



Cover half your plate with  
**FRUITS and  
VEGETABLES!**



Use Your SNAP Bridge card  
at the Farmer's Market.

Look for the Market Master Booth at your weekly farmer's market. You can swipe your card there and receive tokens to spend at the market on SNAP-eligible foods and plants that provide food.



**DOUBLE UP  
FOOD BUCKS**

**Double Up Food Bucks!**

When you use your SNAP Bridge Card to shop for food at local farmer's markets, the amount of money you spend is **DOUBLED** with Double Up Food Bucks bonus tokens! \$20 can become \$40! Look for markets that offer Double-Up!



**2016  
Project  
FRESH**

Use your Project Fresh coupons to buy the following locally grown produce:

Apples	Lettuce
Asparagus	Mushrooms
Beans	Onions
Beets	Parsley
Blackberries	Peaches
Blueberries	Pears
Broccoli	Peppers
Cabbage	Potatoes
Cantaloupe	Tomatoes
Carrots	Plums
Cauliflower	Pumpkin
Celery	Radishes
Cherries	Raspberries
Corn	Spinach
Cucumber	Squash
Currants	Strawberries
Elderberries	Watermelon
Grapes	Zucchini

You May *Not* use coupons for the following:

Cheese	Milk
Cider	Nuts
Eggs	Preserves
Jam	Seafood
Jelly	Seeds
Meat	Spices
Maple Syrup	Breads



1-800-432-4121  
nwhealth.org



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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](#) (click the link for a listing of hotline numbers by State); found online at [http://www.fns.usda.gov/snap/contact\\_info/hotlines.htm](http://www.fns.usda.gov/snap/contact_info/hotlines.htm).

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**Participating Farmer's  
Markets and Farm Stands  
in Northwest Michigan**

**FARMER'S MARKET  
NUTRITION PROGRAM**

## 2016 PROJECT FRESH FARMERS FOR NORTHWEST MICHIGAN

### ANTRIM COUNTY

#### BELLAIRE FARMER'S MARKET

102 Maple Street 231-350-8835  
Open: Fri. 8am-12pm

#### CHERRY STREET MARKET

(Kalkaska County)  
301 W Mile Rd, Kalkaska  
(231) 258-4946  
Open: Mon.-Sat. 8am-9pm; Sun. 8am-8pm

#### FLYNN ORCHARDS



3728 Mancelona Rd. Mancelona  
Open: Fri. & Sat. 9am-6pm

#### KING ORCHARDS

Central Lake, 4620 N M-88  
231-544-6479  
Open: 9am-6pm Daily

-and-

Kewadin, 986 US Highway 31  
Open: 9am-6pm Daily

#### MANCELONA FARMER'S MARKET

At the Pavilion  
Open: Thurs. 3pm-7pm

### EMMET COUNTY

#### BILL'S FARM MARKET



4450 E. Mitchell Rd. Petoskey  
231-347-6735  
Open: Mon.-Fri. 9am-6pm; Sat. 9am-5pm

#### BLISS GARDENS

5322 Hill Rd. Harbor Springs  
231-838-3859  
Open: Tues. 7:30-10:30 am & Thurs. 5:30-7:30pm

### OTSEGO COUNTY

#### GAYLORD DOWNTOWN FARMER'S MARKET

100 Court St, Under the Pavilion  
Open: Wed. & Sat. 8am-1pm

#### B'S GARDENS

1821 Stonycraft Rd. Gaylord  
989-619-0666  
Open: Sun.-Tues., Thurs.-Fri. 9am-5pm  
Wed. & Sat. 2-6pm

### CHARLEVOIX COUNTY

#### BOYNE CITY FARM MARKET



Downtown at Veteran's Park  
Open: Wed. & Sat. 8am – 12pm

#### CHARLEVOIX FARMER'S MARKET



Bridge Street Downtown Charlevoix  
Open: Thurs. 8am – 1pm

#### EAST JORDAN FARMER'S MARKET

Sportsman Park (by the bridge)  
Open: Thurs. 9am – 1pm

#### KITELEY MARKET

03805 Brock Rd. Charlevoix 231-547-2318  
Open: Mon.-Sat. 8am-7pm & Sun. 10am-6pm U-pick berries

Please note that individual farmers at the weekly markets may also accept the SNAP Bridge card.

Watch for  signs at the booths.

## HOW TO USE PROJECT FRESH COUPONS

1. Bring your Project Fresh Coupons to the Farmers Market.
2. Look for farmers who display the yellow **PROJECT FRESH** sign. Coupons can be used only for fresh, **Michigan grown fruits and vegetables**.
3. The person who signs the coupons must be the same person or their proxy who signed the coupon booklet cover.
4. Choose produce from a participating farmer, then sign the front of the coupon by the "x" and give it to the farmer. **Coupons must be signed at the time of purchase.**
5. Farmers are not allowed to give change – so redeem for the full dollar amount. If you go over the coupon dollar amount, you must pay the difference.
6. Use all **PROJECT FRESH COUPONS BY October 31, 2016**