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**Free  
Farmers   
Market   
Tour**

Subhead (Sign Up Today!)

**What:** OSU Extension and Food Share of Lincoln County will host a Cooking Matters tour. Each adult participant who completes the tour will receive $10 in tokens to purchase fresh fruits and vegetables at the Newport market, on tour day.

**Where:** Newport Farmer’s Market, Lee Street and Highway 101

**When:** Saturday, September 30, 2017 at 10:00 am

**To Register:** Call Stephanie **541-574-6534 ext. 57425**

**The tour includes information on:**

* + Shopping smart at the Farmers’ Market.
  + Selecting and storing fresh produce.
  + Cooking with seasonal fruits and vegetables.
  + Making the most of your food resources.
  + Identifying healthy recipes that can be recreated at home for your family!

  

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer. Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran’s status, reprisal or retaliation for prior civil rights activity. (Not all p prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service and Food Share of Lincoln County are Equal Opportunity Providers. Accommodation requests related to a disability or dietary restriction should be made by [specific date] to [sponsoring department contact person, phone number, and email address].