



# LET'S TALK ABOUT FOOD ACCESS

Edition 02 | HEALTH EQUITY BEAT  
A HEALTH EDUCATION NEWSLETTER

Over 104,000 people in Erie County have limited access to healthy foods. In 2022, grocery store prices are predicted to increase by nearly 10%. Food sustains our bodies, but it also connects us to our heritage, reflects our values, and links us to certain people and places. These resources will help us all access foods that are affordable, nutritious, filling, and right for our bodies.



## FOOD FOR ALL

Our food system is comprised of growers, producers, packers, farmers markets, big and small stores, mobile markets, chefs and restaurants, truck drivers, sales people, consumers (you!), waste collectors, and more.

Our food system is equitable when everyone has the support they need to access food that:

- is fresh, affordable and abundant;
- is nutritious and filling; and
- affirms our personal food values, meets our wellness needs and supports our diet choices.

## SUPPORT FOR BUYING FOOD

- 🔗 **EBT** - Electronic Benefits Transfer is a card issued to SNAP recipients to pay for food. EBT works like a debit card. EBT is also used for other temporary assistance programs in New York.
- 🔗 **FARMERS MARKET COUPONS** - New York Farmers Market Nutrition Program (FMNP) is issued in a booklet of \$5 coupons to OLDER ADULTS and WIC RECIPIENTS. Check with your WIC Office or Erie County Senior Services for eligibility.
- 🔗 **P-EBT** - Pandemic Electronic Benefits Transfer is a card automatically issued to eligible children to replace meals missed on days school was closed due to COVID-19.
- 🔗 **SNAP** - The Supplemental Nutrition Assistance Program provides funds for food on an EBT card. Eligibility based on income, family size & basic expenses.
- 🔗 **VEGGIE Rx** - Support program that works like a prescription, but is redeemed for produce. Available at participating healthcare centers.
- 🔗 **WIC - Women, Infants & Children** provides funds for specific nutritious foods. Eligibility is based on income & family status. Funds are issued on a WIC card.



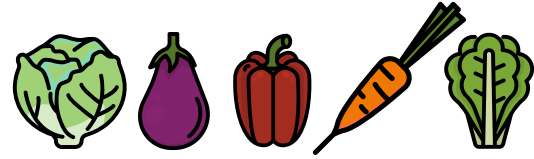
Erie County  
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Health



Public Health  
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**OFFICE OF HEALTH EQUITY**  
[www.erie.gov/health-equity](http://www.erie.gov/health-equity)

# RESOURCES



## LOCAL GROCERS

LOOK FOR LOCALLY-OWNED OR WORKER-OWNED STORES THAT FOCUS ON LOCAL, FRESH, AFFORDABLE, AND CULTURALLY-APPROPRIATE FOODS. HERE ARE JUST A FEW OF THE LOCAL GROCERS IN ERIE COUNTY.

- ☞ Braymiller Market: Buffalo & Hamburg
- ☞ Buffalo Fresh: Buffalo
- ☞ Dash's Market: Buffalo, Clarence/Lancaster, Kenmore/Tonawanda, & Williamsville
- ☞ East Aurora Co-op: East Aurora
- ☞ Lexington Co-op: 2 locations in Buffalo
- ☞ Salud Market: Buffalo
- ☞ The Market in the Square: West Seneca

## FARMERS MARKETS

FARMERS MARKETS ARE LOCATED IN MUNICIPALITIES ACROSS ERIE COUNTY. TYPICALLY HELD WEEKLY. MANY ACCEPT EBT/SNAP. INDIVIDUAL VENDORS MAY OFFER/ACCEPT ADDITIONAL ASSISTANCE PROGRAMS

- ☞ Step Out Buffalo, ☞ Edible WNY & ☞ Visit Buffalo-Niagara all share info about market locations

## FARM STANDS & FARM SHOPS

TYPICALLY LOCATED ROADSIDE OR DIRECTLY ON THE FARM. SOME ACCEPT CREDIT, SNAP/EBT & FARMERS MARKET COUPONS. SOME ARE CASH ONLY.

