**Coupon Rules**
- They may only be used at participating farmers markets and farm stands.
- They may only be used to buy fresh fruits, fresh vegetables and fresh-cut herbs. “Fresh” means just picked – sold raw and unprepared.
- Farmers may not give change for a coupon. If what you want costs a little over $6, it’s better to pay the extra in cash than waste part of a coupon. Bring some cash with you!
- Anyone who buys or sells a coupon may be disqualified from the program and subject to legal action.
- The coupons expire on October 31st of each year.

**USDA Nondiscrimination**
*Farm to Family* is supported with funds from the U.S. Department of Agriculture (USDA). To learn how to report a discrimination complaint to the USDA, view the full USDA nondiscrimination statement at http://dfc.vermont.gov/benefits/12f.

Report other types of complaints to the market manager, the agency where you got the coupons or:
- DCF - Economic Services Division
  ATTN: 3SquaresVT Farm to Family
  280 State Drive, HC 1 South,
  Waterbury, VT 05671-1020

This institution is an equal opportunity provider.

**Vermont EBT Cards**
Most markets accept the Vermont EBT card. Look for the EBT/debit card table at the market. You can get tokens you can use to buy products at the market there. The $1 tokens may buy foods eligible for the 3SquaresVT program and sold by any vendor in the market. The $5 tokens are for EBT cash accounts and may buy any product sold at the market. All EBT markets also offer bonus Crop Cash coupons to 3SquaresVT shoppers. The tokens & coupons may only be spent at the market where you got them.

**Vermont Farm to Family Program**
Coupons redeemed here.

**Authorized Vendors**
Look for vendors who have yellow and blue *Farm to Family* signs posted.

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**Crop Calendar**

**Harvest Calendar**

**Shopping Tips**

- Bring a large, reusable shopping bag to accept coupons this year.
- Save your EBT/EBT and coupons.
- Always check the dates. Some foods have a limited time.
- Always check the prices after Labor Day. Buy extra. You can use your coupons later.
- Use your coupons before they expire or locations close.
- If you have questions, call the market manager or farm stand. They may be able to help you.
- If you have a problem, call the market manager or farm stand. They may be able to help you.
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**Farm to Family 2024 Information for Coupon Shoppers**

*Farm to Family* coupons will help you to buy fresh fruits and vegetables, locally grown on Vermont farms.

This brochure includes:
- Shopping tips
- The rules for using your coupons (e.g., how, where, when and for what)
- A harvest calendar that tells you when certain fruits and vegetables are normally available
- A list of locations authorized to accept coupons this year

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**Choose well-colored vegetables, locally grown on Vermont farms.**