



# Tips for Shopping at the Farmers Market While Social Distancing

*During shelter-in-place, farmers markets remain open as an essential service, providing a vital source of fresh fruits and vegetables and food staples for our community in a spacious, open-air setting. Our community and our farmers markets could be jeopardized if we don't each do our part to stay safe during this public health crisis.*

*In good times, farmers markets have been places to gather and converse, however, now is the time to follow public health and safety advisories and resist the urge to linger and socialize. We all have a critical role to play in preventing the spread of COVID-19.*

*We are here to support you and our vendors through this; learn more about measures we are taking. Here are 12 tips to help you plan your trip, so we can keep farmers markets open and safe. Thank you for protecting yourself and your community, while staying well fed and supporting local farmers and producers who work hard to feed us!*

1. **Be healthy and safe.** Do not come to the farmers market if you are sick or a member of a high-risk group. If possible, please send a family member or friend to shop for you.
2. **Have a game plan.** Come prepared with your shopping list in hand. Knowing what you need to buy will help you get in and get out of the market quickly, and help our farmers keep lines moving smoothly.
3. **Shop quickly and efficiently.** Show up early to avoid the crowds, and try to limit your visit to 30 minutes or less. Many of our farmers will have items pre-bagged for you to grab and go. Our prepared food vendors are packaging all hot foods to go for you to enjoy at home.
4. **Shop solo and don't crowd.** Please keep a distance of six feet from others at all times. We recommend sending one family or household member to shop if possible to avoid crowding. Our farmers' market booths will be spaced further apart to help you move with ease. If you see a friend, please set a time to catch up after your market visit so that others can shop after you.

5. **Mind the queue.** Always maintain a social distance of six feet while shopping and waiting in line at the farmers market. Please help us by following signage and visual cues for lines.
6. **Let our farmers serve you.** Sorry, no self-serve or sampling! Our farmers and vendors are setting up their booths to serve you cafeteria-style. Just tell them what you would like to purchase, and they will assist you. Please don't touch any items you haven't bought. Don't forget to wash your produce thoroughly when you get home.
7. **Wash your hands.** Wash up before and after coming to the market. MSFM offers handwashing stations inside the farmers market. Wash your hands frequently and thoroughly for 20 seconds, and avoid touching your eyes, nose, or mouth. If you are not able to wash your hands, use an alcohol-based sanitizer.
8. **Minimize money handling.** When possible, use exact change, credit card, or contactless payments. Mobile wallets and tap-to-pay credit cards are accepted by some vendors.
9. **Preorder for pickup or delivery.** New this year - You can pre-order veggie boxes, packaged products, and hot food with some vendors. See our newsletter or website for which ones have this service and how you can contact them in advance.
10. **Thank your farmer.** These are especially challenging times for our farmers, food makers, and restaurants, as they work hard on the frontlines to feed us. We must invest in and strengthen our region's farms and food supply, especially in times of crisis.
11. **Be patient, flexible, and kind.** This is a stressful time, but we're all in this together! As always, be kind, and remember that viruses do not target by race or ethnicity. We are always stronger together in love and respect, not fear. Farmers markets are places of nourishment and care, and we believe in the power of community resilience to carry us through.
12. **Take care of yourself and your community.** Eating fresh fruits and vegetables is one of the best ways to keep our immune systems strong when we need it most! Thank you for your partnership in ensuring our farmers markets are safe, healthy, and inclusive spaces for everyone.]