

# SUSTAINABILITY

## 5 TIPS FOR THE FARMER'S MARKET

It's farmer's market season! These markets provide the unique opportunity to purchase local produce, connect with your community, and learn about the foods grown in your area.

Here are our best tips for tackling the farmer's market with success.

1. Plan your meals to know what you want to buy before going, but keep some flexibility.
2. Go earlier in the day to find the greatest number of options.
3. Do a lap before purchasing so you can see the options and compare prices of similar items.
4. Try a new food item each time you go. Ask your farmer how and where it was grown and how to prepare it.
5. Bring reusable bags!



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Cultivating wellbeing practices for life