



# Farm Market Fresh

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

## What is *Farm Market Fresh*?

Virginia's *Farm Market Fresh* program (also called Senior & WIC Farmers' Market Nutrition Program [S/FMNP]) 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.

### 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 (AAA) to determine if you are eligible to participate in the program.
- Applications may also be filled out online by visiting [FarmMarketFresh.org](http://FarmMarketFresh.org) or your local AAA website.



Scan QR Code for more information

### What is provided?

- If your application is approved, you will receive \$50.00 worth of vouchers per eligible senior for that growing season.
- Each voucher 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 vouchers for fresh, locally grown fruit and vegetables in-season, depending on the produce items available.



Look for this sign posted at authorized Farmers' stands!

# What's in season?

*Farm Market Fresh* vouchers are issued for the summer growing season and usually must be spent during the months of June through November, depending on availability of produce.

Vouchers 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 *Farm Market Fresh* vouchers 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

### Where does *Farm Market Fresh* (S/FMNP) Operate?

Find the map of Authorized Farmers at participating markets here: <https://vafma.org/virginia-markets/>

