

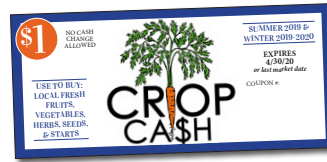
# VERMONT FARMERS MARKETS CURRENCY INFORMATION



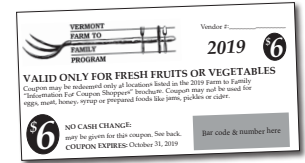
**\$5 Token**



**\$1 Token**



**\$1 Incentive**



**\$6 Incentive**

**What you can buy**

- Anything
- Any food or beverage for human consumption other than hot, prepared foods and alcohol
- Fresh fruits 
- Fresh vegetables
- Culinary herbs
- Fruit/vegetable plants 
- Fruit/vegetable seeds 
- Fresh fruits
- Fresh vegetables
- Culinary herbs

**Other info**

- Must be spent at the market at which it was received
- Can get cash change
- Cannot be used to buy hot foods or food intended to be consumed on-site
- Must be used at the market in which it was received
- No cash change
- Coupons expire April 30<sup>th</sup>, or when the issuing market's season ends
- Must be used at the market in which it was received
- No cash change
- Coupons expire October 31<sup>st</sup>
- No cash change



For an up-to-date list of farmers markets that accept 3SquaresVT & participate in Crop Cash, call 2-1-1 or visit [www.nofavt.org/cropcash](http://www.nofavt.org/cropcash)

# Double your 3SquaresVT benefits with Crop Cash



## Shopping tips

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- 🍎 **Maximize your purchasing power!** Budget to spend at least \$10 of your 3SquaresVT benefits each week so you can get the full \$10 in Crop Cash each week too!
- 🍎 Remember, **Crop Cash and tokens must be used at the same market** where you received it.
- 🍎 **Save your tokens and/or Crop Cash** to use them later when your favorite products are in season and are often more affordable than at the grocery store.
- 🍎 Use Crop Cash to **stock up on organic produce** or try new and exciting varieties.
- 🍎 Use your Crop Cash first to **buy fruits and vegetables**. Save your market tokens for all other food products (e.g. meats, cheese, bread, eggs) and/or to buy additional fruits and vegetables.
- 🍎 Check with the market manager to **find out when the market ends** so you can use your Crop Cash before the end of the season/the expiration date.

**\$10 IN 3SQUARESVT = \$20 FOR FOOD**