



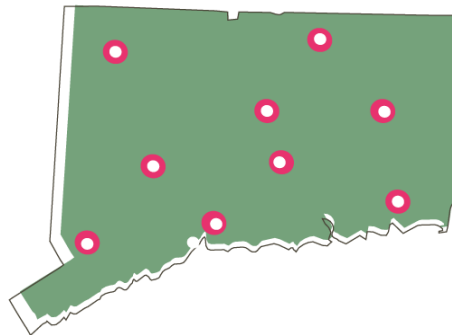
Hi SNAP4CT Family!

We are SO EXCITED about farmers market season! Connecticut has so many great farms and farmers markets where you can get fresh, healthy fruits and vegetables. AND, many area markets take SNAP/EBT benefits as payment. Some markets even double or triple their value. That means more savings (\$\$) for you.

Find the market closest to you, learn how easy it is to use your benefits, and check out some fun recipes you can make. We even have a special treat for you. Please read on...

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## Find YOUR Connecticut Farmers Market



There are over 130 farmers markets in CT. To find your market, use our [Farmers Market Map](#). You can search by your zip code or zoom into the area on the map where you live or work.

CT FARMERS MARKET MAP

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## How to Use SNAP/EBT at Farmers Markets



Using SNAP benefits at farmers markets is easy! Click the link above for a video and tips on how to get the most savings.

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## Cook Farmers Market Favorites



Learn how to make simple recipes from local foods through our [YouTube video](#).

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## Your FREE Farmers Market Cookbook

Since you are a special friend, we are also giving you this FREE cookbook of our favorite *Farmers Market Recipes*. Just click the images below for the version you like [English or Spanish.]



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**Have a nutrition question? Just ask. It's free!**



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*Thanks for reading and being part of our family!  
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**FOLLOW US HERE:**

