

Helpful Tips:

- Save money by buying fresh fruits and vegetables that are in season.
- Add leftover produce to casseroles or soups so food doesn't go to waste.
- Blend fresh fruits and leafy greens to make a healthy, refreshing smoothie.
- Don't overspend when shopping. Plan a menu and buy groceries accordingly.
- Go home directly after shopping and store items in the refrigerator to keep produce crisp.
- Wash fruits and vegetables thoroughly with cold water for 1 minute or until all dirt and dust is removed before eating or cooking.
- Want to grow your own herbs and vegetables? You can buy seeds and plants with your EBT card!
- Looking for recipe ideas? Visit: www.hungertaskforce.org/what-we-do/nutrition-education/recipes/

**Hunger Task Force believes
that every person
has a right
to adequate food
obtained with dignity.**

**Do you know of a Farmers Market
that would like to accept EBT
(FoodShare) transactions?**

Please contact:
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Your Guide to Milwaukee's Farmers Markets



HungerTaskForce.org



