



BC FARMERS' MARKET NUTRITION COUPON PROGRAM

Participant Enrollment



NAME

EMAIL

PHONE NUMBER

PRONOUNS

Including yourself, how many people in your household are:			
Pregnant?	Elder/ Senior?	Under 19 years old?	Total number of people in household?

Are you or anyone in your family Indigenous?

YES

Prefer not to say

If yes:

First Nations

Métis

Inuit

I agree to be a part of the BC Farmers' Market Nutrition Coupon Program. I understand the program provides fresh, local food for those who face financial challenges. I understand that these coupons are for my family's or my own personal use only.

Sign here

Date



AREA (S) OF SUPPORT

What would you like to learn more about as part of this program? Check all that apply.

Skill & Experience in Preparing Food

- Food preparation using utensils and appliances
- Following instructions in recipes
- Improvising with ingredients

Knowing about Nutritious Food

- Information about food and nutrition
- How to read food labels
- Where does food come from
- Cooking food and storing it safely
- How shopping at a farmers' market impacts your community

Organization Skills & Experience

- Preserving foods such as canning or freezing or dehydrating
- Buying healthy food while on a budget
- Buying and storing foods
- Planning healthy meals

Personal & Social Factors

- More confidence buying healthy food
- Connecting to other people in my community
- Feeling healthy and well

Other

