Farmers Markets

A place to find EBT/SNAP bargains while helping your local community.

Many Farmers markets provide EBT users an excellent local resource that offers healthy foods, and helps strengthen community relationships.

Overview

Local farmers markets & farm stands are great way for those with EBT cards to access fresh fruits, vegetables, and other healthy foods. These locations provide increased access to healthy foods for EBT card users whom may not reside near a traditional grocery store. Many locations double your SNAP dollars for the fruits & vegetables you buy. Utilizing farmers markets is also a great way to boost the local economy and develop ties within your community.

You can use your EBT card at many farmers markets throughout the state.

Electronic Benefits Transfer (EBT) Cards at Farmers Markets & Farm Stands

To join communities and families in providing opportunities for citizens to achieve health and independence.

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Having increased access to locally grown food, improves individual and family health. Most food is minimally processed & many farmers use sustainable techniques.

**Access**
Farmers markets and farm stands are located throughout every region of the state. Contrary to perception, farmers market products are comparable to that of grocery stores.

- Individuals with non-SNAP benefits such as TANF may still use those funds at farmers markets, and are not restricted by SNAP restrictions on what they may purchase with their tokens.
- Some locations may not have EBT terminals on site. In this instance, a manual voucher may be used. All you have to do is sign the voucher and receive your tokens.
- Some farmers markets may also use an EBT application on a smart device such as a tablet for EBT transactions.

Many farmers markets participate in the Granite State Market Match program via the Nutrition Incentives Network of the NH Food Bank. This program doubles Food Stamp dollars for fresh fruits and vegetables.

- You can get up to $10 free on fruits and vegetables when you shop with your EBT card.
- Not all markets participate in Granite State Market Match, for a complete list of participating markets visit www.nhfoodbank.org

**Token System**
Farmers markets that accept SNAP will generally have a clearly labeled booth where you can exchange your SNAP funds for your desired amount of tokens.
- Individual SNAP tokens are worth a dollar.
- SNAP tokens are region specific and may only be good for specific markets and farm stands.
- There are promotional tokens for EBT users. These generally expire after 1 year, and are not refundable.
- Unused tokens may be refunded onto your SNAP account at any time.

**Availability**
Availability of farmers markets/stands throughout NH varies depending on the time of the year and location.
- Most farmers markets run from June-November.
- Some locations throughout NH also have winter farmers markets that generally run from October-March (winter markets may be at differing locations than regular farmers markets for the same serviced area).

**What you can purchase**
- Fruits And Vegetables
- Plants That Grow Food (Many Are Surprised To Know This!)
- Breads
- Meat, Fish, Poultry
- Dairy Products
- Maple And Honey Products
- Seeds And Plants That Produce Foods
- Baked Goods: Wrapped, Labeled And Intended For Home Consumption
- Jams, Sauces, Soups, Etc.