

## Benefits of the Program

Increase consumption of fresh, nutritious, unprepared, locally grown fruits, vegetables, herbs, and honey through farmers' markets and roadside stands.

Support your local economy by purchasing from farmers and growers!



Eating a diet rich in fruits and vegetables as part of an overall healthy diet can help protect against a number of serious and costly chronic diseases, including heart disease, type 2 diabetes, some cancers, and obesity.



Department of  
Aging

To apply in your area, contact:



Council on Aging

Council on Aging of  
Southwestern Ohio

1-800-252-0155

[www.help4seniors.org](http://www.help4seniors.org)

This institution is an  
equal opportunity provider.

To file a Civil Rights  
discrimination complaint,  
call 1-866-632-9992 to request a form.

## Senior Farmers' Market Nutrition Program



Department of  
Aging



## Eligibility & Enrollment

You are eligible for the Ohio Senior Farmers' Market Nutrition Program if you are 60 or older and meet income guidelines.

Applications are available through your local area agency on aging.

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

## How the Program Works

**VISIT** – Use your coupons at participating farmers' markets and roadside stands. Look for the Senior Farmers' Market Nutrition Program (SFMNP) poster when shopping.

**SHOP** – Select produce equal to the amount of your coupons. If you buy less than the amount of your coupon, farmers cannot give you change back. If you buy more than your coupon, farmers may accept cash or SNAP to cover the amount over the coupon value. Use your coupons by the expiration date.

**ENJOY** – Fresh fruits and vegetables add flavor and variety to meals and are key to a healthy diet! Honey and fresh, cut herbs are also eligible items.



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## Some of the available produce:

	MAY	JUN	JUL	AUG	SEP	OCT
Apples						
Asparagus						
Blackberries						
Blueberries						
Broccoli						
Cantaloupe						
Carrots						
Cauliflower						
Cherries						
Green Peas						
Lettuce						
Onions						
Peaches						
Plums						
Potatoes						
Pumpkins						
Raspberries						
Rhubarb						
Spinach						
Strawberries						
Sweet Corn						
Tomatoes						
Watermelon						
Winter Squash						

## Honey and herbs are eligible items

### Coupons **may not** be used for:

- ❑ Flowers
- ❑ Plants
- ❑ Eggs
- ❑ Cider
- ❑ Nuts
- ❑ Syrup
- ❑ Cheese
- ❑ Crafts
- ❑ Dried fruits
- ❑ Bakery
- ❑ Preserves
- ❑ Processed foods
- ❑ Dried/Potted herbs
- ❑ Decorative Gourds
- ❑ Non-local produce (pineapples, bananas, citrus)