



MAYOR JOSEPH P. GANIM
BRIDGEPORT, CT



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-PRESS RELEASE-

BRIDGEPORT'S EAST SIDE FARM STAND KICKS OFF 11TH SEASON

CT FARMED FRUITS, VEGETABLES, AND HONEY MADE AVAILABLE TO RESIDENTS



Bridgeport, CT - Mayor Ganim and the City of Bridgeport Department of Public Health and Social Services are excited to announce that the East Side Farm Stand is set to return for its 11th season. **The Farm Stand will be at 752 East Main Street every Wednesday from July 10th through October 31st, 2019 and will be open during the hours of 10:00 A.M. to 2:00 P.M.** The season kicks off on Wednesday, July 10th with fresh, local produce from Cecarelli Farm of Northford, CT and Chef Raquel from A Pinch of Salt providing healthy recipes and cooking demonstrations for attendees. In addition to the fresh produce items, various community partners such as Optimus Healthcare, and the mobile library, will also be onsite for patronage.

The East Side Farm Stand is sponsored by the Bridgeport Department of Health and Social Services (BDHSS), which works with the local community to help address the challenge of healthy and fresh food access and nutrition benefits.

A major service that will be provided at the stand will be **Benefit Matching**. Not only will SNAP benefits be matched but we're also accepting the following: EBT, SFMNP Checks, WIC, Credit, Debit, Cash and Bridgeport Bucks. The East Side Farm Stand's program with the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, helps individuals and families afford the cost of food at farmers' markets. At the East Side Farm Stand, when you spend your SNAP, \$1 equals \$2, encouraging the eligible families to eat fresh produce.

As part of the healthy services, there will be **Cooking Demonstrations**, which will be held on every 2nd Wednesday of each month during the Farm Stand (7/10, 8/14, 9/11, 10/9). The informative cooking demonstrations will be taught by Chef Raquel from A Pinch of Salt,

supplemented with recipes and nutrition information by the UConn Health Husky Nutrition Program.

The East Side Farm Stand has been supported by the hard work and dedication of Cecarelli Farm, the BDHSS, and many devoted community partners. The idea behind the services provided during the market is to influence Bridgeport residents to live healthier and take advantage of the health and social services resources that are locally available. For more information and to follow the Farm Stand go to <https://www.facebook.com/EastSideFarmStand>

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