



**KNOW YOUR FARMER
KNOW YOUR FOOD**

To learn more about how you can partner to improve health and nutrition , please contact:

<http://www.usda.gov/wps/portal/knowyourfarmer?navid=KNOWYOURFARMER>



The Mid-Atlantic Regional Office is proud to serve the people of Delaware, the District of Columbia, Maryland, New Jersey, Pennsylvania, Puerto Rico, the US Virgin Islands, Virginia, and West Virginia.



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1-800-448-USDA**



**KNOW YOUR FARMER
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**Partnership
Opportunities for
Farmers**



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The Know Your Farmer, Know Your Food Initiative has grown from the USDA's agricultural roots. We want to work with farmers to improve health and nutrition in communities across the nation.

This pamphlet provides some information on partnership opportunities for farmers with USDA's nutrition assistance programs, and how to find out more about opportunities that are of interest.

"Farm to School" is a very important part of our efforts. It is good for schools, farmers and children. Farm to School programs encourage children to eat locally grown foods, increasing sales for local farmers. Field trips to farms, parent and community education programs, and school gardens are all ways that farms and farmers can work closely with schools to promote local agricultural products.



Partnership Opportunities for Farmers

Schools can also be a stable outlet for local agricultural products. Across the nation, more than 31 million meals are served every day. Schools spend about \$12 billion per year for food, labor, and other costs to produce these meals. Schools can now have more choice when it comes to buying unprocessed locally grown or locally raised agricultural products.

"Farm to School" can also work well with other federal child nutrition programs, such as the Summer Food Service and Child and Adult Care Food Programs.

For more information about Farm to School, please visit this website: <http://www.fns.usda.gov/cnd/F2S/Default.htm>

Sell Directly to USDA Farms and farm cooperatives can bid on contracts to sell their products directly to the USDA. For more information see: www.ams.usda.gov and www.fsa.usda.gov

The Supplemental Nutrition Assistance Program (SNAP), formerly the Food Stamp Program, provides opportunities for farmers to participate, as well. Farmers' markets can be authorized to redeem SNAP benefits. Individual farmers who have routes and/or produce stands can also be authorized. Adding a SNAP payment option provides a way to attract new customers and increase revenue. For more information on becoming licensed, visit this website:

<http://www.fns.usda.gov/snap/retailers/application-process.htm>

Farmers often assist SNAP Nutrition Education efforts by participating in educational efforts at Farmers Markets, such as cooking demonstrations. This is a great way to encourage SNAP recipients to choose more locally grown fresh fruits and vegetables.

The **WIC Farmers' Market Nutrition Program** and the **Senior Farmers' Market Nutrition Program** provide recipients with a one-time benefit that can be redeemed at local farmers' markets, farm stands, and community supported agriculture programs. In some states, WIC participants also receive a voucher to spend at authorized farm markets or roadside stands to buy fresh fruits and vegetables.

For more information about WIC Farmers' Market Nutrition Program, please visit this website:

<http://www.fns.usda.gov/wic/FMNP/>

