



The Mayor's Healthy Hometown Movement invites you to explore Louisville's Neighborhood Farmers' Markets this season. Savor spinach in April and enjoy apples in September that are fresh and locally grown. Farmers Markets are a great way to

- support small, Kentucky family farms, • explore new kinds of healthy foods
- socialize and build community, • and do your share for the environment
- protect our food heritage,

To make your Farmers Market experience more environmentally friendly: bring your own bags and walk or bike to the market closest to you.

Farmers' Market Nutrition Program (FMNP)

Farmers' Market Nutrition Program (FMNP) Senior Vouchers are accepted at two markets in Jefferson County: Smoketown/Shelby Park and California. Seniors who are enrolled in the Commodity Supplement Food Program can pick up a number of \$4.00 vouchers to be used at these two markets for fresh produce. For more information call 502.595.3031 or visit www.fns.usda.gov/wic/fmnp/FMNPfaqs.htm

FMNP WIC Vouchers are not currently accepted in Jefferson County, but the Smoketown/Shelby Park Farmers' Market has a special WIC Project.

Food Stamps/EBT

The Food Stamp Program helps people with little or no money buy food for healthy meals at participating stores. Food stamp benefits increase a household's food buying power when added to the household's money. For more information on how to qualify for and obtain Food Stamps in Kentucky call 502.564.7050.

Ripening Dates for Louisville Area

