

# Stretch Your Dollar at Farmers Markets

Ask the Market Manager about these benefits!

## Use SNAP at farmers markets

Use SNAP to buy healthy items, such as milk, bread, eggs, meat, fish, fruits and vegetables. You can buy fruit and vegetable seeds and plants too!

## SNAP Match up to \$15 per visit

Spend \$15 with SNAP and get an extra \$15 for free to use at the market on SNAP eligible items. Available only at the Central Square and Harvard University farmers markets.

## Use HIP for an extra \$40-\$80 per month

Use your SNAP/EBT card to purchase an additional \$40-\$80 per month (depending on family size) of fruits and vegetables at farmers markets. If you have SNAP, you are already enrolled in HIP (Healthy Incentives Program), and this money is automatically added to your card each month.

## WIC and Senior coupons

The Farmers Market Nutrition Program provides coupons to families that receive WIC and eligible seniors to be redeemed at participating farmers markets. For more information, please call:

- Cambridge WIC office: 617-665-3750
- Somerville-Cambridge Elder Services: 617-628-2601

## Find a Cambridge Farmers Market

<b>Central Square Farmers Market</b> 76 Bishop Allen Drive Mondays, 12:00 pm - 6:00 pm May 16, 2022 through Nov 21, 2022 SNAP, SNAP Match, HIP, WIC & Senior coupons	<b>Harvard University Farmers Market</b> Science Center Plaza Tuesdays, 11:30 am - 5:30 pm June 21, 2022 through October 25, 2022 SNAP, SNAP Match, HIP, WIC & Senior coupons
<b>Charles River Farmers Market at the Charles Hotel</b> 1 Bennett Street Fridays, 12:00 pm - 6:00 pm Sundays, 10:00 am - 3:00 pm Open year round (indoors December - April) SNAP, HIP, WIC & Senior coupons	<b>Charles River Farmers Market at the Morse School</b> 40 Granite Street Saturdays, 10:00 am - 2:00 pm June 4, 2022 through November 20, 2022 SNAP, HIP, WIC & Senior coupons

To learn more about SNAP, or for assistance enrolling, contact the Cambridge Economic Opportunity Committee (CEOC) at 617-868-2900, or visit [ceoccambridge.org/contact](http://ceoccambridge.org/contact)

For the most up to date information about farmers markets in Cambridge, please visit: [bit.ly/30b1j5R](http://bit.ly/30b1j5R)

