



# BC FARMERS' MARKET NUTRITION COUPON PROGRAM

## How to Use Your Farmers' Market Coupons

You can use your coupons with eligible vendors at your local farmers' market. Visit [bcfarmersmarkettrail.com/markets](https://bcfarmersmarkettrail.com/markets) to learn which farmers' markets accept coupons.



Look for  
these signs



## About the Coupons

- ◆ Coupons can be used until the market(s) closes for the season or until December 20, 2026.
- ◆ Vendors **cannot give change** for coupons.
- ◆ Coupons **cannot be sold, traded, or transferred**.
- ◆ If you don't use all your coupons, please return them to your community partner.

### Questions?

Ask your farmers' market organizer or community organization.

# What Can You Buy with Coupons?

## Green Coupons



FRESH VEGETABLES,  
FRUITS, AND HERBS



DAIRY AND EGGS



VEGETABLE AND  
FRUIT PLANTS



NUTS

## Blue Coupons



FISH, SEAFOOD,  
AND MEAT



FRESH VEGETABLES,  
FRUITS, AND HERBS



DAIRY AND EGGS



VEGETABLE AND  
FRUIT PLANTS



NUTS

## Yellow Coupons



HONEY



FISH, SEAFOOD,  
AND MEAT



FRESH VEGETABLES,  
FRUITS, AND HERBS



DAIRY AND EGGS



VEGETABLE AND  
FRUIT PLANTS



NUTS

## Coupons CANNOT Be Used To Buy



FOODS THAT ARE PREPARED OR PROCESSED. This includes things like dried fruit, jams, pickles, sandwiches, bread, baked goods, or beverages.