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Wellness Wednesdays: Another Healthy Alternative at City Market

Kansas City, MO — In addition to the popular Saturday and Sunday Farmers' Markets which are in full swing, the City Market's Wednesday Market also takes place on a weekly basis. Shoppers who find themselves in need of additional produce come mid-week or are somewhat intimidated by the City Market's crowds on Saturdays and Sundays, have another healthy alternative in the Wednesday Farmers' Market. Access to healthy, locally grown produce has never been easier! Every Wednesday, shoppers can find fresh, locally grown produce from nearby farms, SNAP/EBT cards and WIC vouchers accepted during the all farmers' markets with participating farmers, fast, convenient lunch options for budget conscious shoppers, easy access, take the MAX or ATA Bus line and free parking

The first Wednesday of each month through October, the Wednesday Market features an expanded Wellness Wednesday component from 10:00 a.m. – 2:00 p.m. In addition to the weekly farmers' market, shoppers will benefit from valuable health & wellness screenings for adults & children, useful information from area community health organizations and every month, every month, the first 100 shoppers at Wellness Wednesdays will receive a free reusable shopping bag.

The Wellness Wednesday promotion is based on work supported by the Farmers' Market Promotion Program. (FMPP) Grant Program, Agricultural Marketing Service, USDA under Award No. 12-25G-0726. Any opinions, findings, conclusions, or recommendations expressed in this promotion are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture. For information, contact the City Market Office at 816-842-1271 or go to www.thecitymarket.org.

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Where The Locals Go: The City Market is open seven days a week year-round. The Farmers' Market is open Wednesday, Saturday and Sunday.



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