

## **Needy families get coupons for farmers' market**

The province has provided \$750,000 to the BC Association of Farmers' Markets to expand the Farmers' Market Nutrition and Coupon Project that will give up to 50 low-income families in Prince George better access to local, nutritious food.

Province-wide the program will give about 2,000 low-income families, including 2,500 children, better access to local, nutritious food over the next two years.

The innovative 17 week project - the first of its kind in Canada – will provide \$15 per week in coupons to low-income families that will be used to buy any of the fresh produce, herbs, meats, eggs or other local unprepared foods typically found at farmers' markets. Eligible families will be identified by a non-profit organization in each community and coupons will be distributed on a weekly basis.

The Prince George Farmers' Market is held every Saturday, from 8:30 a.m. to 2 p.m. and is located in Wilson Square, at the corner of George Street and Third Avenue.

The Farmers' Market Nutrition and Coupon Project has a cooking and skill-building component. Northern Family Health Society will work with participating low-income families to develop knowledge and skill in the preparation of healthy, nutritious meals using fresh food.