

Healthy Lifestyles – Marshfield Area Coalition’s

Hints for Health

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you “Hints for Health.” Check out reasons why you should visit local farmers markets. Enjoy!

Stimulate the Local Economy by Shopping at Farmers Markets!

Shopping at the farmers market can be a fun experience for the whole family. Purchasing produce, meats and dairy at your local farmers market will help you become more aware of where your food is coming from and how it was grown and produced. Purchasing products from a farmers market benefits the community, individuals and the environment. Some of the benefits are:

- Access to fresher foods
- Brings community together
- Boosts local economy
- Improves tourism
- Increases awareness of local agriculture
- Provides an educational experience
- Reduces environmental impact
- Supports local farmers

Did you know...

The Marshfield area and Wood County have several farmers markets open different days and times convenient for everyone! Starting this year some of the Farmers Market locations will accept Electronic Benefits Transfer (EBT), also known as FoodShare. Farmers Markets that accept EBT make it possible for everyone to have access to fresh, local produce. Here is a list of farmers markets in the area that accept EBT:

Main Street Marshfield
Pick ‘n Save parking lot
Tuesdays, 9 a.m. – 1 p.m.

Pittsville Farmers Market
Baum’s Mercantile parking lot
Fridays, 9 a.m. – 2 p.m.

Wood County Farmers Market
Wisconsin Rapids Mall parking lot
Thursdays, 9 a.m. – 4 p.m.
Saturdays, 8 a.m. - Noon

Support your local farmer and visit a farmers market today! See attached brochure to find a farmers market near you.