MARKET LOCATIONS

BOULDER

Located on 13th Street, between Arapahoe Ave. and Canyon Blvd.

Saturdays from 8 a.m. to 2 p.m.
First Saturday in April through the third Saturday in November.

Parking is FREE in all public garages.

Wednesdays from 4 to 8 p.m.
First Wednesday in May through the first Wednesday in October.

LONGMONT

Located at the Boulder County Fairgrounds, 9595 Nelson Rd.

Saturdays from 8 a.m. to 1 p.m.
First Saturday in April through the third Saturday in November.

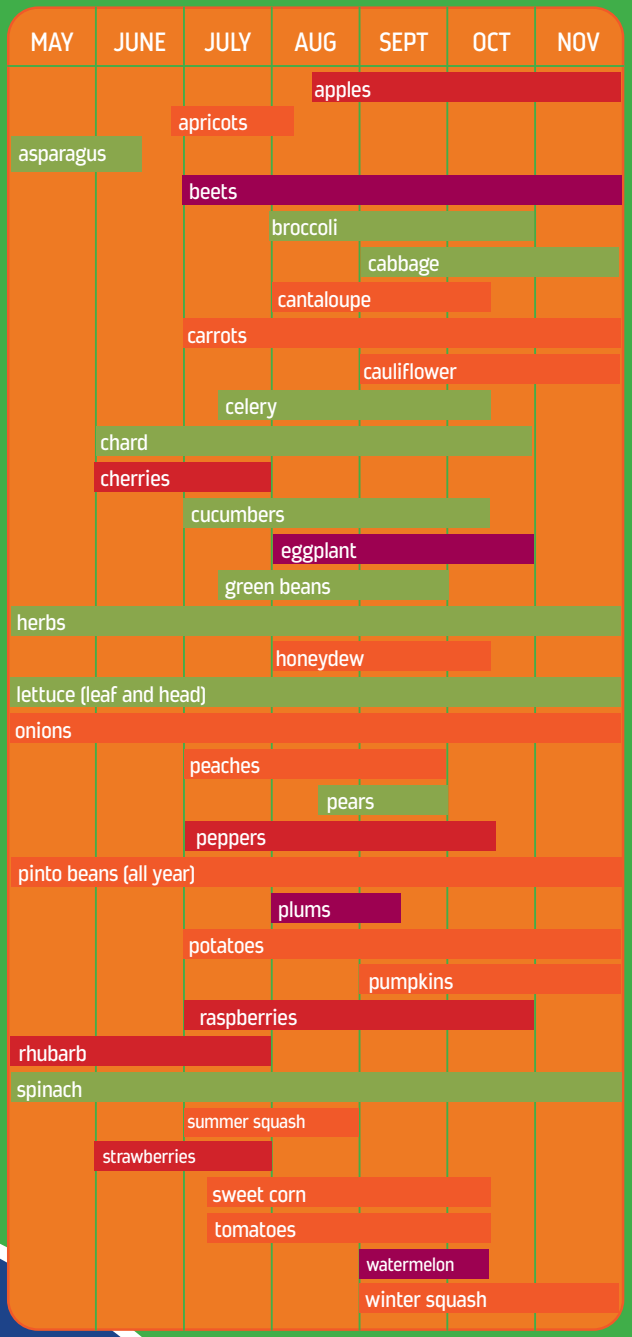
FOR MORE INFORMATION

about Boulder County Farmers Markets, visit www.bcfm.org

HEALTHY CHOICES!

HEALTHY FAMILIES!

EAT IN SEASON



DOUBLE UP FOOD BUCKS™

GET MORE at the

BOULDER COUNTY FARMERS MARKETS

EST 1987

Get more with your SNAP and WIC benefits when you shop at the Boulder and Longmont Farmers Markets.

Buying your fruits and vegetables at the Boulder County Farmers Markets can help you and your family stay healthy. In fact, many farmers go to great lengths to grow the most nutritious produce possible.

LOCALLY-GROWN PRODUCE IS HEALTHIER

Freshly picked, in-season produce is at its peak in flavor and nutrition. As soon as fruits and vegetables are picked they start to lose some of their vitamins. The fruits and vegetables from the farmers market ripen on the plant rather than in the store, so they keep their healthy vitamins longer.

FARMERS MARKETS SUPPORT LOCAL FAMILIES

Buying from the local farmers market helps to support small family farmers. Buying directly from farmers reduces costs to them and helps them to continue growing healthy, nutritious food for our community. And supporting local farmers supports our local economy and environment.

TIPS FOR THE MARKET

- RIDE YOUR BIKE
- RIDE THE BUS
- BRING YOUR OWN BAGS
- LEAVE YOUR PETS AT HOME

GET MORE FRESH FOOD AT THE FARMERS MARKET

HOW IT WORKS

If you're enrolled in food assistance (SNAP) or WIC you can get more at the Boulder and Longmont Farmers Markets. Just start your visit at the orange information tent at the market and our staff will help you.

SNAP AT THE MARKETS

Swipe your EBT card at the information tent to get SNAP bucks to purchase SNAP-eligible foods anywhere in the market. For every dollar you withdraw from your SNAP account you will receive an equal amount of Double Up Bucks, which can be used to buy fresh fruits and vegetables up to $20 per visit.

WIC AT THE MARKETS

If you're enrolled in WIC you can receive farmers market bucks to buy fruits, vegetables, meat, eggs, and cheese. Just show your eWIC card with this year's sticker at the information tent to receive your WIC bucks (while supplies last). Contact your WIC office if you haven't received a sticker for this year.

BoulderCountyDoubleUp.org

LOCALLY GROWN

HEALTHY PRODUCE!

RECIPES

Check out CookingMatters.org/recipes for quick and easy recipes to help stretch your SNAP budget with fresh fruits and vegetables. You can find low-cost recipes that are also available on their app.

LEARN MORE

To see if you qualify for food assistance or to apply, call 303.441.1000 or visit BoulderCountyFoodAssistance.org.

To find out more about WIC and if you qualify, visit BoulderCountyWIC.org or call 303.413.7520.

To learn more about Double Up Food Bucks and WIC at the Farmers Market, call 303.441.1564 or visit www.boco.org/doubleup.

Double Up Food Bucks is a Nourish Colorado collaboration.

DOUBLE UP FOOD BUCKS™
FROM OUR FARMS • FOR OUR FAMILIES