

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, contact:



1-800-554-5335

Ext. 152

www.matureservices.org/farmers



If you wish to file a Civil Rights discrimination complaint, please call 1-866-632-9992 to request a form.



Senior Farmers' Market Nutrition Program

Sponsored by:
Ohio Department of Aging,
Direction Home Akron
Canton Area Agency on
Aging & United States
Department of Agriculture

Administered by:
Mature Services, Inc.

Equal Opportunity
Providers



Eligibility & Enrollment

You are eligible for the Ohio Senior Farmers' Market program if you are 60 years of age or older with an annual household income of:

- **one person = \$0 - \$21,775**
- **two people = \$0 - \$29,471**
- **three people = \$0 - \$37,167**

To enroll, complete and return the application. If your application is accepted, then coupons will be distributed on a first-come, first-served basis - while funds are available. Once you receive your coupons, be sure to use them by their expiration date(s).

Participants receive \$50.00 worth of coupons for the growing season.

If you are homebound, you may select someone trustworthy to be your personal shopper (proxy) to pick up your coupons for you. You and your proxy must both sign the application. The proxy is able to redeem coupons for the 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 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 locally grown and **may not** be purchased with coupons.

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

Use your coupons while they are still fresh! Check your coupon for expiration dates.

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

Fruits

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

Herbs

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

Honey

Ohio