

What is the Senior Farmers' Market Nutrition Program (S/FMNP)?



In Virginia, we call it *Farm Market Fresh!* Virginia's *Farm Market Fresh* program helps eligible seniors get fresh, tasty, and nutritious locally-grown fruit, vegetables, and cut herbs. The program also supports local farmers and farmers' markets in Virginia.

The Virginia Office for Aging Services of the Division for Community Living partners with the Virginia Department of Agriculture and Consumer Services (VDACS), ten local Area Agencies on Aging (AAA), and one city government to operate the program which is funded by the US Department of Agriculture, Food and Nutrition Service.

Farm Market Fresh is available in Arlington County! Contact the Arlington Agency on Aging at (703) 228-1700 or arlaaa@arlingtonva.us to apply.

Who is eligible?

If all of the statements shown below are true, then you may be eligible to participate.

- You are 60 years of age or older.
- You are a resident of a locality that participates in the program.
- You do not live in the same household and you are not an immediate family member of the farmer who grows the produce.
- You meet the program's income requirements. You must certify your household income.

How does it work?

- You must complete an application each year through your local Area Agency on Aging to determine if you are eligible to participate in the program.
- Participation is limited and applications are accepted on a first come-first served basis.

What is provided?

- If your application is approved, you will receive checks for the current growing season. The number of checks received depends on the household size.

Household Size	1	2
Dollar Amount of Checks	\$45.00	\$90.00

- Each check is worth \$5.00 and may be used to purchase fresh, locally-grown fruit, vegetables, and cut herbs from participating certified retail farmers market vendors.
- Certified retail farmers market vendors will accept checks for fresh, locally grown fruit and vegetables in-season, depending on the produce items available.

What's in season?

Farm Market Fresh checks are issued for the summer growing season and usually must be spent during the months of July through November, depending on availability of produce.

Checks are used only for typical fruit and vegetables that grow in Virginia and may be found at Virginia's retail farmer's markets in a normal season, such as those listed below. The varieties, volume, and quality of available produce may vary depending on the weather and other factors.

VEGETABLES

Broccoli	Mushrooms
Cabbage	Pumpkins
Cucumbers	Potatoes
Eggplant	Spinach
Greens	Squash
Green beans	Sweet corn
Green peppers	Sweet potatoes
Lima beans	

FRUIT

Apples	Pears
Blackberries	Strawberries
Cantaloupe	Tomatoes
Nectarines	Watermelons
Peaches	

OTHER PRODUCE

Fresh cut herbs

ITEMS NOT ELIGIBLE

Items that you may NOT purchase with the SFMNP checks include:

- produce that is not locally grown such as oranges, bananas, and pineapples
- processed foods such as honey, maple syrup, cider, nuts, meat, bread, and cheese
- non-food items such as flowers and plants are NOT eligible
- dried herbs and teas

For More Information, Contact:

Arlington Agency on Aging
2100 Washington Blvd, 4th Floor
Arlington, VA 22204
703-228-1700
arlaaa@arlingtonva.us

Information on locally grown Virginia produce:
www.viriniagrown.com

Virginia Office for Aging Services of the Division for Community Living
1610 Forest Avenue, Suite 100
Richmond, VA 23229
Toll-free: 1-800-552-3402 or
Richmond: 804-662-9319
E-mail: aging@vda.virginia.gov
Web Site: www.vda.virginia.gov

Virginia Department of Agriculture and Consumer Services
Sales and Market Development
102 Governor Street
Richmond, VA 23219
Phone: 804-786-2373
Web Site: www.vdacs.virginia.gov

United States Department of Agriculture, Food and Nutrition Services
Headquarters: 3101 Park Center Drive, Alexandria, Virginia 22302
Mid-Atlantic Regional Office
300 Corporate Blvd.
Robbinsville, NJ 08691-1518
Phone: 609-259-5025
Web Site: www.fns.usda.gov/wic/SeniorFMNP/SFMNPmenu.htm

