



AUGUST

Find Friends at the Farmers Market

National Farmers Market Week | August 2-8

National Farmers Market Week is an opportunity to highlight how much value markets bring to their communities as well as put a focus on eating locally-grown fruits and vegetables! Farmers markets:

- Support healthy communities
- Increase access to fresh and nutritious food
- Help shoppers eat more fruits and vegetables than non-market shoppers

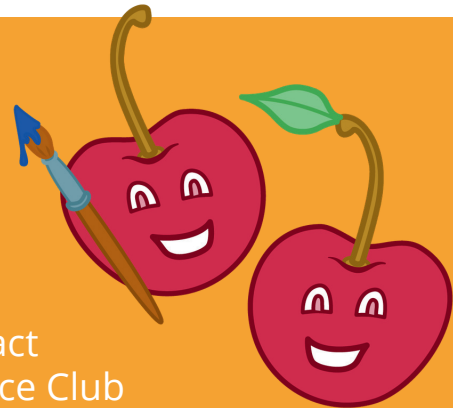
Enjoy the warm weather, try new fruits and veggies, and support local businesses at a farmers market near you this month!



Engage With Your Community

Your local farmers market can be a great partner for your 5-2-1-0 programming efforts! Here are some ideas:

- Take a field trip to the farmers market
- Set up a mini farmers market at your site
- Work with the market director to create a program to attract students and families to the market, like a Power of Produce Club



Double Up Food Bucks

There are 23 farmers markets and farm stands across the state participating in Double Up Food Bucks this season. The program allows customers using SNAP EBT to double their purchases of fresh fruits and vegetables. Find a participating location near you at DoubleUpIowa.org or request flyers to spread awareness of the program!

