



## Buying Produce from Farmers' Markets

Wake County is home to numerous community farmers' markets, as well as the large State Farmers' Market in Raleigh. You can view a listing of the markets in Wake, their hours and locations and see a map of markets at AHA's website, (Eat Healthy tab, Local Foods, Farmers Markets): <http://www.advocatesforhealthinaction.org/eat-healthy/local-foods/farmers-markets/>

Most of the markets in Wake County include NC farmers selling their own produce, but you should ask each vendor where the food is grown.

If you buy produce from a farmers' market, be sure to get a receipt that includes the farmers' name, the items purchased and the total; if you are participating in the Child and Adult Care Feeding Program (CACFP), you will need such receipts.

### Seasonal vs. Year-round

Most markets in Wake County are open spring through fall, but the State Farmers' Market in Raleigh, the Western Wake Farmers' Market in Cary and the Wake Forest Farmers Market are open-year round. They may have modified hours in the winter season, so be sure to check before shopping.

### SNAP Benefits

Several markets in Wake County accept EBT cards for those receiving Supplemental Nutrition Assistance Program (SNAP) benefits (formerly food stamps) and some accept WIC vouchers too. You may want to share this information with families at your center or put a link to AHA's farmers' market map on your website:

<http://www.advocatesforhealthinaction.org/eat-healthy/local-foods/farmers-markets/>

