



VERMONT FARMERS MARKETS CURRENCY INFORMATION

To get access to these currencies, visit the manager's tent at your local farmers market!



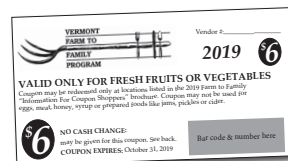
\$5 Token



\$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

- Fruits
- Vegetables
- Culinary herbs
- Fruit/vegetable plants
- Fruit/vegetable seeds

- Fruits
- Vegetables
- Culinary herbs

Other info

- Must be spent at the market at which it was received
- Can get cash change

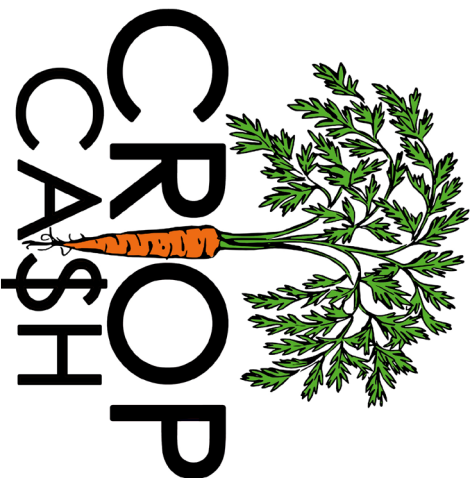
- Cannot be used to buy hot foods or food intended to be consumed on-site
- Must be used at the market in which it was received
- No cash change

- Crop Cash are given as a match to SNAP transactions, up to \$10
- Coupons expire April 30th, or when the issuing market's season ends
- Must be used at the market in which it was received
- No cash change

- Farm to Family coupons are distributed through the Department for Children and Families for qualifying families
- Can be used at any participating market or farm stand
- Coupons expire October 31st
- 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 nofavt.org/cropcash

Double your 3SquaresVT benefits with CROP CASH



Shopping tips

- 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!
- Visit multiple participating markets every week and get Crop Cash at each. 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