

BENEFITS OF EATING LOCAL PRODUCE.

1. Local produce can **improve the health** of you and your family!
Fruits and vegetables, when purchased locally from farmers, are fresher, more nutrient-dense and even taste better.
2. Farmers' markets create **deeper community connections!**
It is a time each week to engage with your neighbors while supporting your local farmers and economy.
3. Local foods stimulate variety as you eat seasonal, **culturally-pertinent produce.**
4. Farmers' markets provide **opportunities to teach children** the importance of diet and establish nutritious eating habits early-on!



CONNECTICUT SNAP BENEFITS.

Did you know Hartford's Farmers' Markets accept SNAP payments?

They even offer **double and triple SNAP days** to get more for your money!

The Supplemental Nutrition Assistance Program provides nutrition benefits to supplement your food budget to help purchase healthy food, accessible using a debit-type card.

DON'T KNOW IF YOU'RE ELIGIBLE?

- Visit www.connect.ct.gov and click "check now"
- Or call CT Foodshare at **860.856.4357** for assistance

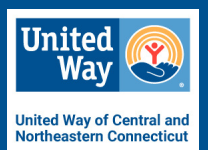
Scan to learn more about Hartford's farmers' markets and SNAP benefits!



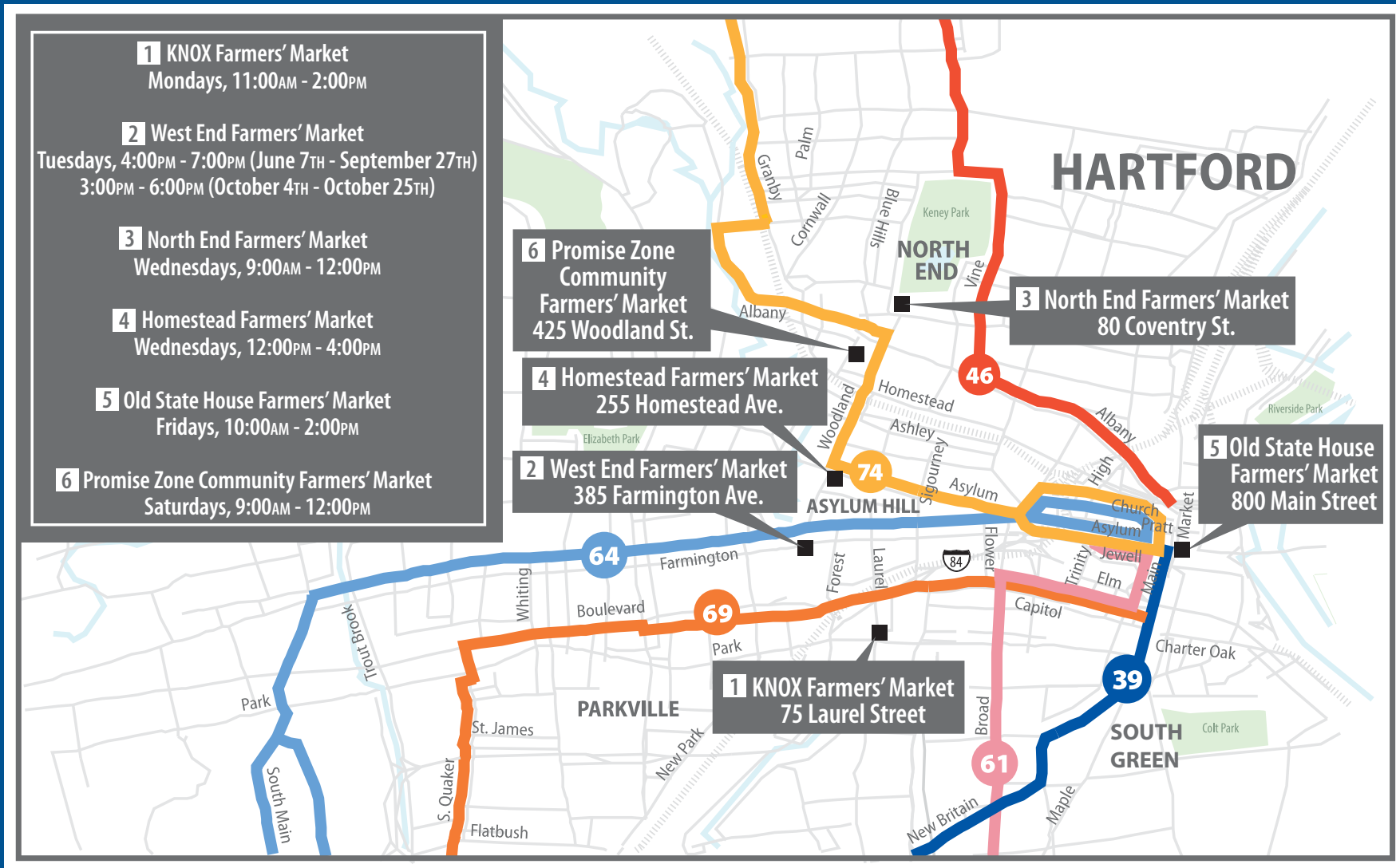
HARTFORD FARMER'S MARKET EXPERIENCE GUIDE.



Understanding how to navigate farmers' markets, where they are, payment options and why you should shop local.



HARTFORD FARMERS' MARKETS 101.



1. KNOX Farmers' Market

- Mondays, 11:00 a.m. - 2:00 p.m.
- 75 Laurel Street

3. North End Farmers' Market

- Wednesdays, 9:00 a.m. - 12:00 p.m.
- 80 Coventry Street

5. Old State House Farmers' Market

- Fridays, 10:00 a.m. - 2:00 p.m.
- 800 Main Street

2. West End Farmers' Market

- Tuesdays
- 4:00 - 7:00 p.m. (Jun. 7 - Sept. 27)
- 3:00 - 6:00 p.m. (Oct. 4 - 25)
- 385 Farmington Avenue

4. Homestead Farmers' Market

- Wednesdays, 12:00 - 4:00 p.m.
- 255 Homestead Avenue

6. Promise Zone Community Farmers' Market

- Saturdays, 9:00 a.m. - 12:00 p.m.
- 425 Woodland Street