

FREE Cooking and Nutrition Classes at Farmers' Markets

New York City Department of Health and Mental Hygiene

The New York City Department of Health and Mental Hygiene's (NYC DOHMH) cooking and nutrition classes at farmers' markets empower Supplemental Nutrition Assistance Program-eligible (SNAP, formerly known as Food Stamps) New Yorkers to make healthier food choices. We strive to make the farmers' market a resource for a healthy lifestyle and a viable marketplace for fresh produce.

Stellar Farmers' Markets provides FREE cooking and nutrition classes for adults at select farmers' markets across NYC. The program aims to enhance nutrition knowledge and improve skills in the selection, preparation and storage of fresh locally-grown, seasonal produce. It provides nutrition information and demonstrates how to prepare simple, affordable recipes using the farmers' market bounty. All adult workshop attendees receive a \$2 Health Buck coupon!



Come See What's Cookin' KIDS! provides FREE food-based workshops for children 6 and under at select farmers' markets. The classes encourage children to eat more fresh fruits and vegetables by engaging them in a variety of hands-on activities.



Come See What's Cookin' KIDS! workshops are fun! Each week, children explore a new fruit or vegetable grown by a local farmer and participate in interactive activities. Topics include: where fruits and vegetables grow, smart snacking, tasting new foods, and eating a variety of colorful fruits and vegetables. All children who participate receive a taste sample of the featured recipe and a \$2 Health Bucks coupon. Resources are also provided for families to make healthy meals and snacks and tips to involve children in recipe preparation.

Join us! Classes are happening all around NYC!

- Get FREE prizes, Health Buck coupons, taste samples, nutrition handouts and delicious recipes!
- Any person is eligible to attend and no prior registration is necessary. Times and locations of participating markets are available on our website.
- Schedule a workshop for a group (6 or more) from your organization. We will hold a class at a time that works for you!

For more information:

Please visit: www.nyc.gov and search for 'farmers markets'

To schedule an adult or kids' workshop at a participating farmers' market, please contact: Beth Bainbridge, Program Coordinator, Stellar Farmers' Markets: bbainbridge@health.nyc.gov, 347-396-4265.

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Participating Markets

The Bronx

Bronx Borough Hall Greenmarket

Grand Concourse bet 161st & 162nd Sts
Tues (8am-4pm)

Hunts Point Farmers' Market

Southern & Bruckner Blvds at E 163rd St
Wed & Sat (8:30am-4pm)

La Familia Verde Farmers' Market

E Tremont & LaFontaine Aves
Tues (8am-2pm)

Lincoln Hospital Greenmarket

149th St bet Park & Morris Aves
Tues & Fri (8am-3pm)

Mott Haven Farmers' Market

139th St & St. Ann's Ave
Wed (9am-5pm)

Parkchester Greenmarket

Westchester Ave & White Plains Rd
Fri (8am-3pm)

Poe Park Greenmarket

192nd St bet Grand Concourse &
Valentine Ave
Tues (8am-3pm)

Manhattan

92nd Street Greenmarket

1st Ave bet 92nd & 93rd Sts
Sun (9am-4pm)

125th Street Fresh Connect Farmers' Market

State Office Building, W 125th St & Adam
Clayton Powell Blvd Tues & Sat (8am-7pm)

Grass Roots Farmers' Market

W 145th St bet Edgecombe & Bradhurst
Aves
Tues & Sat (9am-4pm)

Washington Heights 175th Street Greenmarket

175th St bet Broadway & Wadsworth Ave
Thurs (8am-4pm)

Brooklyn

Bushwick Farmers' Market I

Linden St & Broadway
Wed (10am-6pm)

Bushwick Farmers' Market II at

Maria Hernandez Park 
Knickerbocker Ave & Starr St
Sat (9am-5pm)

Bushwick Farmers' Market III

Halsey St & Broadway
Thurs (10am-6pm)

Graham Avenue Farmers' Market

Cook St at Graham Ave
Sat & Sun (8am-5pm)

East New York Farmers' Market

Schneck Ave bet New Lots & Livonia Aves
Sat (9am-3pm)

Red Hook Farmers' Market

Columbia & Beard Sts, across from IKEA
Sat (10am-3pm)

Williamsburg Greenmarket

Havemeyer St bet Broadway & Division
Ave
Thurs (8am-2pm)

Queens

Corona Greenmarket

Roosevelt Ave & 103rd St
Fri (8am - 3pm)

Jackson Heights Greenmarket

34th Ave bet 77th & 78th Sts
Sun (8am - 3pm)

 = **NYC** Food Activities for Kids
Health