

MASSACHUSETTS SENIOR FARMERS' MARKET NUTRITION PROGRAM



What are Farmers' Market Coupons?

Your \$25 booklet can be used to purchase produce and honey grown and sold by local farmers at farmers' markets and some farmstands. The coupons cannot be used at the grocery store.

What Can You Buy with the Coupons?

- Fruits and vegetables
- Fresh cut herbs
- Honey

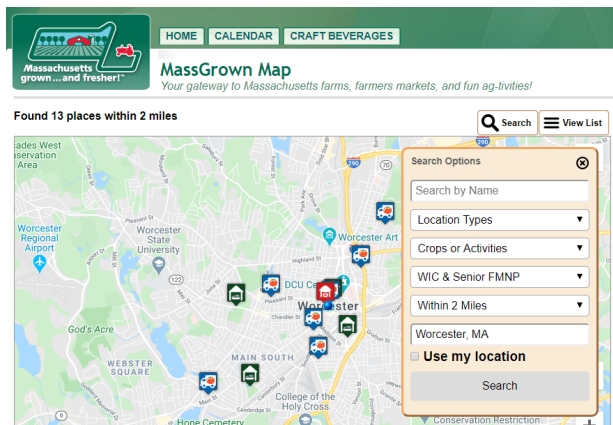
Other items available for sale at the market cannot be purchased with senior farmers' market coupons, but you may purchase those items with cash. Some markets also accept SNAP. Produce choices may differ at different times during the season.

How to use your Coupons:

1. **Find your market!** Go to the online map at Mass.gov/massgrown
2. **Plan your visit!** Check hours of operation and arrange transportation. You can ask a friend or family member to shop for you.
3. **Keep in mind!** Each coupon is worth \$2.50 and **no change can be given**. If your items cost more, you must pay the difference.
4. Look for the **Farmers' Market Coupons Accepted sign** to find an FMNP farmer.
5. **Don't forget the following:**
 - ✓ Your **coupon booklet**
 - ✓ **SNAP/EBT card** — Many markets accept SNAP and participate in HIP.
 - ✓ **Mask** (see reverse for more safety shopping tips).



To Find an FMNP Market or Farmstand:



1. Visit Mass.gov/Massgrown and click on the map
2. Under Nutrition Programs, select **WIC & Senior FMNP**
3. **Select the distance limit**—within 1, 2, 5, 10 or more miles.
4. Map defaults to your location (click "Allow map to see my location"). You can also type in a specific address, city or zip code.
5. Click on the icons to **find opening hours** and other details, including **SNAP and HIP participation**.

Farmer's Market Recipe — Sunny Salad Serves 4 *UMASS Extension Nutrition Education Program*

Ingredients:

- 2 cups greens, such as spinach, arugula or mixed variety
- 1 (11 oz) can mandarin oranges, drained or pieces of fresh orange, grapefruit, pear or apples, chopped
- 4 thin slices sweet red onion, cut into half rings

Dressing Ingredients

- 2 tablespoons vegetable or olive oil
- 2 tablespoons 100% orange juice
- 1 tablespoon apple cider vinegar

Instructions:

- Wash and prepare fresh fruits and vegetables.
- Place greens in a large bowl and top with oranges or other fruit and onion.
- Shake dressing ingredients in a jar or whisk in a small bowl.
- Pour dressing over salad and toss before serving.

Healthy Cooking Tips:

- * Try grilling, roasting or stir-frying vegetables.
- * Choose olive or canola oil instead of butter, margarine or lard.
- * Reduce salt in recipes
- * Use garlic and fresh herbs like basil, parsley, thyme for more flavor.



SHOPPING SAFELY DURING THE COVID-19 OUTBREAK

What you Need to Know:

- Markets have new rules to protect you and farmers. You may not be able to touch produce before you buy it and you will be asked to keep 6 feet apart from other customers. Markets may have additional rules to help keep you and the farmers safe. Check the market's website ahead of time to learn about their safety precautions and for any updates.
- Consider asking a friend or family member to shop for you.
- Bring a mask with you when you visit the farmers' market. You may be required to wear a mask while shopping at the farmers market.

Need Help with Food Assistance? These organizations can help you find what you need:

Massachusetts Executive Office of Elder Affairs (EOEA)

www.mass.gov/elders (800) AGE-INFO (243-4636) www.800ageinfo.com

Massachusetts Elder Nutrition Programs

www.mass.gov/elders/meals-nutrition

SNAP Eligibility (formerly Food Stamps)

Find out if you are eligible for SNAP Food Assistance www.mass.gov/snap

Project Bread FOODSOURCE Hotline

For information about SNAP (food stamps), eligibility and emergency food, contact the Project Bread SNAP Hotline at 1-800-645-8333

Nutrition Information for You

Information about nutrition facts as you age www.nutrition.gov/life-stages/seniors

This institution is an equal opportunity provider.

**Massachusetts Department of Agricultural Resources
Executive Office of Elder Affairs**