

UNIVERSITY OF RHODE ISLAND

FREE FARMERS' MARKET

The URI Free Farmers' Market (FFM) is a campus initiative to connect produce grown on the three URI farms to URI students. The program provides produce, eggs and apples free of charge to improve access of fresh produce to the URI student community.



IN FALL 2023:

7,000 POUNDS OF PRODUCE

WAS DISTRIBUTED TO **1,680** STUDENTS BY

40 VOLUNTEERS AND **30** STUDENT TEAM MEMBERS

PROGRAM REACH

Nutrition Facts

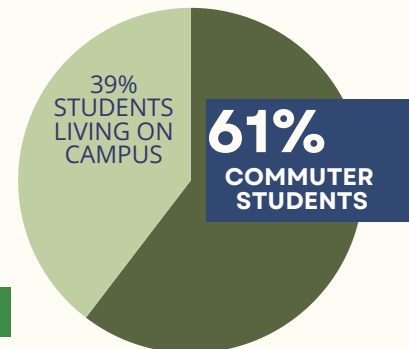
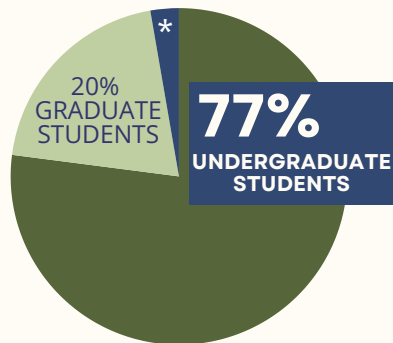
Serving Size: **Weekly Bag**

Amount Per Serving

Calories **1684.7**

		% Daily Value*
Total Fat	27.5 g	35 %
Saturated Fat	7.6 g	38 %
Trans Fat	0 g	
Sodium	496.6 mg	22 %
Total Carbohydrate	329.6 g	120 %
Dietary Fiber	80.5 g	287 %
Total Sugars	124.9 g	
Added Sugars	0 g	0 %
Protein	63.2 g	
Vitamin D	4.4 mcg	22 %
Calcium	780.9 mg	60 %
Iron	20.6 mg	114 %
Potassium	9364.3 mg	199 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



19% TRANSFER STUDENTS

22% QUALIFIED FOR WORK STUDY

23% RECEIVED PELL GRANT

13% ATHLETES

51% FIRST GENERATION COLLEGE STUDENTS

40-45% SCREENED AT RISK FOR FOOD INSECURITY

*3% URI COMMUNITY

Providing fresh and locally grown produce, a weekly bag from the FFM is rich in nutrients to increase in the diet and in low in sodium and added sugars



Contact Us | Learn More

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