

Fresh fruits and vegetables are an important part of federal dietary guidelines and are:

- Good sources of fiber
- Low in sugar, fat and sodium
- Nutrient rich, yet low in calories

In addition, fresh fruits and vegetables add flavor and variety to meals.



The Ohio Senior Farmers' Market Nutrition Program helps older Ohioans enjoy locally grown fresh fruits, vegetables, herbs and honey.

To participate in the program in your area, call:

MATURE SERVICES. INC,
415 S. PORTAGE PATH
AKRON, OH 44320
(330) 253-4597 EXT. 172
FAX: (330) 762-5571

ADMINISTRATIVE FUNDING FROM
AKRON COMMUNITY FOUNDATION'S
THE BURTON D. MORGAN FOUNDATION



Applicants have the right to file a complaint alleging discrimination on the basis of race, color, national origin, sex or disability.

Ohio Senior Farmers' Market Nutrition Program

Sponsored by:
Ohio Department of Aging
Area Agencies on Aging &

United States Department
of Agriculture

Equal Opportunity
Providers



Ohio

Eligibility & Enrollment

You are eligible for the Ohio Senior Farmers' Market program if you are 60 years of age or older and have an annual income of **\$20,035 or less as a single person (\$26,954 or less for a household of two)**.

To enroll, visit a distribution site (senior centers, nutrition providers or senior housing facilities) near you. Applications are accepted and coupons are distributed on a first-come, first-served basis, while funds are available.

Participants receive 10- \$5.00 coupons valid from May-October

If you are homebound, you may select someone trustworthy to be your proxy and pick up your coupons for you. You and your proxy must both sign the application. The proxy is able to redeem coupons for homebound individual.

You can use your coupons at participating farmers' markets and roadside stands. Look for the senior farmers' market (SFMNP) poster when shopping.

You may appeal any decision made regarding your eligibility for SFMNP.

How the Program Works

Coupons can be redeemed only for fresh produce, herbs and honey in their natural state grown in Ohio, Indiana, Michigan, Pennsylvania, West Virginia and Kentucky.

Coupons **may not** be used to buy produce that the farmer has purchased from a wholesaler or non-local farmer. Farmers can tell you what is grown locally.

Coupons **may not** be used to purchase flowers, potted plants, crafts, eggs, nuts, rice, popcorn, dried produce, dried herbs and baked goods.

Coupons also **may not** be used to purchase processed foods, such as jams, apple butter, apple cider or maple syrup.

Lemons, oranges, limes, grapefruits, pineapples, mangos and bananas are not grown locally and **may not** be purchased with coupons.

Please select produce equal to the amount of the coupon. No change will be given.

**Coupons
Must Be Used By
October 31, 2009**

Ohio

Fresh Vegetables

Asparagus	Lettuce
Beans	Mushrooms
Beets	Okra
Broccoli	Onions
Brussels Sprouts	Parsnips
Cabbage	Peas
Carrots	Peppers
Cauliflower	Potatoes
Celery	Radishes
Corn	Rhubarb
Cucumbers	Rutabagas
Eggplant	Spinach
Greens (all)	Squash
Kale	Tomatoes
Kohlrabi	Turnips
Leeks	Zucchini

Fresh Fruits

Apples	Melons (all)
Apricots	Pears
Berries (all)	Peaches
Cherries	Plums
Grapes	Pumpkins

Fresh Herbs

Basil	Marjoram
Chives	Mint
Cilantro	Oregano
Dill	Parsley
Garlic	Rosemary
Horseradish	Sage
Lovage	Thyme

Honey

is an allowable product