- Erie Grown ☞ [erie.gov/eriegrown](http://erie.gov/eriegrown)

## HEALTHY CORNER STORES

BUFFALO'S HEALTHY CORNER STORE INITIATIVE IS A COLLABORATIVE FOCUSED ON BRINGING FRESH FOOD TO CORNER STORES. THESE STORES ACCEPT EBT AND STOCK FRESH, SEASONAL PRODUCE.



- ☞ [healthycornerstorewny.org](http://healthycornerstorewny.org)

## MOBILE MARKETS

MOBILE MARKETS BRING AFFORDABLE FRESH FOOD, RIGHT TO YOUR NEIGHBORHOOD. THESE MARKETS VISIT COMMUNITIES ACROSS ERIE COUNTY.

- ☞ African Heritage Food Co-op Mobile Market
- ☞ CAO Mobile Market
- ☞ FeedMore Farm Market Truck
- ☞ MAP Mobile Market
- ☞ Urban Fruits & Veggies

## NOT YOUR AVERAGE PANTRY

- ☞ Feed Buffalo: Organic & Halal Food Resource Center (716) 588-0137
- ☞ Buffalo & Erie County Library Give & Take Pantries (716) 858-8900
- ☞ NYConnects Pantry Locator: M-F 9am-5pm (716) 858-8526
- ☞ 211 WNY Dial 211



# GET INVOLVED



Take control of your experience in your local food system.

- **Start a container garden** to save money on herbs & lettuces year-round
- **Download a smartphone app** that notifies you about recipes & deals
- **Add a farmer's market** visit to your summer shopping routine
- **Learn how to** properly freeze and preserve seasonal foods
- **Share your opinions** about food policy and development with local leaders



## The Food Policy Council of Buffalo & Erie County

The FPC is collective of consumer advocates, food system professionals, farmers & local governments whose mission is to stand up for an equitable & sustainable food system for all of Buffalo & Erie County.

Check out opportunities to get involved with the Food Policy Council of Buffalo & Erie County at [linktr.ee/BufaloErieCountyFPC](http://linktr.ee/BufaloErieCountyFPC) ☞

## LITTLE FREE PANTRIES

A MUTUAL AID NETWORK OF SMALL OUTDOOR PANTRIES STOCKED WITH FOOD & TOILETRIES

🔗 Search 716 Little Free Pantry on Facebook

## COMMUNITY FRIDGES

A MUTUAL AID NETWORK OF COMMUNITY FRIDGES LOCATED OUTSIDE & ACCESSIBLE TO ANYONE



🔗 [buffalocommunityfridges.com](http://buffalocommunityfridges.com)

## APPLY FOR SNAP / EBT

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM FOR QUALIFYING HOUSEHOLDS

SNAP: Local Call Center (716) 858-7239

SNAP Online 🔗 [mybenefits.ny.gov](http://mybenefits.ny.gov)

🔗 Erie County  
Dept of Social Services 158 Pearl St  
Buffalo, NY 14202  
M-F 8:30am-4:00pm

## APPLY FOR WIC

BASIC FOOD STAPLES FOR QUALIFYING PREGNANT & POSTPARTUM, INFANTS & CHILDREN UP TO AGE 5

Note: WIC does not require US citizenship, social security number, green card, or legal residency to receive benefits.

🔗 Catholic Charities (716) 218-1484

## STRETCH YOUR SNAP \$\$

DOUBLE UP FOOD BUCKS PROVIDES \$1 MATCH FOR EVERY \$1 IN SNAP SPENT ON FRESH PRODUCE

Double Up Food Bucks is available at participating farmers markets, mobile markets, corner stores, and locally-owned grocery stores.



