



FOOD ACCESS FORUM

THURS APRIL 17, 2025

12:00 TO 1:00 PM



KIDS ACTIVITIES at FARMERS MARKETS

-  Nutrition Education
-  SNAP-Ed
-  Benefits for Kids

Funded by USDA Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.

Today's Presenters



Lindsay Gilliam
Carnation Farmers Market



Tina Eifert
former Camas Farmers Market



Tara McGuinty
DSHS SNAP-Ed



Natalie Gonzales
DSHS SUN Bucks



WASHINGTON STATE
FARMERS MARKET
ASSOCIATION

Order Now

2025 Regional Farmers Market Directories



9 Regions
4 Languages
Quantities of 25 - 600
Ships to You
No Charge

Includes all WA farmers markets
accepting SNAP or FMNP

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Food Access Forums are held the third Thursday of the month from November, December, January, March, and April, from 12:00-1:00 pm via Zoom. We welcome farmers market organizers and local, regional and statewide food access partners to highlight successful initiatives that increase healthy eating, provide opportunities to ask questions about SNAP, SNAP Market Match and the Farmers Market Nutrition Program, and find new ways to collaborate with farmers markets.



KIDS ACTIVITIES at FARMERS MARKETS

- 🥕 Nutrition Education
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Free – no need to register. Everyone is welcome!
Please email the WSFMA for the Zoom link.

Why do Kids Activities at Farmers Markets?



Common Kids Programs at Farmers Markets



Power of Produce (POP)



Farmers Market Coalition Member Benefit:

<http://farmersmarketcoalition.org/programs/power-of-produce-pop/>

Produce Pals



Kids 3-11 earn \$2 to spend on fruits & veggies at the farmers market!

1

Fill out registration card



2

Complete Produce Pals activity



3

Get a free \$2 token to spend on fruits and veggies at the market



4

Come back next week!



KERNEL

Kids Eating Right Nutrition & Exercise for Life

#3

KERNEL

Kids Eating Right Nutrition and Exercise for Life

Bugging out...not all bugs are bad!

Insects get labeled as "pests" when they start causing harm to people or the things we care about like our gardens. Out of nearly one million known insect species, only about one to three percent are ever considered pests. What about the rest of them? Some insects help us by eating pests in your garden & pollinating plants.

Be on the lookout for these Garden Friends!



Peach Smoothie

Ingredients

- 2 ripe peaches or nectarines, quartered, pits removed
- 1/2 frozen banana (peeled before freezing)
- 1/4 cup fresh orange juice
- 1/2 cup milk or milk substitute of choice

Directions

1. Add all ingredients to a blender. Have an adult help you blend.

Kernels of Truth:

- Ladybug adults will eat more than 5,000 aphids during their lifetime.
- Praying Mantis is a ferocious general predator. It will attack just about any insect in its path.
- Green Lacewings Larva (Aphid Lion) can eat up to 200 pests a week.
- Ground Beetles are voracious predators of slugs, snails, cutworms, cabbage maggots, and other soil pests. One beetle larva can eat more than 50 caterpillars.



\$2

TWO DOLLARS

KERNEL



KID CASH

\$2

TWO DOLLARS

KERNEL Kid Cash is good for produce purchases only. KID CASH Kid Cash is redeemable at participating locations. May October Vendors accept KERNEL Kid Cash for full or partial payment. No change will be given for KID CASH.



KERNEL

Kids Eating Right Nutrition and Exercise for Life

TOOLKIT

Created by: Catholic Charities Food For All

Supported by:

INLAND NORTHWEST
FARMERS MARKET
ASSOCIATION

WSFMA
WASHINGTON STATE
FARMERS MARKET
ASSOCIATION

KIDS ACTIVITY PARTNERS

 **SNAP-Ed**

Nonprofits
libraries
LOCAL ARTISTS
chefs
mastergardeners
4-H
readers-to-eaters
partners
Boardmembers
Children's Museum
sponsors
YMCA
WSU
LOCAL AUTHORS!
DOH

SNAP-Ed Support with Farmers Markets?

There are three ways that local SNAP-Ed staff can work with farmers markets to support nutrition education activities.

Either LOCATION or AUDIENCE qualifies

1. ELIGIBLE LOCATION

The farmers market is located in a **census tract** where 50% or more people who live there are *eligible* for SNAP (200% of federal poverty level).

2. ELIGIBLE AUDIENCE

50% or more of the activity's participants are *eligible* for SNAP.

ALTERNATIVE Criteria

3. ELIGIBLE ALTERNATIVE*

Alternative criteria can be used to approve SNAP-Ed support at FM's if activities are shown to be "necessary and reasonable" to meet the mission and goals of SNAP-Ed.

** The alternative criteria is currently being clarified and updated by SNAP-Ed leadership. 😊*



Books for Kids

There are two criteria farmers markets must meet to get books from WSFMA (paid for by SNAP-Ed) to give to kids.

- 1. Must be given to children who are eligible for SNAP.**
- 2. Must be connected to nutrition education.**



Book order form will be available from WSFMA by end of April.

The order form will ask you how you/your market will meet these two criteria.



Kids Food Access Benefits

**SUN
BUCKS**

are FUN Bucks at
Farmers Markets!



\$120 for eligible school-aged kids!

Women, Infants & Children - WIC

**WIC &
SENIOR**

Farmers Market Benefits
WELCOME HERE!



USDA & Washington State Sponsored
Farmers Market Nutrition Program



HONEY
MAY BE REDEMPTED BY
SENIORS ONLY

\$30 or more per Year
June 1 - Oct 31
Farmers Markets
& Farm Stands

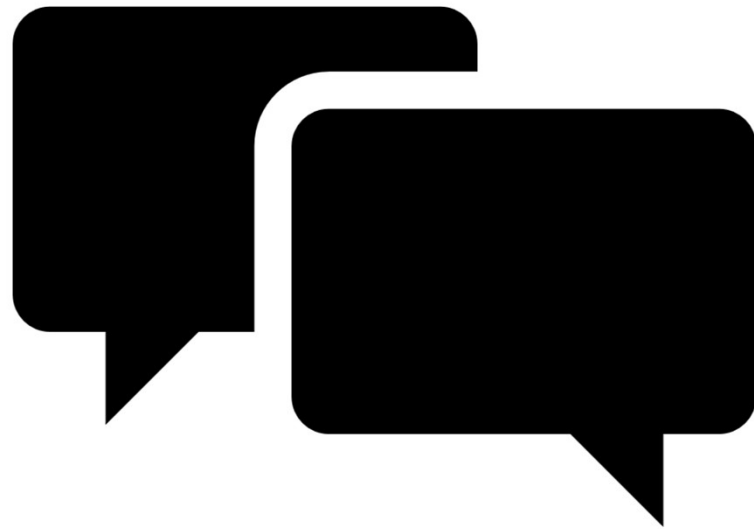
**WIC Fruit &
Vegetable Benefits**

**WELCOME HERE
ALL YEAR!**



\$26 or more per Month
Jan 1 - Dec 31
Farmers Markets
**Farm Stands &
Grocery Stores**

Your Fast Feedback?





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