



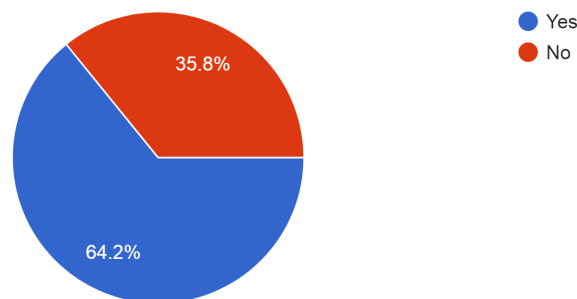
## Maine Harvest Bucks Customer Survey Results - March 2021

**99%** of survey participants report “eating healthier” and “feeling healthier” because of the program

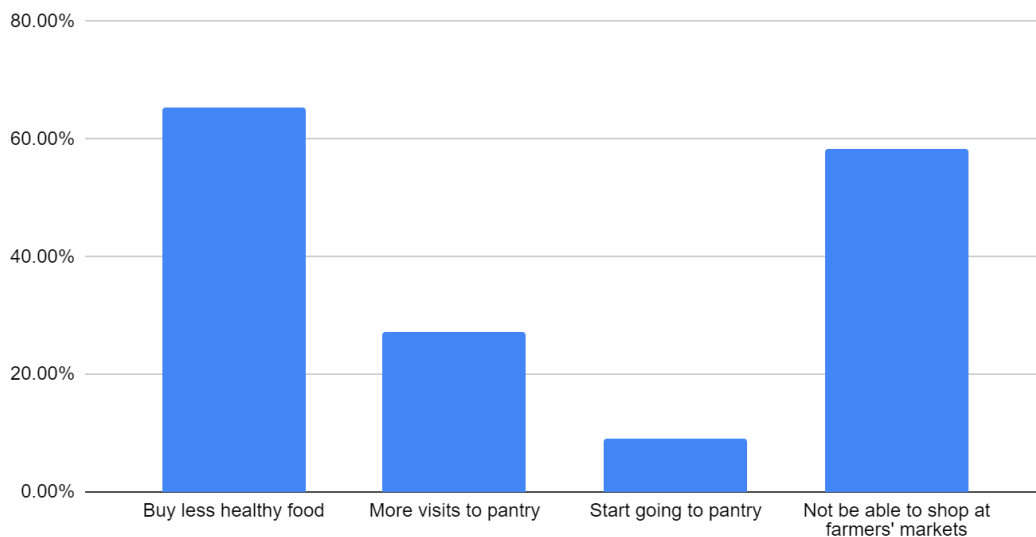
**55%** claim they have learned to cook healthier foods because of the program (another 20% claim “maybe”)

Have you had to rely on a food pantry, emergency food box, or free food program/kitchen in the last year?

53 responses



### Impact, reported by participants, of Maine Harvest Bucks shrinking or closing - 55 responses



## A Small Snippet of the Comments Section:

Absolutely, It has allowed me to lose weight, having access to organic blueberries and microgreens has improved my cholesterol and inflammation of arthritis.
I can buy much more food that I love and helps me to live healthier which would not be possible without this program.
Yes, I have more energy, my skin is healthier and my blood work has improved
I can afford more fresh fruit and veggies
Yes its so great to have fresh fruits & veggies that are locally grown!
I am able to bring home even more healthy produce for my family of 5
The produce at farmers markets are far superior to grocery store in look and taste therefore more likely has more nutrients!
Yes- absolutely! In fact- my quality of life is greatly impacted by the accessibility of the Farmers Market. I'd like to plan my whole life around the market- it's aesthetic and socially satisfying community at its' best!
I feel more energy with clean eating
I live on SS with a limited food budget.
Yes I have been able to enjoy a vegetarian diet with locally grown organic food and introduced my grandchildren to local organic farmer's markets.
Yes! I think it is a wonderful program that lets me afford to buy fresh organic produce for me and my teenage son that without this program I probably would not. I feel healthier because I am eating healthier which makes me feel better about myself and gives me more energy for my crazy hectic busy life! :-)
It would help me eat healthier for my diabetes
The Maine Harvest Bucks program is an absolute gem!! The beauty of access to fresh healthy local produce feeds my soul- and my body. To support local farmers and increase the quality of my life and my community is a win-win. Without harvest bucks, I would have needed to eat less fresh food- it has helped me maintain and improve my health.
Helps with \$\$.
Gives a great incentives to get extra healthy food. My child loves fresh fruit and veggies but we can't always afford it with the fresh choices in super markets.
As someone on a fixed income Harvest Bucks allows me to eat better.
it gives you a sense of not just food security but healthy food security.
It makes my money and Snap benefits go further.
It stretches your food dollars further which is a major help now that rents are rising and taking a lot more money from 62 year old on fixed income. Would miss terribly as its a major help having access to quality and local food. Nice to meet bakers, farmers, gardeners, etc.
If it weren't for this program, I would not be able to support local businesses, and would have to buy unhealthy junk from a box store.

Survey sent to customers who visited the [maineharvestbucks.org](http://maineharvestbucks.org) website and shared their email with us. Contact [snap@mffm.org](mailto:snap@mffm.org) with any questions