

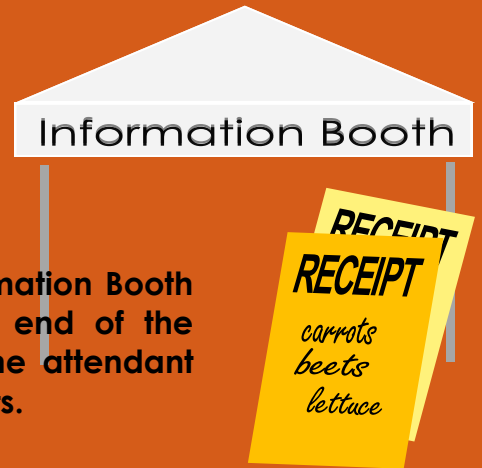
How to use SNAP/Food Stamps AT THE LEWISTON FARMERS' MARKET

1



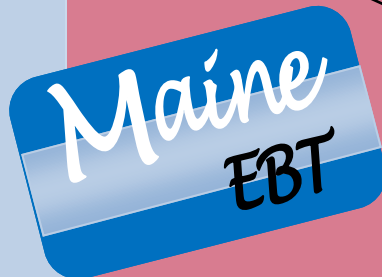
Visit all your favorite farmers' market vendors **FIRST**. Choose what you want to purchase and **ASK FOR A RECEIPT**. Collect a receipt from each vendor you visit.

2



Go to the Information Booth located at the end of the market. Give the attendant **ALL** your receipts.

3



At the information booth the attendant will swipe your food stamp/EBT card. She will then give you \$1 in market dollars for every \$2 you spend with your EBT card. You can receive up to \$10 for the day. Market dollars can be used like cash to buy more fresh fruits and vegetables.

4



Bring your receipts back to each vendor and collect your groceries. Spend your market dollars on more fresh fruits and vegetables **OR** save them to spend at another market in the future

for more information
lewistonfarmersmarket@gmail.com
207 513 3848 

 ST. MARY'S NUTRITION CENTER
REGIONAL MEDICAL CENTER OF MAINE

What you can buy with your SNAP/Food Stamps AT THE LEWISTON FARMERS' MARKET



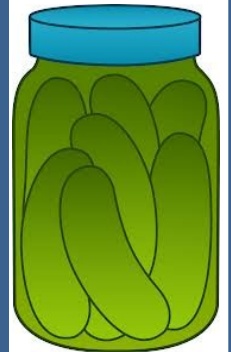
fresh vegetables



baked goods



eggs



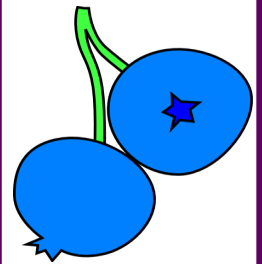
pickles



beef & pork



cheese



fruit



bread



jam & jelly



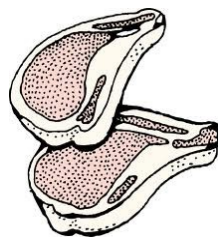
lobster & seafood



maple products



poultry



lamb & rabbit



milk & yogurt



herbs



vegetable seedlings