

Double Up Food Bucks help low-income Oregonians access fresh produce and supports local farmers

BY BETH PORTESI

Accessing fresh fruits and vegetables can be challenging for low-income individuals and families in Oregon, but the Double Up Food Bucks program is making it easier. This program matches the value of Supplemental Nutrition Assistance Program (SNAP) benefits spent at participating farmers markets. For every \$2 of SNAP benefits spent at the market, you'll receive a dollar-for-dollar match of up to \$20 in Double Up that you can use to purchase additional fruits and vegetables. For example, if you spend \$20 in SNAP benefits, you'll receive an extra \$20 to purchase more produce.

If you're looking to support local farmers and businesses while accessing the Double Up Food Bucks program, the Applegate Evening Market on Wednesdays and the Williams Market on Mondays are great options. The Applegate Evening Market is an up-and-coming market that offers products that are grown or made locally and encourages vendors to practice organic farming methods. The Williams Market has been a staple in the community for over 15 years and offers a variety of fresh, locally grown produce and handmade goods from local vendors.

If you're struggling to put food on the table, you may be eligible for SNAP benefits. Benefits are issued on an Electronic Benefit Transfer (EBT) card, also called an Oregon Trail Card, which can be used like a debit card to buy food anywhere EBT is accepted. To see if you may be eligible for SNAP, you can contact 211info or the Oregon ADRC if you are a senior or living with disabilities. College students who attend school at least half-time may also be eligible by meeting income guidelines and additional criteria.

The Double Up Food Bucks program is a crucial resource for low-income



individuals and families to access fresh, locally grown produce at participating local farmers markets. The Applegate Evening Market and Williams Market are great places to access the program and support local agriculture. Don't let hunger be a barrier to your well-being. Apply for SNAP benefits today and get the assistance you need to put food on the table. If you have any questions, contact one of these agencies:

- **Double Up Food Bucks:** doubleuporegon.org
- **SNAP Benefits:** 211info.org. You can reach the 211info team from Monday to Friday by text, email, online, or through the mobile app. Text and email are available in English and Spanish. Text your zip code to 898211 (TXT211) between 9 am-5 pm Monday-Friday. Email help@211info.org; responses come within 24 hours. Download the 211info app from the Apple App Store or the Android version from the Google Play Store.
- **Oregon Department of Human Services:** oregon.gov/dhs/Pages/index.aspx
- **Aging & Disability Resource Connection:** adrcforegon.org/consumersite

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Farmers market season is here!

BY ALISON HENSLEY SEXAUER

Farmers Market season has arrived, and there are a couple of exciting additions that will make our local markets better than ever. By supporting these markets, we are investing in our local economy, connecting with our neighbors, reducing our environmental impact, and creating a more resilient and robust local food system.

Turnout at the markets has been good, but customers have expressed the need for more produce availability, while the 2022 vendor survey showed that individually staffing booths at small markets can be economically unviable for small farms.

New community agriculture booth

To address this issue, both the Williams Market and the Applegate Evening Market at the new location are offering a "Community Agriculture" booth. This option gives busy farmers a new market and collective marketing power and increases the number of local farms represented at markets.

SNAP accepted

Another great addition to our markets this year is the ability to accept SNAP and give out Double Up Food Bucks (DUFBS). The ability to use SNAP benefits at farmers' markets not only increases access to fresh, locally grown foods for low-income residents, but also supports small farmers and the local economy. The DUFBS program doubles the value of SNAP dollars spent on fruits and vegetables, stretching limited resources and increasing the purchasing power of families in need.

This program also helps to reduce food waste, since farmers can sell more of their produce directly to consumers, and it provides an opportunity for farmers to connect with a wider audience, potentially increasing their customer base. Both Williams Farmers Market and Applegate Evening Market are accepting SNAP and DUFBS at this time, and the Murphy Market is working toward being able to accept them by next year.

So skip a trip to town and enjoy the seasonality and the tastes of the Applegate. See you at the market!

Alison Hensley Sexauer
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Local markets

Applegate Evening Market

5-8 pm • Wednesdays • May 31-July 26 • 4-7 pm in September. 8555 Highway 238, Jacksonville, OR 97530; applegateeveningmarket.com.

Applegate Evening Market is a fun, weekly event to bring farmers and our community together. Join us Wednesday evenings May, June, July, and September for an outdoor market at LongSword Vineyard in Ruch. Purchase directly from local farms, wineries, artisans, crafters, and food trucks, while enjoying live music amid the beautiful backdrop of the Applegate Valley. Family friendly!

Murphy's Outdoor Market

9 am-1 pm • Fridays • April-September. 6890 Williams Highway, Murphy, OR 97527; murphysoutdoormarket.com; 541-862-2244; murphysoutdoormarket@gmail.com; [facebook.com/MurphysOutdoorMarket](https://www.facebook.com/MurphysOutdoorMarket); [instagram.com/murphysoutdoormarket](https://www.instagram.com/murphysoutdoormarket).

Murphy's Outdoor Market is from 9 am-1 pm every Friday during the growing season near Hidden Valley Market. You'll find a variety of local goods, from produce and flowers to fresh-baked goods, local beef and chicken, to elderberry syrups and soaps. Pick up some organic freeze-dried fruits, herbal tinctures, fresh organic coffee, handmade arts, and more! Visit the food trucks and enjoy the grassy area for kids to play. Leashed dogs welcome!

Williams Farmers Market

4-6:30 pm • Mondays • May-October. Sugarloaf Community Association, 206 Tetherow Road, Williams, OR 97544; [facebook.com/Williams-Farmers-Market](https://www.facebook.com/Williams-Farmers-Market); williamsfarmersmarket@gmail.com.

This sweet market is set in a shaded, five-acre property with playgrounds and sprinklers in the summer. It features organic produce, crafts, kombucha, plant starts, floral bouquets, handmade clothing, herbal products, wines, organic meats, snacks, music, fun free classes, and more.

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