Find locations: [doubleupnys.com](http://doubleupnys.com)



## COMMUNITY GARDENING

RESOURCES FOR GROWING YOUR OWN FOOD

🔗 Cornell Cooperative Extension for Erie County (716) 652-5400

🔗 Grassroots Gardens WNY & Buffalo Freedom Gardens (716) 783-9653

## OLDER ADULTS

ERIE COUNTY SENIOR SERVICES PROVIDES AN ARRAY OF SUPPORT FOR GETTING GROCERIES, PREPARED MEALS AND INFORMATION ABOUT EATING HEALTHY

🔗 Go & Dine Vouchers  
🔗 Frozen Meal Pickup (716) 858-7639

🔗 Stay Fit Dining

🔗 Farmers Market Coupons  
🔗 Home Delivered Meals (716) 858-8526

🔗 Nutrition Counseling

🔗 Going Places Van Service (716) 858-7433



## APPS THAT SAVES YOU

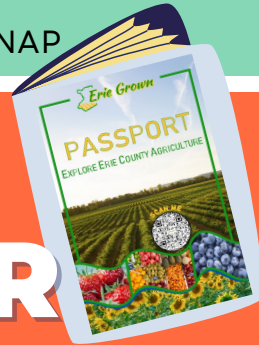
🔗 Tap the icon to download the app



Flashfood connects you to discounted items at local grocery stores like Tops



instacart Now accepts SNAP



# KNOW WHAT ERIE COUNTY HAS TO OFFER

## Erie Grown is helping people discover farms across Erie County!

The Erie Grown website is home to information from hundreds of local farms and markets. Learn about growing seasons and find out where to buy your favorite fruit or vegetable. Search Erie Grown by:

- Fruit & Vegetable
- Business name
- Location
- Payment types accepted

The Erie County Office of Agriculture, in partnership with Cornell Cooperative Extension of Erie County and the Soil and Water Conservation District, has once again launched the Erie Grown Passport. Participants earn points for visiting a farm or farm-related business listed on Erie Grown and can win prizes.

Get started today at [erie.gov/eriegrownpassport](http://erie.gov/eriegrownpassport) 🔗

# 'TIS THE SEASON TO EAT FRESH FOOD

Food that is "in season" means it is typically harvested at this time of year, in this area. Seasonal food is fresher, tastier and abundant. Local food doesn't have to travel across the country (or globe!) to get to your plate. Shopping for seasonal food can be cheaper AND your purchase supports a local business. Check out when these popular fruits & veggies begin harvest in Erie County.

## SPRING

Arugula	Radishes
Asparagus	Rhubarb
Chives	Spinach
Green onions	Sprouts
Lettuce	

>> Plus "overwintered" crops: roots & greens planted in the fall come up sweet & crisp in spring

## EARLY SUMMER

Beets	Lettuce mix
Broccoli	Mustard Greens
Cabbage	Peas
Chard	Peppers
Cherries	Plums
Collard greens	Strawberries
Cucumber	Summer squash
Eggplant	Tomatoes
Garlic	Turnip greens
Kohlrabi	Zucchini

## LATE SUMMER

Apples	Leeks
Blueberries	Okra
Bok choy	Onions
Brussels sprouts	Peaches
Cantaloupe	Pears
Carrots	Potatoes
Cauliflower	Raspberries
Celery	Rutabaga
Corn	String beans
Grapes	Tomatoes
Kale	Turnips
	Watermelon

## FALL


Apples	Parsnips
Dried beans	Peas
Beets	Pumpkins
Carrots	Turnips
Cabbage	Winter squash


## WINTER

Greenhouse grown & storage crops



## APPS FOR SNAP

These apps can help track your SNAP balance & manage multiple  EBT & P-EBT cards on one account

 Tap the icon to download the app



**ConnectEBT** monitors your EBT balance, deposits, transaction activity & PIN # changes

**Providers** (formerly Fresh EBT) helps you monitor your SNAP/EBT, WIC, SSI, unemployment & more



**THIS IS A PUBLICATION OF THE**

## ERIE COUNTY OFFICE OF HEALTH EQUITY

This publication is available in 5 additional languages. 

The Erie County Office of Health Equity's vision is for everyone in Erie County to achieve maximum health and wellness. The Office of Health Equity is located within the Erie County Department of Health.

**Want to learn more?**

Visit [www.erie.gov/health-equity](http://www.erie.gov/health-equity) 

Email us at [HealthEquity@erie.gov](mailto:HealthEquity@erie.gov)



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