

# Visit Your Local Farmers Market This Summer

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Consider spending an hour or two with your child visiting your local Farmers Market. Your weekly visits:

- Offer leisure time to talk and have fun,
- Stimulate the local economy,
- Provide chances for your child to learn about different fruits and vegetables,
- Allow time to talk with local farmers, and
- Gives you and your family the joy and health benefits of eating fresh meats, fish and produce.

So, grab your hat, sunglasses, sunscreen, shopping bags and cash (small bills and coins). Do not forget to check out baked goods and hand-made items.

Here are some shopping tips before you set out.

- 1. Carry money in something small.** Markets can get crowded, and you are already carrying shopping bags. You will also want your hands free to pick out your produce.
- 2. Look through the entire market before making your purchases.** You will get an idea on what you want to buy. You can also compare prices.
- 3. Go early to beat the crowd.** Or, go later. Sometimes farmers offer deals for what is left over.
- 4. Buy heavier items first.** This allows for fragile produce to sit safely on top without getting bruised.

Market shoppers are generally friendly. Talk to shoppers, share recipes, and *have fun!*



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*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital  
to help keep kids safe, healthy and happy.*



**Call the Parent Help Line. Help is just a phone call away.**

1-217-544-5808 or 1-888-727-5889  
10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

*Revised 2017*

