



SUPPORT EBT at the FARMERS MARKET!

*You know the value of making healthy eating choices—
Here's how you can help others make these choices as well!*



“The matching EBT money has been invaluable to me in helping me to stretch my EBT money and buy wholesome, healthy food. It allows me to buy organic, fresh made, whole grain bread for the same price I would have to pay for a loaf of white bread that has been sitting on the shelf at Wal-Mart for a week and has no nutritional value...It makes me feel good to support local growers and I think [that’s] an important part of eating healthy food.”
—EBT patron from Chuckey, TN

In 2011, the Jonesborough Farmers Market became one of the first markets in northeast TN to accept EBT cards (also known as SNAP or food stamps).

To encourage more EBT patrons to shop at the Jonesborough Farmers Market, the Wholesome Wave Foundation (www.wholesomewave.org) has awarded the market \$1000 each year, which offers an incentive to EBT patrons. What does this mean for EBT patrons? It means that they receive a 2 for 1 match. For each dollar they spend, it is matched up to \$10. Buy \$10 of tokens; receive \$20 worth of tokens.

Sounds like a win-win, right? It is! But we're running out of match money....will you help us?

This year, **33% MORE EBT** patrons have shopped at the market, **so our matching funds are running out!** An **additional \$1000** will be needed for the remainder of the season to continue this 2 for 1 support for wholesome healthy foods for **EVERYONE** in the Jonesborough community.

“The EBT match is wonderful. As a retired senior, living on a small fixed income, I am so happy to buy local produce and eat healthy foods.” —Jonesborough Resident

Here are ways you can help provide “Healthy Choices for Healthy Living for **EVERYONE**. ”

- ~Write a personal check
- ~Ask your friends for a donation
- ~Ask community organizations to make a donation
- ~Ask church groups for assistance
- ~Collect all the loose change under the chair cushions in your house and donate it
- ~Save all the coin change you receive and deposit it in the jar at the market info booth
- ~Distribute this letter to potential donors

You may contribute via the donation jar at the Saturday Market info booth or mail in a check.

Please make checks payable to:

Appalachian RC&D (our fiscal sponsor). On the memo line, please write “Jonesborough EBT”
All donations received by ARCD are tax-deductible and you will get a receipt.

**Questions? Please contact Nancy Kavanaugh
423-753-6964, 423-741-2165
nkavanaugh@aol.com**

Mailing address for donations: Jonesborough Locally Grown, PO Box 95, Jonesborough TN 37659