

Eating Right When the Budget's Tight

Sacramento County Farm Stands and Farmers' Markets

Shopping at local farm stands and farmers' markets using your Golden State Advantage Card (EBT) is a great option when looking for nutritious, budget-smart solutions to maintaining a healthy lifestyle.

SUMMER
2010



Tuesdays and Thursdays

*Firehouse Community Center
Produce Stand*

12:00pm-7:00pm
810 Grand Avenue
Sacramento 95838

Saturdays

*Del Paso Heights Farmers' Market -
ALSO ACCEPTS WIC FMNP VOUCHERS*

Every Saturday (June 13-Oct 31)
7:30am-12:00pm
3525 Norwood Avenue
Sacramento, CA 95838

Elkhorn Farmers' Market North Highlands

Every Saturday (April - Sep 30)
8:00am - 12:00pm
Watt Ave. and Elkhorn Blvd.
Watt-Elkhorn Towne Center

Oak Park Farmers' Market

ALSO ACCEPTS WIC FMNP VOUCHERS

Every Saturday (May 15 - Oct 16)
9:00am - 1:00pm
Corner of Broadway Ave & 35th St

McKinley Park Farm Stand

In front of library
Every Saturday through October 30
9:00am - 1:00pm
601 Alhambra Blvd.
Sacramento 95816



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. California Department of Public Health

