

WHY LOCAL?

Buying local food supports Maine farmers and builds community.

Farm Fresh Rewards is managed by a nonprofit called Maine Farmland Trust. Our mission is to protect farmland, support farmers, and advance the future of farming.

You can help by participating in Farm Fresh Rewards.

When you buy local food, and use Farm Fresh Rewards, you are increasing sales for your local farmers and helping keep more dollars in your community.

Food from local farms is also fresh, nutritious—and delicious.



Access more healthy, delicious, local food!

Questions? Want to talk through how Farm Fresh Rewards works?

**Call Maine Farmland Trust:
(207) 338-6575**



**For more information, visit
farmfreshrewards.org**



**DOUBLE
YOUR
DOLLARS**

**get more local fruits and
vegetables when using
SNAP/EBT
(food stamps)**



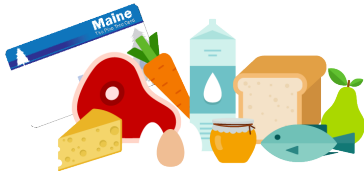
farmfreshrewards.org

HOW IT WORKS

Get a \$5 fruit and veggie voucher for every \$5 you spend on local food!

EARN Farm Fresh Rewards vouchers by buying **LOCAL** foods with SNAP/EBT (food stamps)

- Meat
- Tofu
- Seafood
- Bread
- Milk, yogurt, cheese
- Grains (like rolled oats)
- Jams, jellies, honey
- Pickles and fermented foods
- Vegetables
- Fruit
- Dried beans
- Herbs
- Apple cider



SPEND your vouchers on **LOCAL** fruits and vegetables (fresh or frozen)

- Vegetables
- Fruit
- Dried beans
- Herbs
- Apple cider
- Food-producing plants and seeds



Buy more, get more, all year long!

Maine Grown Look for **LOCAL** (or **Maine-Grown**) labels to find the products that qualify. These labels are a little different at each store.

PARTICIPATING STORES

UPDATED SEPTEMBER 2018



For a current list, visit

farmfreshrewards.org

Good Tern Co-op: 750 Main St, Rockland
Mon-Sat 8am-7pm, Sun 9am-5pm

Machias Marketplace: 291 Main St, Machias
W 11am-4pm, Th 10am-5pm, F 10am-4pm,
Sat 9am-1pm

Morris Farm Store: 156 Gardiner Rd, Wiscasset
Mon-Fri 12pm-5pm

Portland Food Co-op: 290 Congress St, Portland
Everyday 8am-8pm

Rising Tide Co-op: 323 Main St, Damariscotta
Everyday 8am-8pm

Rosemont Market: West End: 40 Pine St, Portland
Mon-Sat 8am-8pm, Sun 9am-6pm

Royal River Natural Foods: 443 U.S. Rt 1, Freeport
Mon-Fri 8am-8pm, Sat 8am-7pm, Sun 10am-6pm

Sheepscot General: 98 Townhouse Rd, Whitefield
Tu-Th 7am-6pm, F 7am-8pm, Sat 7am-6pm,
Sun 9am-5pm

Spice and Grain: 17 Portland St, Fryeburg
Mon-Sa. 8am-6pm, Sun 10am-3pm

4 Season Farm Market: 9 Third St, Auburn
Tues-Fri 12pm-6pm, Sat 10am-4pm

47 Daisies Farm Store: 552 Webber Pond Rd,
Vassalboro
Everyday 10am-6pm

Belfast Co-op: 123 High St, Belfast
Everyday 7:30am-8pm

Blue Hill Co-op: 4 Ellsworth Rd, Blue Hill
Summer Everyday 7am-8pm

Eat Local Eastport Co-op: 49 Water St, Eastport
Thurs 12pm-6pm, Fri 12pm-5pm, Sat 10am-1pm

Frinklepod Farm Store: 244 Log Cabin Rd, Arundel
Summer: T-F 8am-6pm, Sat 8am-4pm, Sun 10am-4pm

The Farm Stand: 161 Ocean St, South Portland
Mon-Sat 9am-7pm, Sun 10am-6pm

Gardiner Food Co-op: 269 Water St, Gardiner
Mon-Fri 8am-7pm, Sat 9am-5pm, Sun 10am-5pm

Ginny's Natural Corner: 78 Water St #3, Skowhegan
Mon-Thurs 9am-5pm, Fri 9am-4pm, Sun 10am-4pm