



You Can!

Shop Local and Eat Fresh



Crates of juicy tomatoes, fresh vegetables, and sweet corn-on-the-cob - the buzz of a farmers market on a sunny afternoon. What could be better? For Massachusetts residents who need food assistance, the number of farmers markets participating in nutrition assistance programs is increasing, thanks to the efforts of the Massachusetts Department of Agricultural Resources (MDAR) and Department of Transitional Assistance (DTA).



Massachusetts Food Assistance Programs

Supplemental Nutrition Assistance Program (SNAP) is a program that helps families with children, the elderly, and people with disabilities pay for the cost of food.

Healthy Incentives Program (HIP) is a statewide nutrition incentive program that doubles the purchasing power of SNAP recipients when they buy fresh, canned, dried, or frozen fruits and vegetables at participating farmers markets, farm stands and through community supported agriculture (CSA) programs.

To determine SNAP eligibility and for application assistance, contact the DTA at 1-877-382-2363 (Press 7 to apply for SNAP) or Project Bread at 1-800-645-8333 (TTY 800-377-1292).

SNAP and HIP Accepted at Many Farmers Markets

To use food assistance benefits at your local farmers market, stop at the market manager's information booth to learn how their system works before you shop. Some farmers markets participate in SNAP double value or matching programs.

To learn which farmers markets participate in food assistance programs:

- Visit www.massnrc.org/farmlocator/map.aspx
- Contact Project Bread's FoodSource Hotline at 800-645-8333 (TTY 800-377-1292).
www.projectbread.org/foodsource-hotline

Trained Project Bread staff members provide information in multiple languages:

- Learn if you are eligible for SNAP and application assistance.
- Learn how and where to use HIP benefits to purchase farm fresh produce.
- Find hot meal programs, food pantries, and other community food programs.

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