

The Daily News (Kamloops), Page A08, 25-Jun-2008

Farmers market program aims to help families

Low-income families in Kamloops are getting a helping hand with their food bill.

The provincial government announced Tuesday it is giving \$750,000 to the B.C. Association of Farmers Markets to expand a coupon program that would benefit up to 50 Kamloops families.

Under the 17-week project, low-income families will get \$15 in coupons to buy fresh produce, herbs, meats and eggs from the Kamloops Regional Farmers Market, which runs Wednesday and Saturday through the summer and fall.

The families will be selected by Interior Community Services to participate in the coupon project.

"I'm very happy to be a part of a program that will benefit up to 50 local families that may not otherwise participate," said Tristan Cavers, chairman of the Kamloops Regional Farmers Market Society.

"This project will put families on the right track for nutrition, social interaction and acquiring the basic skills needed for food preparation and preservation that has been lost over the past few generations."

The coupon project has a cooking and skill-building component. Interior Community Services will work with participating low-income families to develop knowledge and skill in the preparation of healthy, nutritious meals using fresh food.

The Kamloops Regional Farmers Market is on Saturdays from 8 a.m. to noon. at the 200 Block of St. Paul and Wednesdays from 8 a.m. to 2 p.m. at the Block of Victoria Street.