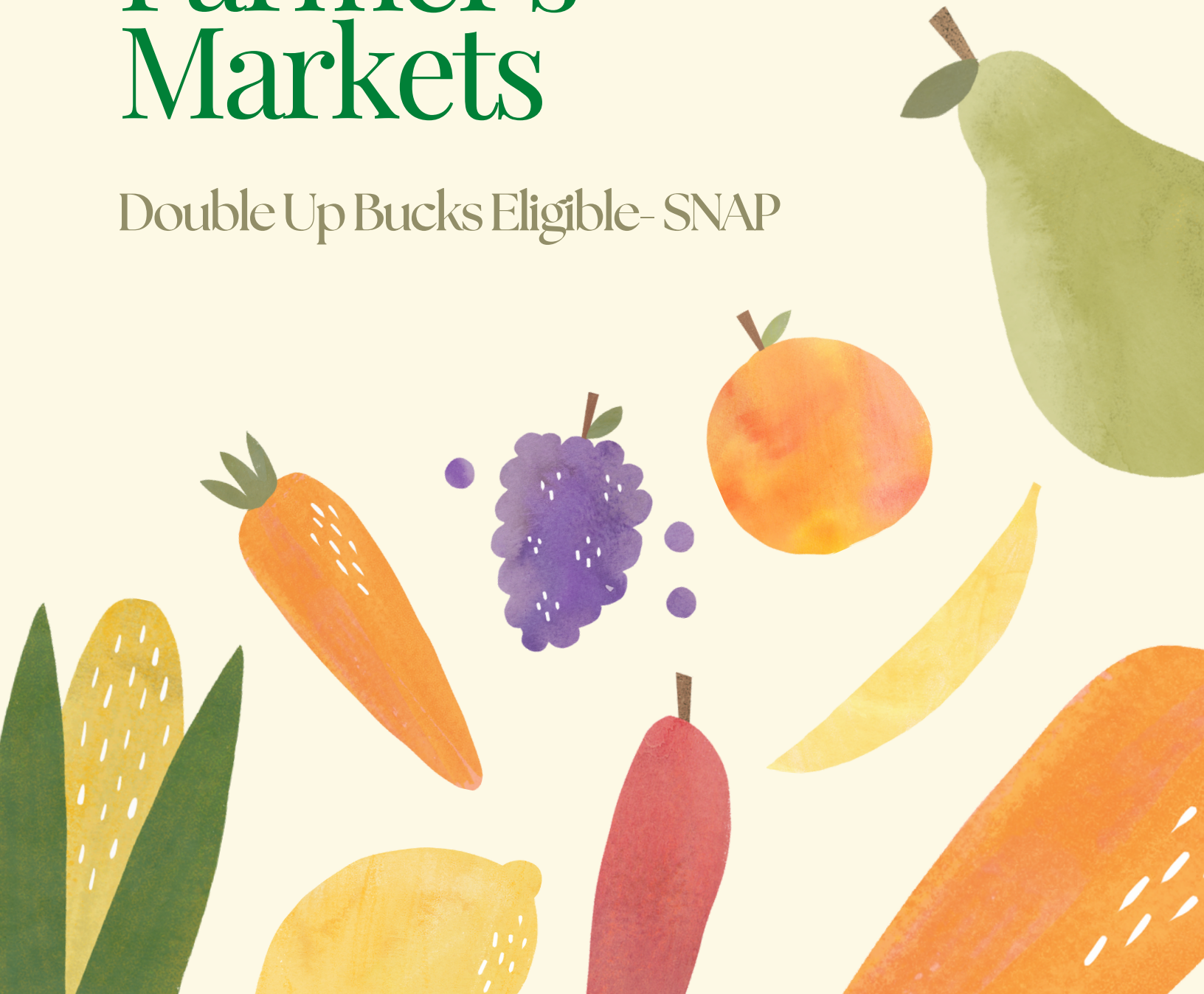


Kansas City Metro Farmer's Markets

Double Up Bucks Eligible- SNAP



Missouri- Northland

- **Downtown Liberty Farmer's Market** - Saturday, May-October, 7am-noon
- **Gladstone Farmer's Market**- Saturday, May-October, 8am-1pm
- **Parkville Farmer's Market** - Saturday, April-October 7am-noon; Wednesday June-September, noon -4pm

Missouri-Downtown

- **City Market**- Saturday/Sunday, April-October, 8am-3pm
- **Ivanhoe Farmer's Market**, Saturday, June-September, 9am-noon
- **Westport Commons Farm Stand**, every other Wednesday, 9am-11am
- **Brookside Farmer's Market**- Saturday, April-October, 8am-1pm

Missouri- South/West KC

- **Independence Uptown Market**, Saturday/Wednesday, May-October, 8am-1pm
- **Raytown Farmer's Market**, Saturday, May-October, 8am-1pm; Thursday, May-October, 2pm-7pm

Kansas- KCK

- **KCK Downtown Market**- Saturday/Wednesday, May-October, 8am-1pm
- **KCK Rosedale Market** -Saturday , May-October, 9am-1pm
- **KC Farm School** - Wednesday, May-October, 3-6pm
- **Overland Park Farmer's Market** - Saturday, April-October, 7:30am-1pm; Wednesday, June-October, 7:30am-1pm
- **Lenexa Farmer's Market** - Saturday, April to October, 8am-noon; Tuesday, May-August, 9am-1pm
- **Bonner Spring's Farmer's Market** - Saturday, May-October, 8am-noon

Double Up Food Bucks- How It Works

1. Bring SNAP-EBT card to the market
2. Stop at the info booth/office at the market
3. Purchase up to \$25 worth of Double Up Food Bucks tokens to use on SNAP eligible items (fruits and vegetables)

Resources:

Double Up Food Bucks How It Works

doubleupheartland.org/how-it-works/farmers-markets/

Double Up Food Bucks Locations

<https://www.doubleupheartland.org/locations/>

Food Assistance Nutrition Education

<https://www.dcf.ks.gov/services/ees/Pages/Food/FoodAssistanceNutritionEducation.aspx>

American Heart Association- Seasonal Produce Handout

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/seasons-of-eating-infographic>

American Heart Association Produce Storage Handout

<https://www.heart.org/-/media/Healthy-Living-Files/Infographics/Food-Storage-Keep-it-Fresh-Infographic.pdf>

American Heart Association Eat More Color Handout

https://www.heart.org/-/media/AHA/H4GM/PDF-Files/Eat_More_Color_infographic.pdf