

Why WellBeingMD Supports Local Farmer's Markets

Adapted from Farmers Market Coalition 2016 (farmersmarketcoalition.org)

By the beginning of 2016, there were more than 8,500 farmer's markets in the United States - that is 50% more than just 5 years ago. Under the guidance and vision of Anne Girzadas, the Palos Heights Farmer's Market has been developing into a wonderful resource for our local community that adds the following ingredients for a healthier America.



Preserve
America's Rural
Livelihoods
and Farmland

Small and mid-size farmers who sell at farmer's markets have nearly a 10 percent greater chance of staying in business than those selling goods through traditional channels.



Increase Access
to Fresh,
Nutritious Food

The number of farmers markets and farmers accepting Supplemental Nutrition Assistance Program (SNAP) benefits has increased 40% on average every year since 2009. With affordable prices and special programs for low-income people, markets are expanding access to fresh, nutritious food.



Stimulate Local
Economies

Farmers markets and other locally owned retailers return more than three times as much of their revenue to the local economy than do chain competitors. This "economic multiplier effect" helps create jobs and boosts economic activity.



Support Healthy
Communities

Markets are places where farmers and neighbors come together to educate each other about nutrition, cooking, and farming. With abundant produce, farmer's markets help increase fruit and vegetable consumption. This helps reverse, and or control, many metabolic diseases, such as diabetes.



Promote
Sustainability

Locally or regionally sourced produce travels about 27 times less distance than conventionally sourced produce. Four out of five market farmers discuss farming practices with their customers, educating them about farming and its interactions with the natural environment.

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Home of "The Mindful Kitchen"

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