

# Farmers' Markets

**Parents! Spring is right around the corner. Discover a Farmers' Market near you ...**

**Farmers' Markets** are an important source of fresh, nutritious food for urban residents and a key asset of many vital and active communities within D.C.

- **Locate D.C. Farmers' Markets, [dcfarmersmarkets.org](http://dcfarmersmarkets.org)**

**Farmers' markets** have potential to reach many consumers in "food deserts" and improve their nutrition. They can provide consumers with a venue for using federal nutrition program benefits to:

- Purchase Fresh Produce
- Receive Nutrition Education and Ideas on Preparing Foods
- **Learn about Using Federal Nutrition Benefits at Farmers' Markets, [http://www.dchunger.org/projects/farmers\\_using\\_fedfoodprogs.htm](http://www.dchunger.org/projects/farmers_using_fedfoodprogs.htm)**
- **Get more food for your money at 7 DC FRESHFARM Markets locations!**



**<http://www.freshfarmmarkets.org> | 202.362.8889**

