



These Farmers Markets accept EBT and offer

Double-Up Bucks!

(Ask about Double-Up Bucks at the market info table)

Burley Farmers Market

Cassia Fair Grounds, Main Street & Elba Ave.
1101 Elba Ave, Burley

Thursday evenings from 3:00 pm-8:00 pm
June 3 & 24, July 8 & 22, August 5 & 26, and
September 9

Gooding Farmers Market

Corner of 13th and Main, Gooding
2:00 pm-6:00 pm

Every Tuesday from May 4 to October 12

Twin Falls Farmers Market

Magic Valley Mall Parking Lot, Twin Falls
9:00 am-1:00 pm

Every Saturday from May 8 to October 30



RAINBOW WATER QUENCHER

INGREDIENTS

- 12 ounces cold water
- 1 pinch lemon zest
- 1/4 cup fruits or vegetables

DIRECTIONS

1. Wash your hands before working with food or drink.
2. Use a grater to get the zest (colorful part of the peel) from the lemon and then add it to a clean glass.
3. Using a straw or spoon, stir the zest into the glass.
4. Add fruit to the glass and stir.
5. Add cold water and stir.

ENJOY!

Note: We like to use strawberries, pineapple or raspberries but you can use any fruit or vegetable you have on hand.



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The Idaho Summer Food Service Program
Free meals help children get the nutrition they need to learn, play, and grow throughout the summer months when they are out of school.

Find a **FREE** meal site near you:

TEXT:

SUMMER MEALS to 97779

CALL:

1-866-348-63479

VISIT:

FNS.USDA.GOV/MEALS4KIDS



Grow a Garden with EBT

Gardening is a great way to grow food.



SNAP can be used to purchase food seeds.



This gives people a way to increase the fruits and vegetables available to them.



Discover. Connect. Empower.

Live Better Idaho can connect you to services to help you live better.

www.livebetteridaho.org

(877) 456-1233 (toll free)



Find a Free Class!

Eat Smart Idaho provides free classes for low-income Idahoans.

TOPICS

- Healthy eating
- Smart shopping
- Food safety
- Quick and healthy cooking
- Management of limited grocery dollars
- Increased physical activity

For Eat Smart Idaho classes in Cassia, Gooding, Jerome, Lincoln, Minidoka, and Twin Falls Counties, contact Cammie (208) 734-9590

Connect with us



For recipes, visit www.EatSmartIdahoInTheKitchen.com or point your phone's camera at this QR code



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