

What local foods can I get with **DOUBLE UP?**



FRUITS & VEGETABLES
(Fresh • Frozen • Dried)



BEANS (Legumes)



FRESH HERBS



MUSHROOMS



**FRUIT & VEGGIE
STARTS**



No added salt, sugar, or oils

What can I buy with **SNAP?**



EGGS



**BAKED
GOODS**

MEAT



**DAIRY
PRODUCTS**



**CANNED/
PREPARED FOODS**

(Pickles, Jam, Sauerkraut, etc.)



HONEY



SNAP can also be used to purchase

- Fresh, Frozen, or Dried Fruits & Vegetables
- Dried or Fresh Beans • Mushrooms
- Nuts • Fresh Herbs
- Fruit & Veggie Starts

No hot food



HOW IT WORKS



Double Up Food Bucks doubles your SNAP dollars spent at local farm stands by offering a discount at the register when you buy fresh, locally grown produce.

To find a participating farm stand near you visit: www.doubleuporegon.org



For more info:

Email: info@farmersmarketfund.org
Call: 503-208-4495 or dial 211