

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?

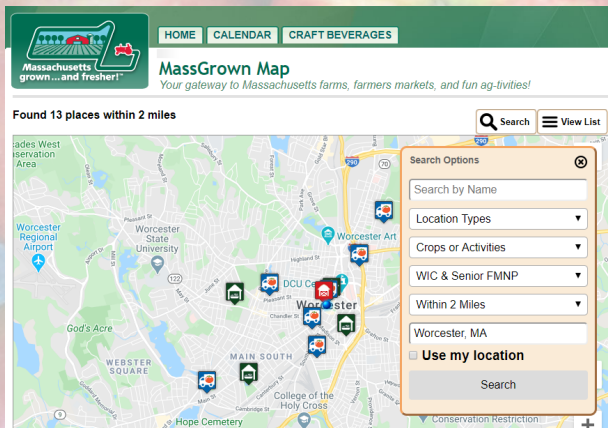
- **Fruits and vegetables**
- **Fresh cut herbs**
- **Honey**

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

How to use you Coupons:

1. **Find your market!** Go to the online map at Mass.gov/massgrown
2. **Plan your visit!** Check the 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**. In the event that your items cost more than the booklet, you must pay the difference.
4. **Don't forget!**
 - ✓ Your **coupon booklet**
 - ✓ **SNAP/EBT card** — Many markets accept SNAP and participate in HIP. Check with the market manager if you are unsure.
 - ✓ **Mask and Hand Sanitizer** (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 — Super Yogurt

Ingredients:

Serves 2

- **1 (8-ounce) carton** plain yogurt, fat-free
- **1/4 cup** fruit, chopped (apples, berries, peaches, or other)
- **2 tablespoons** raisins, nuts, or sunflower seeds
- **1 tablespoon** lemon juice

Instructions:

1. Wash and prepare fruit.
2. Mix all ingredients.
3. Refrigerate or serve immediately.

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.

This institution is an equal opportunity provider.



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.
- You must wear a mask at the farmers' market. You can make one from home - instructions available at www.cdc.gov.

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