



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 without breaking the bank!

Tuesdays

Urban Farm Stand
Alkali/Mansion Flat
Every Tuesday (May 5-Oct. 27)
4:00pm-7:00pm
516 11th Street
Sacramento, CA 95814

Wednesdays

Phoenix Park Head Start
Valley Hi/North Laguna Community
1st and 3rd Wednesdays (starting April 15)
8:30am-11:00am
4400 Shining Star Drive
Sacramento, CA 95823

Kennedy Estates Head Start
Near Fruitridge Manor
2nd and 4th Wednesdays (starting April 15)
8:00am-11:00am
6501 Elder Creek Drive
Sacramento, CA 95824

Hopkins Park Head Start
Meadowview Community
Every Wed. (starting April 15)
8:00am-11:00am
2317 Matson Drive
Sacramento, CA 95822

Thursdays

Grant Skills Center Head Start
Richardson Village
Every Thursday (starting April 15)
8:00am-10:30am
577 Las Palmas Avenue
Sacramento, CA 95815

Freedom Park Head Start
North Highlands
Every Thursday (Starting April 15)
12:00pm-2:00pm
6015 Watt Avenue
Sacramento, CA 95660

Fridays

Mather Head Start
Every Friday (Starting April 15)

10:30am-1:30pm
10536 Peter A. McCuen Blvd.
Mather, CA 95655

Center of Praise Head Start
Every Friday (Starting April 15)
3:00pm-5:00pm
10455 Investment Circle
Rancho Cordova, CA 95670

Saturdays

Farmers Market
Del Paso Heights Community
ALSO ACCEPTS WIC VOUCHERS
Every Saturday (Starting June 13)
7:30am-12:00pm
3525 Norwood Avenue
Sacramento, CA 95838

McClatchy Park Urban Farm Stand
Oak Park Community
Every Saturday (Starting May 9)
10:00am-2:00pm
3500 5th Ave.
Sacramento, CA 95817



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