



POLICIES | SYSTEMS  
ENVIRONMENT

# & HEALTHY FARMERS MARKETS



## WHAT WE DO

Steps to Health assists communities in addressing issues of healthy food access in your community through your local farmers market. Our toolkit, *The Ingredients for a Welcoming Farmers Market*, provides guidance for markets in developing best practices to promote thriving, inclusive, and healthy farmers market environments.

## HOW IT WORKS

### Training Materials



We offer a training series for market staff and vendors on food safety and education, food demonstrations, and best practices for improving the environment of the market. The goal of the trainings is to equip market staff and vendors with the knowledge and skills to understand customers' food interests and create a more culturally appropriate market for their community.

### Baseline & Follow-up Assessment



The assessment will begin with visual observation of the farmers market to capture a snapshot of the market environment to guide future conversations for making improvements. A follow up assessment will be completed six months later to evaluate progress and reassess goals.

### Comprehensive Resource Guide



As part of our toolkit, we include a comprehensive resource guide that outlines best practices, for improving the farmers market environment. These resources help us assist markets in reaching their goals for a healthier farmers market environment.

### Action Planning Tool



Finally, we work with markets on creating a roadmap to success. With our action planning tool, farmers markets have the opportunity to set goals and monitor their progress through smaller objectives.

## FOR MORE INFORMATION

Breyana Davis, MPH, CHES  
Food and Built Environments Extension Associate  
bddavis5@ncsu.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

This institution is an equal opportunity provider.

NC STATE

EXTENSION