

SPRING 2023

# NUTRITION NEWS

For Parents and Teachers of Elementary School Children

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## EBT/CalFresh at Farmers' Markets

Did you know that many Placer and Nevada County Farmer's Markets accept EBT card payments? These fun, community events offer amazing food and a relaxing time out for families. During peak season, there are Farmers' Markets in Placer and Nevada Counties every single day of the week.

Only certain Markets accept EBT, so read on to learn why, where, and how to use your SNAP benefits at local Farmers' Markets.

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### Why Go To Farmers' Markets?

- Markets have **fresher, tastier produce** than the grocery store.
- You can find **great deals** on ripe, in-season produce.
- Using CalFresh benefits, you **support local businesses** and **invest Federal dollars into our community**.
- **It's fun and educational!** Markets often have music, games, and different food for kids to experience. Farmers' Markets also give kids the chance to meet farmers and **learn about their food**.
- **It's environmentally friendly!** Buying local produce means less packaging and transportation. Shopping at a Farmers' Market uses less fossil fuel, plastic, and water than shopping at a grocery store.



## Which Markets Accept EBT?

Not all Farmers' Markets accept EBT/CalFresh. Here is a list of participating markets by county. Click the links below to find market schedules and locations.

### Placer County:

Kaiser Eureka Market  
Kaiser Riverside Market  
Fountains Roseville Market  
Lincoln Hills Market

### Nevada County:

Nevada City Market (Union Street)  
Nevada City Market (Freeman Lane)  
Grass Valley Market (W. McKnight Way)

[Want to find more EBT/CalFresh Farmers' Markets? Click to open the Farmer's Market Finder map.](#)

## How to use EBT/CalFresh at a Farmers' Market



**There is a central area at the Market where you can use your EBT card to purchase tokens to spend like cash.**

- At the end of the day, farmers are reimbursed by the market for the amount of tokens they have received.
- This makes sure every farmer can accept EBT payments without having to use an EBT terminal for each purchase.

# Apply for EBT/CalFresh Benefits

Follow this [link](#) or scan the QR code to get started.



## What's in Season?

There's so much to choose from! As summer approaches, there are more produce options and more open markets. Here are a few items that are in season during the springtime.



**Garlic**  
**Onions**  
**Mushrooms**

**Cilantro**  
**Mint**  
**Parsley**



**Asparagus**  
**Carrots**  
**Turnips**

**Leaf lettuce**  
**Spinach**  
**Arugula**



**Citrus**  
**Strawberries**  
**Cherries**

**Radishes**  
**Turnips**  
**Peas**

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