

Farmers' Market Nutrition Coupon Program Guidelines - Cranbrook

This program is funded from the Ministry of Health through the BC Association of Farmer's Markets and serves low income families and seniors. Participants receive a book of coupons each week worth \$15 from June 29-October 12, 2013. Participants must be consistent in picking up their coupons as there will be people on the waitlist.

Please read these program guidelines and if you are OK with them, fill in an application by June 21st and send to Bellies to Babies by: fax (250 489-5905), email ([pchisholm bb@hotmail.com](mailto:pchisholm_bb@hotmail.com)), or delivered (#46 - 17th Ave. S.)

- Staff will be available at "Bellies to Babies" every Monday - Thursday between 2 and 3:30 pm to provide that week's Market Coupons. Coupons will also be available for pick up between 9 & 10 am at the Saturday Farmer's Market. Please provide some form of ID when picking up the coupons
- If you need someone else to pick up the coupons for you, notify Bellies to Babies before pick up
- Participants will receive coupons for only one week missed and only when previously arranged. Any coupons not picked up for the week and without notifying Bellies to Babies that they will be missing that week, will be distributed to the waitlist
- Participants will be removed from the active list of the program if you do not pick up your coupons for 2 weeks (unless previously arranged)
- Please notify staff at any of the community agencies if you wish to drop out
- Participants on the waitlist will have access to coupons by:
 - text/phone from Bellies to Babies staff notifying that coupons are available for that week
 - Coming to Saturday markets between 10 and 11 am to see if coupons are available
- Waitlist participants will be notified and moved to the active list if/when space becomes available.
- Coupons may be used at the Wednesday (July 17 & August 14) or Saturday markets.
- Market Vendors will have a 'coupon poster' to signal that they will accept the coupons
- Coupons are to be used for locally grown fruit, vegetables, herbs, dairy products, eggs, nuts or meat.. No prepared foods (breads, jams, etc). Honey is also excluded
- Participants will be required to attend at least one of the following:
 - cooking class to show how to use various foods from the Farmers Market
 - session to meet a local producer
 - visit a local garden site for a workshop on how food is grown locally.

Applications will be reviewed on June 24th and those enrolled in the program notified by June 26th.

Questions? Call Bellies to Babies at 250 489-5011 or Text 250 919-0467

THANKS and we look forward to a great experience at the Market!