



# Farm Market Fresh

Senior & WIC Farmers' Market Nutrition Program (S/FMNP)

## What is the 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 Department for Aging and Rehabilitative Services-Office for Aging Services (DARS-OAS) 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.

## 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 \$50.00 worth of 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.  
\*Please note: change cannot be given if the entire \$5 is not used.
- 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 S/FMNP Operate?

**Appalachian Agency for Senior Citizens, Inc.**  
216 College Ridge Rd., Wardell Ind. Park Cedar Bluff, VA 24609-0765  
P.O. Box 765 Cedar Bluff, Virginia 24609  
1-800-656-2272 or 276-964-4915  
If you live in Buchanan, Dickenson, Russell or Tazewell counties



Look for this sign  
posted at authorized  
Farmers' stands!

## What's in season?

*Farm Market Fresh* checks are issued for the summer growing season and usually must be spent during the months 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

### **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
- dried herbs and teas

## **For More Information, Contact:**

### **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

Richmond: 804-786-2373

Web Site: [www.vdacs.virginia.gov](http://www.vdacs.virginia.gov)

**Information on locally grown Virginia produce**

Web Site: [www.virginiagrown.com](http://www.virginiagrown.com)

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online

at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

2. **fax:**

(833) 256-1665 or (202) 690-7442; or

3. **email:**

[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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