EAT ALASKA EVERY DAY

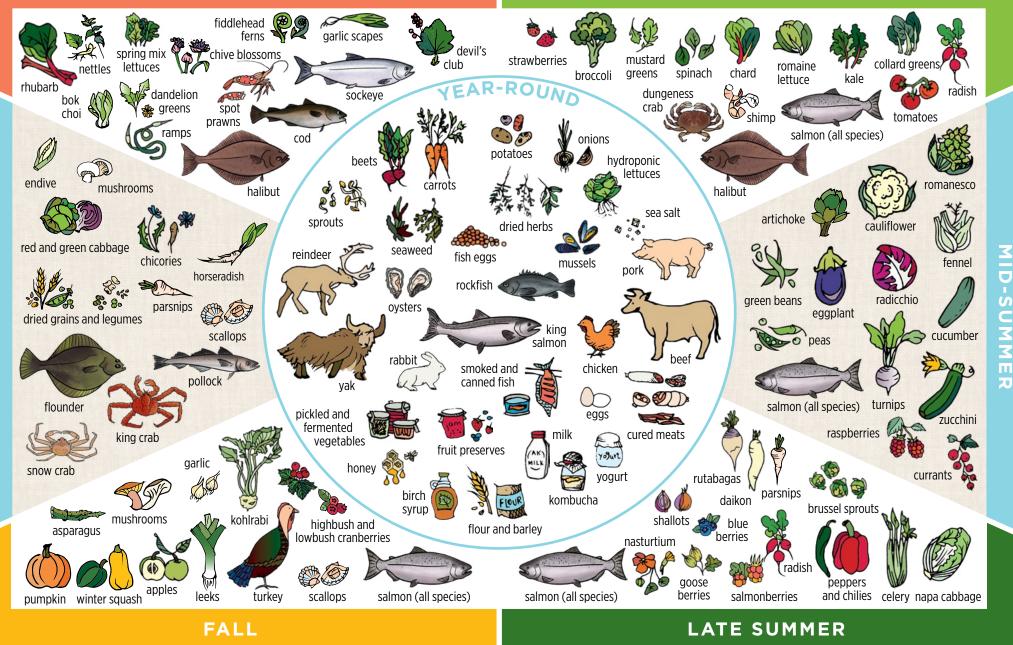
Plan your meals for the week!

USE DRY-ERASE MARKER. FLIP OVER TO SEE WHAT'S IN SEASON. CIRCLE YOUR FAVORITE INGREDIENTS. USE AS A SHOPPING LIST.

MON.	TUES.	WED.
THURS.	FRI.	SAT.
		••••••
SUN.	SNACKS, TREATS and FOOD PREP	
		ALASK Farmers Markets
		FRESH FRESH

SPRING

EARLY SUMMER



THE ALASKA FARMERS MARKETS ASSOCIATION

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supports and promotes farmers markets across the state. Buying local produce and goods supports a stronger community, secures a sustainable food system, and provides delicious food to be enjoyed year-round.





THE FOOD RESEARCH, ENTERPRISE

& SUSTAINABILITY HUB works to build resilient, just and diverse food systems by uniting the culinary traditions and innovative spirit of the Circumpolar North.

alaskafarmersmarkets.org