

NUTRITION TO GO

How to Stretch Your Dollar at Farmers' Markets

Farmers' markets are a great place to buy local, fresh produce. Some people say they can feel stressful and pricey, but they do not have to be. Below you will find some tips and tricks on how to make your dollar last.



Make A List: Check your fridge and pantry to see what you need, and only buy what is on your list.



Have A Snack Before You Go: When you are feeling hungry, everything can appear tasty. If you eat a snack before shopping you can prevent yourself from buying more than you need.



Ask For "Seconds": Some produce might look imperfect, but that doesn't mean they are not good quality. Buying slightly bruised or misshapen fruits or vegetables may help you to save some money.



Use Your Resources: Programs like Farm Fresh RI's **Bonus Bucks** allow you to use SNAP benefits on items like fresh fruits, vegetables, and herbs. When you use your benefits, you are given double the money to use at the farmers' market. **Senior farmers' market benefits** and **WIC farmers' market benefits** can also help.



For more information on Bonus Bucks
please visit: farmfreshri.org





Rainbow Fajitas

Servings per recipe: 8 fajitas **Serving size:** 1

Prep time: 15 minutes **Cook time:** 10 minutes

Cost: \$8.89 per recipe, \$1.11 per serving

Ingredients

- 8 (8 inch) whole wheat tortillas
- 2 tablespoons vegetable oil
- 1 medium **onion**, sliced ★
- 1 medium **green pepper**, ★
seeded and sliced into strips
- 1 medium **red pepper**, ★
seeded and sliced into strips
- 1 teaspoon minced **garlic** ★
- 1 yellow **summer squash**, ★
halved and sliced into strips
- ½ cup salsa
- 1 teaspoon cumin
- ¼ teaspoon salt
- 1 cup low-fat shredded
Monterey Jack cheese
- ¼ cup fresh **cilantro**, chopped ★

Directions

1. Preheat oven to 350°F. Wrap tortillas in aluminum foil and bake for 15 minutes.
2. In a medium sized skillet or pan, heat oil over medium high heat. Add onions, peppers, and garlic. Stir to coat with vegetable oil. Cover and reduce heat to medium and cook for 5 minutes.
3. Stir squash into vegetable mixture. Add salsa, cumin and salt. Cover and cook for 5 minutes.
4. Spoon mixture evenly down the centers of warm tortillas. Sprinkle with cheese and cilantro.
5. Roll up, serve and enjoy.

★ The **starred ingredients** can be found at the local farmers market. ★



Looking for local farmers markets? A list of local farmers' markets can be found at <http://www.dem.ri.gov/programs/agriculture/senior-farmers-market.php> or call (401) 222-2781, extension 74510.



More recipes can be found at: <https://web.uri.edu/community-nutrition/recipes/>