

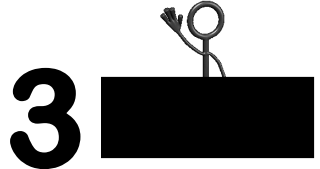
# HOW TO USE YOUR FOOD BENEFITS



**GRAB YOUR BENEFITS CARD**



**FIND A FARMERS MARKET**



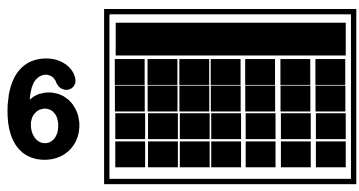
**VISIT THE MARKET TABLE**



**BUY TOKENS—REMEMBER FRESH CONNECT!**



**SHOP FOR LOCAL FOOD**



**COME BACK NEXT WEEK. TOKENS NEVER EXPIRE!**

## WHAT BENEFITS ARE ACCEPTED AT THE MARKET?

EBT/SNAP	Fresh Connect	WIC
Tokens used just like cash for acceptable products (see sidebar).	Get an additional \$2 coupon for every \$5 you spend with EBT!	Seasonal. For fresh fruits and vegetables. Use directly with produce farmers.

Schenectady Greenmarket connects farm and city to create a responsible, sustainable food system – right in the heart of downtown Schenectady. The market is a 501(c)(3) non-profit run by a board of volunteers. Credit, debit and EBT accepted.

[www.schenectadygreenmarket.com/](http://www.schenectadygreenmarket.com/)  
 @schenectadygreenmarket  
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**SCHENECTADY GREENMARKET**  
**SUNDAYS 10 A.M. TO 2 P.M.**

Nov - April inside Proctors  
 May - October outside around City Hall

### WHAT YOU CAN PURCHASE WITH YOUR BENEFITS:

fruits and vegetables, breads, baked goods, meat, fish & poultry, dairy, maple syrup, honey, jams, sauces, spreads, vegetable plants

### WHAT YOU CANNOT PURCHASE WITH YOUR BENEFITS:

beer, wine or liquor, non-food items (arts & crafts), food meant to be eaten on-site, hot foods and drinks (prepared food or cups of coffee)

**THANK YOU TO MVP HEALTH CARE FOR THEIR PARTICIPATION AND SPONSORSHIP OF THIS OUTREACH EFFORT**

