

# Eating Right When the Budget's Tight

## Yolo County 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



### Woodland Farmers' Market

Freeman Park on 1001 Main Street  
between 4th and 6th Streets  
Near Woodland Historic Opera House  
Downtown Woodland  
Saturdays, 9 am to 12 noon



### Elkhorn Park Farm Stand

820 Cummins Way  
West Sacramento  
Saturdays, 9 am to 2 pm  
May 8 - October 30



For important nutrition information, visit [www.cachampionsforchange.net](http://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

