

Update to Vendor Handbook Product Guidelines (pg. 4) - 2023 Market Season

3. Products sold at the Gardeners Market are limited to:

- Fresh Produce
- Nursery Stock
- Meat
- Eggs
- Food Products
- Handcrafted Items

In keeping with our goal of making the healthy choice the easy choice our advisory board has made the decision to prohibit products with notable amounts of high fructose corn syrup, artificial flavors or colors, , artificial trans fats and those which include sugar as one of the primary ingredients. Items that fall into this category and are not allowed at the market may include candy, sodas, lemonade, frostings, pie fillings, cinnamon rolls, cake/brownies and other quick bread items. If you are interested in selling a product that contains these ingredients, but it is not included in the list above, please contact the market manager to discuss further. Vendors are encouraged to consider ways to improve the nutritional quality of their products by consulting Table 2 (pg. 10) or the attached sheet for more healthful baking ingredient options. Please remember, it is ultimately the advisory board's decision if the product fits within the mission and values of this market.

See attached for updated "Healthier Alternatives for Baking" Table.

Typical Ingredient (A)	Alternative Ingredient (B)	Health Benefits	Examples
White Sugar	Honey Pure Maple Syrup Coconut Sugar Unsweetened Applesauce Unsweetened Dates or Date Paste Mashed Banana Powdered Peanut butter in place of half of sugar in recipe Splenda Brown Sugar (2x as sweet so use half of the amount) Stevia or Monk Fruit (Can be used at a 1:1 ratio as you would Sugar)	-Less Processed -More vitamins, minerals, and fiber	Blueberry muffins Made with Date Paste Carrot Cake Muffins made with mashed bananas Berry Banana Oat Bars (made with maple syrup or honey)
White Flour	Whole Grain Flour Almond Flour Oat Flour Coconut Flour Chickpea flour Quinoa Flour Pureed Beans Protein Powder (Quest Brand)	-Can increase fiber intake -Some have a lower glycemic index than white flour -Can help avoid gluten allergies -Increase protein content	Black Bean Brownies
Butter or Oil	Avocado Oil Olive Oil Greek Yogurt Ricotta Cheese Mashed Bananas Unsweetened applesauce Pureed pumpkin Avocados	-Can reduce fat content -Can reduce calories -Increased fruit/veggie intake	Lemon Zucchini Bread Made with Greek Yogurt
Dairy	Low Fat or Fat Free dairy Evaporated Milk Greek Yogurt Soy Milk Almond or other nut milk Coconut Milk	-Reduced fat and calories -Avoid dairy allergies	
Eggs	Mashed Banana Ground Flaxseed mixed w/ water Unsweetened Applesauce Chia Seeds Egg Replacement Silken Tofu (budget friendly) Mashed Sweet Potato	-Avoid egg allergies -Increased fiber content	
Peanut Butter	Powdered Peanut Butter	-Reduce fat and total calories	Peanut Butter Cookie Dough Bites
Chocolate Chips	Unsweetened Cocoa powder Cocoa Nibs	-Reduced sugar content	

Recipe Websites and healthy baking alternatives recommended by Billings Clinic RD, McKenzie Johnson

<https://www.eatright.org/> <https://recipes.sparkpeople.com/> <https://www.diabetesfoodhub.org/>