAP EBT.
Welcomes: WIC VF, WIC FMNP, SR FMNP

Richard Feinen Farm Stand

US 20 @ US 39, Sheridan | 716-680-5462
Welcomes: WIC VF, WIC FMNP, SR FMNP

Roberto Fred Farm Stand

10655 Temple Rd, Dunkirk | 716-410-3817
Welcomes: WIC VF, WIC FMNP, SR FMNP

Westfield Farmers and Artisans Market

Portage and Main Streets, (Routes. 394 & 20),
Westfield Saturdays | 9 AM – 2 PM | May 28 – Sep 24
Some vendors accept SNAP EBT.
Welcomes: WIC VF, WIC FMNP, SR FMNP

GREATER REGION

Bath Farmers Market

Poltene Park, Bath
Wednesdays | 9AM – 3 PM | May 4 – Oct 26
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR
FMNP

Bath Farmers Market

Poltene Park, Bath
Saturdays | 9AM – 2 PM | May 7 – Oct 29
Welcomes: WIC FMNP, SR FMNP

Dansville Farmers Market

50 Maple St, Dansville
Fridays | 11 AM – 4 PM | May 20 – Oct 7
Welcomes: SNAP EBT, WIC VF, WIC FMNP, SR
FMNP

Perry Farmers Market

Festival Plaza, S Main St @ Borden, Perry
Saturdays | 8:30 AM – 12:30 PM | Jun 18 – Sep 17
Welcomes: WIC VF, WIC FMNP, SR FMNP

Seneca Nation Farmers Market

Seneca One Stop RT 20 & RT 5, Irving
Tuesdays | 10 AM – 3 PM | May 17 – Oct 18
Some vendors accept SNAP, SHB
Welcomes: WIC VF, WIC FMNP, SR FMNP



For more information: www.FreshLocalWNY.org
Southern Tier West Regional Planning & Development Board
Local Foods Project
716-945-5301 x 2206 savery@southerntierwest.org