



# EAT MORE FRUITS & VEGETABLES

Double Up Food Bucks<sup>SM</sup> helps stretch your food dollars at participating farmers' markets.

## HOW THE PROGRAM WORKS:

- STEP 1**  
**Visit your farmers' market**  
Double Up Food Bucks is a state-wide program in Michigan. Call 1-866-586-2796 or visit [www.doubleupfoodbucks.org](http://www.doubleupfoodbucks.org) to find a market near you.
- STEP 2**  
**Use your Bridge Card**  
Visit the Bridge Card booth or tent at a participating market and get Bridge Card tokens to spend in the market. Just like at the grocery store, you may purchase any SNAP-eligible food items.
- STEP 3**  
**Get more tokens for fruits & veggies**  
Choose how many Bridge Card dollars you plan to spend at the market. You will get an equal amount of Double Up Food Bucks bonus tokens to spend on fruits and vegetables from Michigan. Maximum is \$20 per visit.
- STEP 4**  
**Buy fresh food!**  
Double Up Food Bucks bonus tokens can only be used to buy fruits and vegetables from Michigan. Program starts in June and end date varies by market. No change made for tokens.



**FRESH FRUITS AND VEGETABLES**  
are easy to use, taste great and help you stay healthy!

**Enjoy the Season:** Eat fruits and vegetables when they are in season at your farmers' market. They often cost less and have more flavor.

**Keep it Simple:** Buy vegetables and fruits in their simplest forms. Pre-cut and processed foods may be convenient, but often cost much more.

**Focus on Fruits:** Eating fruit gives you important nutrients. Most are high in fiber and low in fat, sodium, and calories.

**Vary Your Veggies:** Fill your plate with vegetables that are red, orange, or dark green. They taste great and are full of vitamins and minerals.

**Call 1-866-586-2796 or visit [www.DoubleUpFoodBucks.org](http://www.DoubleUpFoodBucks.org)**  
to learn more about how to choose, buy, prepare and store fresh fruits and vegetables and to find a market near you.

Many families are concerned about the rising cost of food. If you are struggling to put food on the table, USDA's nutrition assistance programs may be able to help. Just call 1-855-ASK-MICH today.



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