



Discover Michigan FRESH Virtual Tour

CONTACT US:

Register* by calling or
emailing Laurie Mead
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*Please indicate which
program date you are
signing up for.

Zoom link will be sent
out prior to
presentation.

In partnership with:



Department on Aging



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WHO:

Adults, students 18 and up, seniors, and anyone else
looking for tips to shop their local farmers market!

PROGRAM DATES:

Thursday, June 10th, 11am-12pm

Friday, June 25th, 1:30-2:30pm

SUMMARY:

- Learn the benefits to shopping at your farmers market and how to locate your nearest one
- Learn tips to gain confidence in navigating your market
- Learn how to purchase items using cash, card, tokens, Bridge Card, or Market FRESH coupons
- Discuss creative ways to use and preserve the fresh items you purchase
- Discuss the benefits to eating the My Plate food groups and which ones you might find at your market

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