



2022 North Carolina Seniors Farmers' Market Nutrition Program

What is this program?

The Seniors Farmers' Market Nutrition Program (SFMNP) provides low-income older adults 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?

Self-declared low-income older adults participating in the SFMNP program counties.

How do you get the coupons?

Coupons are distributed to eligible participants at their local aging services sites. Each coupon is valued at \$3 and **fourteen** are given to each eligible participant, for a total of \$42 worth of coupons. These coupons **can be used July 1 through** September 30, 2022. 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. Programs are encouraged to offer "field trips" for participants 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 local aging services agency.