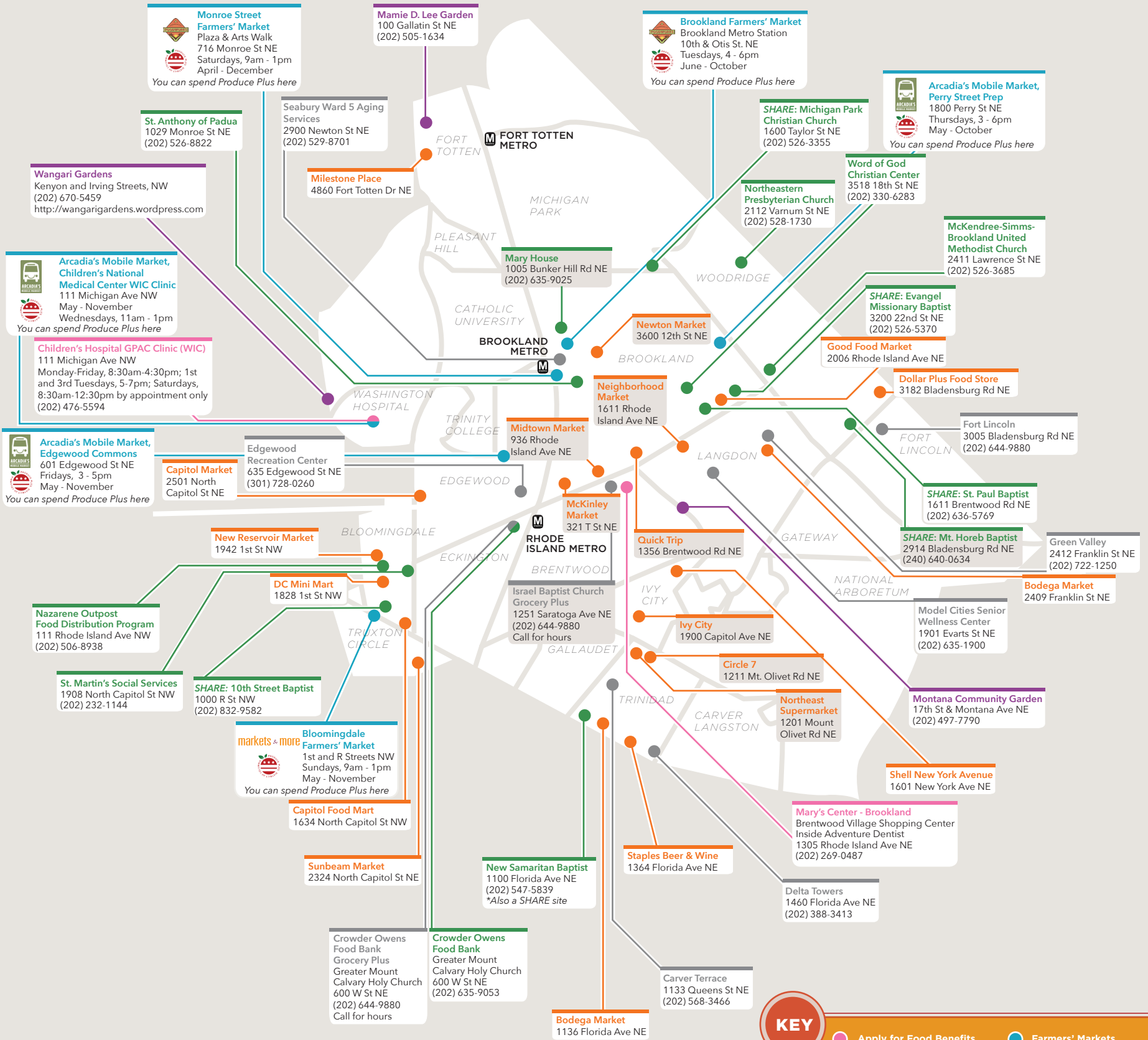


# WARD 5

## FOOD RESOURCES MAP



### KEY

- Apply for Food Benefits
- Farmers' Markets
- Community Gardens
- Healthy Corner Stores
- Emergency & Low Cost Groceries
- Food for Seniors & Homebound
- Metro
- You can get Produce Plus at these farmers' markets

SHARE - a non-profit, community-based organization dedicated to moving healthy groceries at roughly a 50% discount into all homes in the DC area.



# WARD 5

# WHERE TO FIND PRODUCE PLUS and Other Healthy Affordable Food Resources in

2017



**Free Summer Meals (for children 18 years and younger):** [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks) or call (202) 5565-EAT

**211 Answers, Please! DC human services referral and information hotline:** (202) 463-6211

**Register for SHARE:** 1-800-21-SHARE

**WIC Hotline:** 1-800-345-1942

**Capital Area Food Bank Hunger Lifeline:** (202) 644-9807

**The Food Bank Network:** [www.capitalareafoodbank.org/get-help](http://www.capitalareafoodbank.org/get-help)

## Additional Resources

who can help.

information on the back panel to call someone

healthy food in your neighborhood? Use the

Want to learn more about other ways to access

programs.

listed or go online to learn more about the

Step 3: Find a site near you and call the number

## How to Use this Guide



## What is Produce Plus?

With Produce Plus, customers are eligible to get \$10 in checks two times per week at distributing farmers' markets (Sunday - Saturday). Checks may be spent on fresh fruits and vegetables at farmers' markets across the city.

Produce Plus checks are distributed first-come, first served, while supplies last.

## Who can get it?

You are eligible to receive Produce Plus if you are a DC resident and receive one of the following:

- SNAP/EBT
- Medicaid
- Senior Checks
- SSI Disability
- Medicare OMB
- WIC
- TANF

## How to Get \$10

Use the map inside this guide to find a farmers' market near you.

At the market, look for the info booth. You will need your DC ID and your qualifying program ID (EBT card, WIC ID folder, Medicaid Card, Qualified Medicare Beneficiary Card, Senior Checks, or SSI letter) to register and get your Produce Plus checks.

Spend your checks at a DC farmers' market before they expire on September 30th!

## Learn More About Produce Plus

Learn more: [dcgreens.org/produceplus](http://dcgreens.org/produceplus)

Get Produce Plus updates @[produceplusdc](https://twitter.com/produceplusdc)

More questions? Call (202) 888-4834 or email [produceplus@dcgreens.org](mailto:produceplus@dcgreens.org)

Unfold to see the map!

## When to Find your Favorite Produce

Produce you'll find at farmers' markets is grown by farmers in this region. While there is a variety of options in every season, some items are only available during some parts of the year, such as strawberries and asparagus (spring), peaches and corn (summer), and pears and sweet potatoes (fall and winter). Because most fruits and vegetables need warm weather to grow, more produce is harvested in summer and fall. Tropical fruits like oranges and bananas don't grow here at all.

Ask your farmer if you have questions about their produce!

## Farmers' Markets Accept Cash, EBT, WIC, and Senior Checks!

Did you know that most farmers' markets in the city accept EBT, WIC, and senior checks? Some markets also offer bonus dollars or a discount to customers using these benefits. Each market is different, so find the info booth at your market for more information on using these forms of payment.