



2019 North Carolina Seniors Farmers' Market Nutrition Program

What is this program?

The Seniors Farmers' Market Nutrition Program (SFMNP) provides congregate nutrition site participants with coupons to purchase fresh fruit and vegetables at their local farmers markets. The program is designed to improve the nutrition of older adults and increase business for local farmers.

Who can get the coupons?

Older adults participating in the congregate nutrition program in the SFMNP program counties who are self-declared low income.

How do you get the coupons?

Coupons are distributed to eligible congregate nutrition program participants at their local congregate nutrition site. Each coupon is valued at \$3 and eight are given to each eligible participant, for a total of \$24 worth of coupons. These coupons must be used by September 30, 2019. Additional coupons may be distributed to the participants later in the growing season if funds are available. **Lost or stolen coupons cannot be replaced.** Change cannot be given if a participant buys less than the \$3.00 increments of produce. However, if a participant purchases an amount in excess of the value of the coupon(s), he/she may pay the difference to the farmer.

Where can you use the coupons?

You can use the coupons at your local farmers market. Program posters will be displayed at the stands of participating farmers who accept the coupons. Congregate nutrition programs are encouraged to offer "field trips" from the congregate nutrition sites to the local farmers' market.

What can you get with the coupons?

You may purchase fresh fruits and vegetables. You may not use these coupons for baked goods, crafts, cooked foods, honey, eggs, plants, or other non-food items.

Questions???

Contact your congregate nutrition site manager.