

# Senior Farmers' Market Nutrition Program



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.

**Enclosed find your coupons for the current growing season.** The number of checks received depend on household size:

Household Size	1	2
Coupon Amount	\$50.00	\$100.00

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.

## Things to remember:

- You must **sign each coupon** in the booklet.
- No change will be given when using your coupons.
- Please visit the information booth to learn about special offers while shopping.
- Coupons are valid through **November 20, 2023.**
- You may have someone you trust shop for you.
- You may only purchase select items that are grown in Virginia. Examples listed on the next page.
- A list of farmer's market locations to use your coupons is included.
- Participating farmers will have a **light blue sign displayed** that says "we accept Senior Farmers Market coupons"

## Participating Farmers Market Locations:

- Ballston
- Courthouse
- Columbia Pike
- Westover



## What is in season?

Farm Market Fresh checks are issued for the summer growing season and usually must be spent during the month of June 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, Cabbage, Cucumbers, Eggplant, Greens, Green beans, Green peppers, Lima Beans, Mushrooms, Pumpkins, Potatoes, Spinach, Squash, Sweet corn, Sweet Potatoes

### FRUITS

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, 4<sup>th</sup> Floor  
Arlington, VA 22204  
703-228-1700  
[arlaaa@arlingtonva.us](mailto:arlaaa@arlingtonva.us)

**Information on locally grown Virginia produce:** [www.viriniagrown.com](http://www.viriniagrown.com)

### Virginia Department for Aging and Rehabilitation Services – Office of Aging Services

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](mailto:aging@vda.virginia.gov)  
Web Site: [www.vda.virginia.gov](http://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](http://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](http://www.fns.usda.gov/wic/SeniorFMNP/SFMNPmenu.htm)