



# FARMERS MARKET COALITION

## Social Media Cheat Sheet

Share these posts, especially before and during [National Farmers Market Week](#). If you want to get creative, [order some "I Heart Farmers Markets" temporary tattoos for your market](#) and post photos with them to Instagram with the hashtag #LoveMyMarket. **Let's spread the message and keep in touch on [Facebook](#) & [Twitter](#)!**



### Farmers Markets Preserve America's Rural Livelihoods and Farmland



#FarmersMarkets provide beginning farmers a low-cost way to enter marketplace & grow their businesses. [bit.ly/1jxwXga](#) #farmersmarketweek

#FarmersMarkets protect #farmland from development. 1 in 4 farmers at markets farm on protected land. [bit.ly/1jxwXga](#) #farmersmarketweek



#FarmersMarkets create year-round opportunities for farmers & ranchers. The # of winter markets nearly tripled since 2010. [bit.ly/1jxwXga](#) #farmersmarketweek

According to USDA, farmers who sell at #FarmersMarkets are more likely to stay in business than those that don't. [bit.ly/1jxwXga](#)



16% of #FarmersMarket farmers are under 35. Markets allow them to start small and grow their businesses . [bit.ly/1jxwXga](#) #farmersmarketweek

The @SeattleFarmMkts alone support <10k acres of #farmland in diversified production. [bit.ly/1jxwXga](#) #farmersmarketweek



### Farmers Markets Stimulate Local Economies



Farmers & ranchers get only 15.6 cents on the dollar. At the farmers market they get the whole hog!. [bit.ly/2gK1Th8](#) #farmersmarketweek

#FarmersMarkets stimulate economies. Markets generated ~\$13 mil in #SouthCarolina alone. [bit.ly/1GVX10A](#) #farmersmarketweek

Growers selling local create 13 farm jobs per \$1 mil in revenue. Those not selling local create 3. [bit.ly/1GVX10A](#) #farmersmarketweek



"#FarmersMarkets are the most genuine type of commerce" says @ProperSausages [bit.ly/1GVX10A](http://bit.ly/1GVX10A) #farmersmarketweek

#FarmersMarkets stimulate commerce & sales at nearby businesses. [bit.ly/1GVX10A](http://bit.ly/1GVX10A) #farmersmarketweek



Modest funding to support 100-500 #FarmersMarkets could create 13.5k jobs <http://bit.ly/1eW40Th> #farmersmarketweek



### Farmers Markets Increase Access to Fresh, Nutritious Food



80% in DC survey say food at #FarmersMarkets is often "fresher, cheaper, and healthier" than other food <http://bit.ly/pQne9n> #farmersmarketweek

#FarmersMarkets unaffordable? #Myth. 3 studies show comparable or lower prices than at supermarkets. <http://bit.ly/1ItE2wF> #farmersmarketweek



1.7 million low-income moms & kids got fresh local produce at farmers markets through #WIC FMNP in 2015. <http://1.usa.gov/1H0950R> #farmersmarketweek

818k low-income seniors got fresh #local produce at #FarmersMarkets through Senior FMNP in 2015 <http://1.usa.gov/1FRM1gN> #farmersmarketweek



#Farmers and shoppers reap benefits as states pass legislation that connects #SNAP to #FarmersMarkets <http://bit.ly/1f1RD39> #farmersmarketweek



### Farmers Markets Support Healthy Communities



People eat more fruits and veggies when they shop at a #farmersmarket instead of a grocery store <http://bit.ly/oPrpYr> #farmersmarketweek

#FarmersMarkets give farmers a place to sell their produce & educate shoppers on why food, agriculture & nutrition matter. <http://bit.ly/p0zJlb> #farmersmarketweek



People have more social encounters at farmers markets than grocery stores. <http://bit.ly/1NwyFgd> #farmersmarketweek

Boston Cyclists Union offers free bike tune ups at #FarmersMarkets. <http://bit.ly/1KpQCPd> #farmersmarketweek #goodfood



@ORCityFM helps ~1,500 kids per year make healthy eating choices through the #PowerOfProduce! <http://bit.ly/OS5Jig> #farmersmarketweek

3 in 5 farmers selling at #FarmersMarkets educate shoppers about #nutrition and food prep. <http://bit.ly/1FRMGPI> #farmersmarketweek



## Farmers Markets Promote Sustainability



Farmers at Columbia FM in Missouri comes from within a 54 mile radius <http://bit.ly/ocOuV1>

3 in 4 farmers selling at #FarmersMarkets use practices consistent w/ or above #organic standards. <http://bit.ly/1U9drd5> #farmersmarketweek

#FarmersMarkets promote sustainability. Boulder County made their market a zero waste. <http://bit.ly/oUacH6> #farmersmarketweek



Help the #environment, shop @ #FarmersMarkets. 4 in 5 market farmers use soil health practices like composting. <http://bit.ly/1U9drd5>

## Farmers Markets Educate Communities



Old Town Farmers Market in Wichita, KS, hosts local chefs who teach you how to cook farmers market style <http://bit.ly/bwbL2H> #farmersmarketweek

OR City Farmers Market teaches ~1,500 youth about healthy eating Power of Produce (POP Club <http://bit.ly/OS5Jig> #farmersmarketweek



From July-Sept. you can learn to preserve produce at one of 30 FMC member markets. <http://bit.ly/1BRNNn6> #farmersmarketweek

Historic Lewes Farmers Market provides thousands of \$ in educational scholarships to its farmers <http://bit.ly/1U1RIDR> #farmersmarketweek



*Love farmers markets? Celebrate National Farmers Market Week by helping them grow! <http://bit.ly/oXwQxZ> #farmersmarketweek*

## Farmers Markets Foster Civic Engagement



According the USDA AMS, more than 60% of farmers markets are managed by volunteers <http://1.usa.gov/1TcBHK> #farmersmarketweek

Markets bridge urban & rural citizens <http://bit.ly/nybTZT> #farmersmarketweek

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