



## What you can buy with CalFresh/EBT at the Farmers Market

### EBT/What you CAN Buy (Silver coins)

Any food for human consumption except hot food, including

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads, granola, and cereals
- Nuts and dried fruits
- Hummus and other dips
- Non-alcoholic bottled drinks
- Grains, lentils, pastas, and pasta sauce
- Culinary herbs and spices, cooking oils
- Coffee beans, coffee grounds, or tea leaves
- Snack foods (cookies, cakes, chips, etc.)

Garden Seeds and Plant starts, which produce food for the household to eat, (e.g, tomatoes and green pepper seeds or plants); Seeds and plants used to produce spices for use in cooking.

### EBT/What you CANNOT Buy (Silver coins)

- Pet food
- Alcohol
- Non-food items, such as soap, toothpaste, etc.
- Any hot food
- Prepared food intended for on-site consumption
- Freshly brewed coffee, freshly made juice or smoothies
- Medicines and dietary supplements (easy test: if the item has a nutrition facts label it is an eligible food product; if it has a “supplement facts” label it is an ineligible supplement).
- Fresh cut flowers, orchids, and non-edible plants
- Arts and crafts (e.g., clothing, jewelry, ceramics, candles)

### Market Match (Purple Tokens) What you can buy

- Fresh fruits and vegetables only