

What is the Senior Farmers' Market Nutrition Program (SFMNP)?

In Virginia we call it *Farm Market Fresh for Seniors!*

Virginia's *Farm Market Fresh for Seniors* 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 Department for the Aging (VDA) partners with the Virginia Department of Agriculture and Consumer Services (VDACS), 10 local Area Agencies on Aging (AAA), and 1 city government to operate the program which is funded by the US Department of Agriculture, Food and Nutrition Service.

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.
- Not all localities within the area served by your local Area Agency on Aging may be eligible to participate in the program.

What is provided?

- If your application is approved, you will receive \$40.00 worth of *Farm Market Fresh for Seniors* checks per eligible senior for that growing season.
- 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.

Where does SFMNP Operate?

For Southwest Virginia, call:

Appalachian Agency for Senior Citizens, Inc. 1-800-656-2272 or 276-964-4915
216 College Ridge Rd., Wardell Ind. Park
Cedar Bluff, VA 24609-0765

If you live in Buchanan, Dickenson, Russell or Tazewell counties.

District Three Senior Services 1-800-541-0933 or 276-783-8157
4453 Lee Highway, Dedicated line for applications: 1-866-820-2646
Marion, VA 24354-4269
If you live in Bland, Carroll, Grayson, Smyth, Washington, or Wythe counties, or the cities of Bristol or Galax.

Mountain Empire Older Citizens, Inc. 1-800-252-6362 or 276-523-4202
1501 3rd Avenue East
Big Stone Gap, VA 24219-0888
If you live in Wise County or the City Of Norton

For Arlington County, call:
Arlington Agency on Aging 703-228-1700
3033 Wilson Blvd., Suite 700-B
Arlington, VA 22201

For Southeastern Virginia, call:
Senior Services of Southeastern Virginia 757-461-9481
6350 Center Drive, Bldg. 5, Suite 101 Dedicated line for information: 757-963-9231
Norfolk, VA 23502-410
If you live in Isle of Wight or Southampton counties, or the cities of Chesapeake, Franklin, Norfolk, Portsmouth, Suffolk, or Virginia Beach.

City of Emporia 434- 634-3332
201 South Main Street
Emporia, Virginia 23847
If you live in Emporia or Greensville County

For Eastern Shore of Virginia, call:
Eastern Shore Area Agency on Aging 757-442-9652 or 1-800-452-5977
Community Action Agency, Inc.
5432-A Bayside Road
Exmore, VA 23350

For Shenandoah Valley, call:
Valley Program for Aging Services, Inc. 1-800-868-8727 or 540-949-7141
325 Pine Avenue
Waynesboro, VA 22980-0603 If you live in Augusta County

For Southside Virginia, call:
Southern Area Agency on Aging, Inc. 1-800-468-4571 or 276-632-6442
204 Cleveland Avenue
Martinsville, VA 24112-3715
If you live in Patrick, Henry, Franklin, or Pittsylvania Counties or the cities of Danville or Martinsville

Lake Country Area Agency on Aging 1-800-252-4464 or 434-447-7661
1105 West Danville Street
South Hill, VA 23970-3501 If you live in South Boston or Halifax County

Piedmont Senior Resources Area Agency on Aging
5539 Colonial Trail Highway
Burkeville, VA 23922

1-800-995-6918 or 434-767-5588

If you live in Farmville or Prince Edward County

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 October, 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
Cabbage
Cucumbers
Eggplant
Greens
Green beans
Green peppers
Lima beans
Pumpkins

Potatoes
Snap beans
Spinach
Squash
Sweet corn
Sweet potatoes

FRUIT

Apples
Blackberries

Cantaloupe
Nectarines
Peaches
Pears
Strawberries
Tomatoes
Watermelons

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

For More Information, Contact:

Virginia Department for the Aging

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

Richmond: 804-786-2373

Web Site: www.vdacs.virginia.gov

Information on locally grown Virginia produce

Web Site: www.viriniagrown.com

United States Department of Agriculture, Food and Nutrition Services

Headquarters: 3101 Park Center Drive, Alexandria, Virginia 22302

Mid-Atlantic Regional Office (MARO)

300 Corporate Blvd., Robbinsville, NJ 08691-1518

Phone: 609-259-5025 Fax: 609-259-5185

Web Site: www.fns.usda.gov/wic/SeniorFMNP/SFMNPmenu.htm