

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.

To apply in
your area, contact:

BUCKEYE HILLS
**regional
council**

740-374-9436
www.buckeyehills.org

This institution is an
equal opportunity provider.

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



HOW TO PRACTICE SAFE SHOPPING

Here are tips to protect you and others while enjoying fresh produce and helping to support farms and farmers in your community.

1. Call ahead or check your local farmers' market's website for hours. Ask about special safety measures.
2. Plan your visit to the market when it is less crowded. Ask about special shopping times for older adults.
3. Check if your local farmers market has pre-orders or drive-thru pick-up.
4. Stay home if you feel sick or have been in contact with someone that was sick.
5. Wear a mask or face covering.
6. Maintain at least six feet distance from other shoppers, vendors, and staff.
7. Avoid crowded booths or tents.
8. Use hand sanitizer, or wash your hands before and after you visit the market.
9. Let farmers serve you at their stands.
10. Do not touch or sample any food you are not buying.
11. Use exact change or a credit card to minimize contact.

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.



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

Coupons **may not** be used for:

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