

Vancouver Farmer's Market Photo Credit: Stephanie Haynes



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CAINAS FARMER'S MARKET Your weekly invitation to fresh

> Wednesdays 3-7p.m. June 5<sup>th</sup> to October 2<sup>nd</sup> Join us on 4th Ave between Everett and Franklin for healthy food, education, and fun!

Credit, Debit, EBT, WIC & Semior Checks Accepted **VISA @ Win** www.camasfarmersmarket.org 360-838-1032 Camas Farmer's Market Photo Credit: Tina Eifert

# The Benefits of Clark County's Farmers' Markets

### ACCESS TO HEALTHY FOODS

- FOOD THAT IS LOCALLY GROWN AND LOCALLY PRODUCED
- GROWN BY THE VENDORS THEMSELVES



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• FRESH, NUTRIENT-DENSE FRUITS AND VEGETABLES



### FARMERS' MARKETS IN CLARK COUNTY

<u>Camas Farmers Market</u> June 5th – October 2nd, 2019 Wednesdays 3pm-7pm

Downtown Camas 4th Ave, between Everett and Franklin



East Vancouver Farmers Market July 11<sup>th</sup> - September 12<sup>th</sup>, 2019 Thursdays 10 am-2pm

177<sup>th</sup> & SE Mill Plain Blvd Vancouver, WA 98683



Salmon Creek Farmers Market June 11<sup>th</sup> – October 1<sup>st</sup>, 2019 Tuesdays 11 am – 3 pm

Legacy Salmon Creek Hospital Main Entrance 2211 NE 139<sup>th</sup> Ave Vancouver, WA 98686



**<u>Ridgefield Farmers Market</u>** May - October, 2019 Saturdays 9 am - 2 pm

> Pioneer Square Downtown Ridgefield

#### Vancouver Farmers Market

March 16<sup>th</sup> – October 27th, 2019 Saturdays 9am - 3pm Sundays 10 am – 3 pm

> 8<sup>th</sup> & Esther Street Vancouver, WA 98683



Esther Short Farmers Market July 10<sup>th</sup>- September 11<sup>th</sup>, 2019 Wednesdays 10am-2pm

> 6<sup>th</sup> & Columbia Vancouver, WA 98660



## FARMER'S MARKETS OFFER PROGRAMS FOR THOSE NEEDING FOOD ASSISTANCE

- SNAP/EBT benefits can be used at all five farmers markets: Vancouver, East Vancouver, Esther Short Park, Salmon Creek and Camas.
- Farmers' markets offer Fresh Match as well, a program that matches up to \$5 of an EBT transaction with an additional \$5 for the purchase of fruits and vegetables.
- Farmers Market Nutrition Program for Seniors is accepted at all four markets: Vancouver, East Vancouver, Esther Short Park, Salmon Creek and Camas.

# SNAP tokens can be used to buy these foods to eat.

YES	ΝΟ
• Loaves of bread and	<ul> <li>Any non-food item</li> </ul>
cereals	• Beer, wine, liquor,
Fruits and vegetables	cigarettes or tobacco
• Meats, fish and poultry	• Vitamins and medicines
Dairy products	Any ready-to-eat food
• Seeds and plants which	intended to be consumed
produce food	on site, even if cold



# FreshMatch is a USDA program to help increase consumption of fruits and vegetables among SNAP users.





Buy \$5 tokens with EBT and get \$5 in tokens to buy fresh fruits and vegetables



# FreshMatch tokens can be used for any whole fresh fruit or vegetable.



Market Fresh Tours (exclusive for SNAP/EBT users) will be held at 2 farmers markets this summer.



#### Vancouver Farmer's Market

- Saturdays from 9-10 or 10-11
  - July 6 & 13
  - August 3 & 10
  - September 7 & 14



#### Reserve your tickets at

https://extension.wsu.edu/clark/healthwellness/market-fresh-tours/

#### USE CODE: FreshMatch

Tenemos el recorrido en español. Por más información, contactas Luisa: <u>luisaturner99@gmail.com</u> o 360-772-6139 (solo mensajes de texto)



#### Camas Farmer's Market

- Wednesdays from 3:30-4:30
  - July 10 & 24
  - August 14 & 21

## SENIOR FMNP PROGRAM

- Provides vouchers to seniors 60 or over
- Annual income of or below 185% of the Federal Poverty Level.
- Checks are issued through Clark County Meals on Wheels People in early summer
- Checks are \$4 each, issued in blocks of ten
- Checks can be used to purchase from the farm vendor fresh fruits, vegetables and honey



Farmers' markets encourage a sense of community, engagement, and an opportunity to be outside



Camas Farmer's Market



Camas Farmer's Market

Photo Credit: Tina Eifer



Camas Farmer's Market



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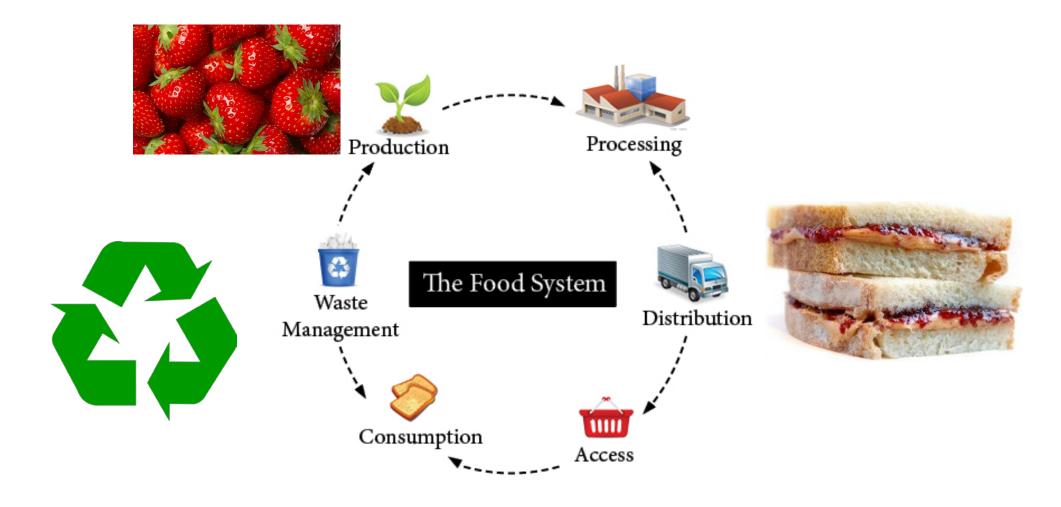
### FOOD SYSTEM COUNCIL

## Clark County Food System Council

- Encourages and promotes a food system that is sustainable and healthy for all residents.
- The Clark County Food System Council was formed in 2007 as part of the Steps to a Healthier Clark County initiative
- Council members are citizens interested in helping to shape community policies that support a healthy local food system.....
- And who are interested in advocating for the importance of buying and eating locally grown and produced food.



# What is a food system?



# GOALS AND ACTIVITIES, 2019

- Cultivate an informed and engaged community
- Hosted in partnership with Clark College the 2019 Food Summit at Clark College, February 2019
- Support food education and community advocacy
- Support sustainable food production by increasing local farm stability, tax structures, prioritization farmland preservation.

