

WIC Project Fresh



WIC beneficiaries can receive \$25 worth of \$5 WIC coupons to purchase fresh fruits and vegetables from vendors at our market. Simply use your coupons in place of cash with participating vendors (distinguished by "WIC Project FRESH Coupons Accepted Here" sign) *To learn more about how to receive these benefits, contact the Western Upper Peninsula Health Department at 906.482.7382*

We are UNABLE to accept WIC cards or Summer EBT Cards.

Senior Project Fresh



Eligible senior citizens receive \$25 in \$2 Senior Project Fresh Coupons that can be used to purchase fresh fruits and vegetables from vendors at our market. Participating vendors are recognized by "senior project fresh/market fresh coupons accepted here" signs.

Residents who are age 60 or older with a total household income of \$22,459 or less for an individual, or \$30,451 for a couple, are eligible to apply for the program.

For more information on how to receive these benefits, contact Copper Country Senior Meals at 906.483.1157 or seniors@coppercountryseniormeals.org

General Market Information From the Ground Farmers Market Collective is a DBA of Main Street Calumet, a 501c3 nonprofit organization. The Collective holds markets in Houghton (Tuesday 4-7), Hancock (Thursday 3-6pm) and Calumet (Saturdays, 10am-2pm) every week during the summer (mid-June to mid-Oct) . The market runs a token system, whereby customers can use credit/debit cards to purchase tokens at the Market Table. Tokens can then be used as cash with market vendors. Vendors also welcome cash.

From the Ground Farmers Market Collective

Food Access Program Information for Customers



**FROM
THE
GROUND**

— FARMERS MARKET COLLECTIVE —

WELCOME TO OUR MARKET!

The From the Ground Farmers Market Collective wants to help make fresh, local produce accessible to everyone. We take advantage of several food programs available from state and Federal resources. Learn the basics of how each one works in this short guide.

- SNAP/EBT/Bridge Card
- Double Up Food Bucks (DUFb)
- WIC Project Fresh
- Senior Project Fresh
- Husky Fan
- Aspirus Prescription for Health (FVRx)
- UP CAP Prescription for Health (FVRx)

Each program allows purchase of different items. Please consult our food access program chart for more information.

SNAP/EBT/Bridge Card & Pandemic EBT



If you receive SNAP/EBT/Bridge Card or Pandemic EBT benefits you can use your card at any From the Ground Farmers Market Collective Market location. This program coordinates with the Double Up Food Bucks, read more below.

Double Up Food Bucks



This program provides \$2 to spend on fresh fruits and vegetables for every \$2 you spend with your SNAP/EBT/Bridge Card or Pandemic EBT Card. To use Double Up Food Bucks, you must have an active EBT/Bridge Card. Need a Bridge Card? Visit the MIBridges site or call 1.855.ASK.MICH for information about application qualifications.

Please note that Double Up Food Bucks does not match WIC or Summer EBT.

How to Use SNAP & Double Up Food Bucks Benefits at the Market

Purchase Tokens

1

Visit the Market Table to purchase tokens (\$1 value each) to use with any participating vendor. You simply tell the cashier how many \$1s worth of tokens you'd like and swipe your Bridge Card (and enter pin) as you would at any other store.

When you purchase your SNAP tokens you will also receive a \$2 Double Up Food Bucks token for every \$2 in SNAP tokens purchased.

Go Shopping

2

Participating vendors are easily identified by bright yellow "SNAP accepted here" signs. Pay vendors with tokens. Vendors are generally happy to round up or down to meet whole dollar amounts of product. Vendors are not allowed to provide change for tokens.

Come Back Next Week

3

SNAP tokens are good at all From the Ground market locations (**Houghton, Hancock and Calumet**) and can be used all season long. Double Up Food Bucks tokens are good throughout the season at any participating market across the state. **You can refund your SNAP tokens for credit back on your Bridge Card only on the same day they are originally purchased.** If you request a refund of SNAP tokens we kindly ask you to return an equivalent number of Double Up Food Bucks tokens as well.

Have more questions? Just ask our market staff or any of our vendors, they are happy to help!

Aspirus Prescription for Health



Patients of Aspirus Health should reach out to their providers to see if they qualify for this program. Patients who participate in this program receive a \$20 voucher from their healthcare provider, which can then be redeemed at all From the Ground markets for \$20 in tokens. These tokens can be spent to purchase various fresh foods. Please see the following Food Access Program Chart for details.

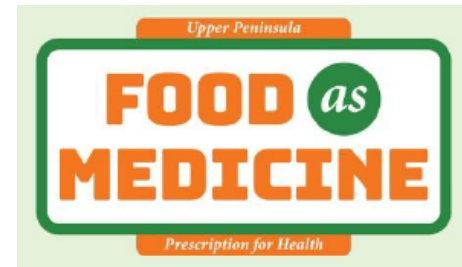
MTU HuskyFan

SMTU Students and community members that eligibility requirements can receive Paper coupons will be worth \$1 and can be used on any food products from participating vendors.

Interested customers should contact Anna McClatchy at (906) 487-3075 or visit the MTU Food Pantry.



UP CAP Prescription for Health



Much like the Aspirus Prescription for Health program the UP CAP Prescription for Health offers patients of Upper Great Lakes Family Health who qualify, funds to purchase healthy food. Patients will receive \$15/week of coupons , each valued at \$1, in the mail that can be spent at From the Ground Farmers Markets for food items. Please consult the Food Access Program Chart for Details.



**FROM
THE
GROUND**

— FARMERS MARKET COLLECTIVE —

Food Access Programs Available in our Market

Products	SNAP/EBT Bridge Card	Double Up Food Bucks	WIC Project FRESH	Senior Project FRESH / Market FRESH	Aspirus Produce Rx	UP CAP Prescription for Health	HuskyFAN
Fresh MI- Grown Fruits + Vegetables	✓	✓	✓	✓	✓	✓	✓
Fresh Herbs	✓	✓	✓	✓	✓	✓	✓
Food Producing Plants	✓	✓			✓		✓
Mushrooms*	✓	✓	✓	✓	✓		✓
Maple Syrup	✓				✓		✓
Honey	✓				✓		✓
Baked Goods	✓				✓		✓
Jams & Jellies	✓				✓		✓
Meat, Dairy + Eggs	✓				✓		✓
Hot, Prepared Foods	✓				✓		✓

*Fresh mushrooms only