

FRESH FOOD.

Your Neighborhood Farmers' Market

FRIENDLY NEIGHBORS.



WIC Farmers Market Nutrition Program (FMNP)
 Women and children ages 1-4 who are active participants in the WIC (Women, Infants and Children) program administered by the Department of Public Health are eligible for the Farmers Market Nutrition Program. For more information about the program, contact your WIC agency or call 1-800-532-1579.

Supplemental Nutrition Assistance Program (SNAP)
 If your household is at or below the following income range, you may be eligible for food assistance:

HOUSEHOLD	GROSS MONTHLY INCOME	HOUSEHOLD	GROSS MONTHLY INCOME
1	\$1,570	5	\$3,789
2	\$2,125	6	\$4,344
3	\$2,680	7	\$4,898
4	\$3,234	8	\$5,453

Some vendors at farmers markets accept SNAP as payment for eligible items, including produce. Look at the other side of this brochure for a list of vendors that accept SNAP EBT cards.

For assistance with an application or questions about food assistance, call 1-855-944-FOOD (3663) or email FoodAssistanceOutreach@iowafba.org.

Senior Farmers Market Nutrition Program (SFMNP)
 Seniors must meet the following requirements to be eligible to receive Farmers Market Nutrition Program benefits:

- Be 60 years of age or older at the time of their application
- Live in the service area of their local Area Agency on Aging
- Have a yearly income of less than \$21,978 for a single person
- Have a yearly income of less than \$29,637 for a married couple.

For more information, contact Aging Resources of Central Iowa at 515-255-1310 or 1-800-747-5352.



Double Up Food Bucks
 Double Up Food Bucks allow SNAP food assistance clients to **DOUBLE** their food assistance benefits when spending SNAP benefits at participating markets. SNAP customers receive a dollar-for-dollar match (up to \$10 each market day) for SNAP benefits spent at the market with participating vendors. Double Up dollars can then be used to purchase locally grown fruits and vegetables. For more information, stop at the information booth at participating markets.

MARKET LISTING

Markets with an asterisk (*) include vendors that accept Farmers Market Nutrition Program/WIC vouchers. Markets listed in blue have vendors accepting Supplemental Nutrition Assistance Program (SNAP/EBT) benefits. Markets with the offer Double Up Food Bucks.



DOWNTOWN*

May through Oct., Saturday from 7 a.m.–noon;
(starts at 8 a.m. in Oct.)
5th Avenue and Court Avenue in Des Moines

BEAVERDALE

June through Sept., Tuesday from 4:00 p.m.–7:30 p.m.
4100 Urbandale Avenue in Des Moines

CAPITOL COMPLEX*

June through Sept., Tuesday from 11:00 a.m.–1:00 p.m.
E. 13th Street between E. Walnut & E. Grand Ave.

DRAKE NEIGHBORHOOD

June through Oct., Wednesday from 4:30 p.m.–7:30 p.m.
24th St. and Cottage Grove Ave. in Des Moines

EASTSIDE*

May through Oct., Tuesday from 3 p.m.–6 p.m.
3200 Delaware Avenue in Des Moines

HISTORIC VALLEY JUNCTION*

May through Sept., Thursday from 4 p.m.–8 p.m.
100 and 200 Blocks of 5th Street in West Des Moines

LSI GLOBAL GREENS*

June through Oct., Saturday from 9 a.m.–1 p.m.
3200 University Avenue in Des Moines

SOUTHRIDGE MALL

May through Oct., Monday from 3 p.m.–7 p.m.
1111 E. Army Post Road in Des Moines

VA MARKET

May through Oct., Tuesday from 10 a.m.–1 p.m.
3600 30th Street in Des Moines

CARLISLE*

June through Oct., Saturday from 8:30 a.m.–11:30 a.m.
Wyckoff Heating & Cooling parking lot in Carlisle

DALLAS CENTER*

June through Sept., Friday from 4 p.m.–7 p.m.
Walnut and 14th Street in Dallas Center

DEXTER

June through Oct., Tuesday from 5 p.m.–6:30 p.m.
707 Dallas Street in Dexter

INDIANOLA*

June through Oct., Wednesday from 2 p.m.–6 p.m.;
Saturday 8:00 a.m.–12:00 p.m.
Warren County Fairgrounds in Indianola

IOWA FOOD COOPERATIVE*

June through Sept., Thursday from 4 p.m.–6 p.m.;
4944 Franklin Ave. in Des Moines

JOHNSTON*

May through Oct., Tuesday from 3:30 p.m.–6:30 p.m.
6221 Merle Hay Rd. in Johnston

KNOXVILLE*

May through Oct., Tuesday from 3 p.m.–5:30 p.m.;
Saturday, 8 a.m.–noon
Hwy 14 & Railroad in Knoxville

NORWALK*

May through Oct., Friday from 4 p.m.–7 p.m.
1120 Sunset Drive in Norwalk

PELLA

April through Oct., Thursday from 3 p.m.–6 p.m.;
May through Oct., also on Saturday from 9 a.m.–noon
603 Broadway Street in Pella

PERRY*

June through Sept., Thursday from 4 p.m.–6:30 p.m.
Josh Davis Park in Perry

PLEASANT HILL

June through Sept., Monday from 4 p.m.–7 p.m.
5299 E. University in Pleasant Hill

PLEASANTVILLE

July through Oct., Wednesday from 3:30 p.m.–6:30 p.m.
801 Pleasant Street in Pleasantville

POLK CITY*

May through August, Thursday from 4 p.m.–7 p.m.
Corner of 3rd St and Broadway in Polk City

REDFIELD

May through Sept., Saturday from 7:30 a.m.–9:30 a.m.
Legion Hall in Redfield

TED LARE GARDEN CENTER

1st Saturday, May - October from 2 p.m.–5 p.m.
2701 Cumming Ave. in Cumming

UPTOWN ANKENY

May through Sept., Saturday from 8 a.m.–noon
715 W. 1st Street, Ankeny Market & Pavilion Park

VAN METER

July through August, Friday from 5 p.m.–8 p.m.
910 Main Street in Van Meter

GRAND VIEW URBAN MARKET

July through October, Sunday from 3 p.m.–8 p.m.
E14th and Morton in Des Moines

WAUKEE*

June through Sept., Wednesday from 4 p.m.–7 p.m.
6th Street and Ashworth Drive in Waukee