

**THE VEGGIES ARE COMING!**



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**WHAT?** WIC Farmer's Market Nutrition Program

**WHERE?** 1. Sandusky Farmer's Market, corner of Hancock and East Market Streets

2. First Federal Farmer's Market at the Huron Boat Basin

**WHEN?** 1. Saturday July 11th, 18th, and 25th, 2009

from 9 until 11:00 a.m. (Sandusky Farmer's Market)

2. Thursday, July 30, from 3:30 - 6 p.m. (Huron Boat Basin)

**WHY?** To help all WIC participants, age one and older to put a rainbow on their plate in a fresh, delicious and colorful way

**HOW?** Bring your WIC ID to the Farmer's Market on the above dates in July. We'll issue you a coupon book worth \$15. You use the coupons to buy fresh fruit, vegetables and herbs from any booth or farm stand with the yellow WIC Farmer's Market Nutrition Program sign. *(One coupon book per family) (First come, first serve)*

**FRUIT, TOO!**

