

## Attention, SNAP Shoppers

Make your SNAP dollars go further with **Maine Harvest Bucks**. Meet your farmer, explore what's available locally, and save money with Maine Harvest Bucks! See reverse side for details on how it works.

### Need to sign up for SNAP?

Go to: [mymaineconnection.gov/benefits](http://mymaineconnection.gov/benefits) and see if you are eligible to enroll.

**Seniors (who meet certain income requirements) get an extra \$50** per year at participating markets! Ask your market if they participate in **Maine Senior FarmShare** or call 207 370 0241

You can spend your **WIC** at market, too! Visit [maineharvestbucks.org/wic](http://maineharvestbucks.org/wic) for info.

## Questions?

We are here to help!

Email: [outreach@mffm.org](mailto:outreach@mffm.org)

Call: (207) 370-0241

Visit: [maineharvestbucks.org](http://maineharvestbucks.org)

Find your new favorite farmers' market at [maineharvestbucks.org](http://maineharvestbucks.org)

## Help Grow our Impact

Participants in Maine Harvest Bucks report:

- Feeling healthier and more included
- Relying less on food pantries
- Learning about new food items
- Eating more fruits and vegetables

Maine farmers and food producers earn **over \$1 million a year in additional sales** via SNAP & Maine Harvest Bucks. Over 50 markets and **500+ farmers and food producers are boosted** by SNAP and MHB sales. Maine Harvest Bucks helps farmers and stabilizes our local food system!



**Maine Harvest Bucks** is a program of the **Maine Federation of Farmers' Markets**, and supported by the Elmina B. Sewall Foundation, the Quimby Family Foundation, Maine DACF, the USDA, and many generous sponsors and individual donors.

Support our work at [mffm.org/donate](http://mffm.org/donate)



# Maine Harvest Bucks



## Have SNAP/EBT?

### Get BONUS BUCKS at the farmers' market!

Use your SNAP/EBT at participating markets and earn bonus bucks every time you shop to spend on fruits, vegetables, and food-producing seedlings. **No sign-up required!**



Search over 80 participating markets and farm stands at

[maineharvestbucks.org](http://maineharvestbucks.org)

# Find 80+ participating Farmers' Market & Farm Stand Locations that accept SNAP/EBT

Go to [maineharvestbucks.org](http://maineharvestbucks.org) for a full list of participating farmers' markets, farm stands, CSAs, and mobile farm stands!

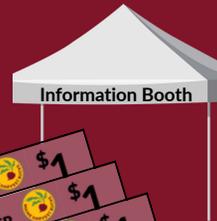


Scan the QR Code for the list! →



## How to use SNAP/EBT and Maine Harvest Bucks at farmers' markets

- 1 Find a participating farmers' market at [maineharvestbucks.org](http://maineharvestbucks.org), or look for the MHB logo at markets and farm stands.
- 2 Visit the Market Information Booth to begin. They will get you set up to use your SNAP/EBT with vendors.
- 3 Start shopping with your SNAP/EBT. For every \$1 you spend with SNAP/EBT, you'll earn bonus Maine Harvest Bucks at checkout.
- 4 Use your Maine Harvest Bucks directly with farmers to buy fruits, veggies, and plants/seedlings to grow your own food!



## Join over 10,000 Mainers who earn bonus bucks!

Every week, thousands of people use SNAP to buy food directly from local farmers and earn bonus Maine Harvest Bucks. No sign up is required, just come to a participating market or farm stand. For every dollar you spend with SNAP, you will earn Maine Harvest Bucks to stretch your food budget and support your local farmers! You get to eat more delicious local food, and Maine farmers get paid full price for their hard work. Win-win! Tell your friends!

## What can I buy with SNAP/EBT at markets?

**All kinds of groceries!** Use SNAP to buy meat, poultry, eggs, bread, cheese/dairy, baked goods, fish, canned goods, artisan foods, seedlings, mushrooms, fruits, veggies, and so much more. Anything you can buy at a grocery store with SNAP can be purchased at farmers' markets with SNAP.

