

## MASSACHUSETTS SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)

### What are Farmers' Market Coupons?

Your booklet can be used through October 31st 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 Farmers' Market Coupons?

Fruits / 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 and **many markets also accept SNAP and participate in the Healthy Incentives Program (HIP)**. Fruit and vegetable choices may differ from market to market and at different times during the season (see *What's in Season*).

### How to use Farmers' Market Coupons:

1. Find your market: Use the regional list of markets and farmstands distributed with your coupons.
2. Plan your visit: Check hours of operation and arrange transportation. You can ask a friend or family member to shop for you.
3. Watch for signs: Look for the Farmers' Market Coupons Accepted sign to find a FMNP farmer.
4. Keep in mind: each coupon is worth \$5 and no change can be given. If your items cost more, you must pay the difference.
5. Remember to bring the following:
  - ◇ Your coupon booklet
  - ◇ SNAP/EBT card: many markets accept SNAP and participate in HIP.
  - ◇ Reusable shopping bags
6. If you are at the farmers' market and have questions or are having a hard time navigating, don't worry! Find the market manager's tent, where there will always be someone who can help.



### New in 2025

Both the WIC & Senior coupons have a QR code that is on the front of each coupon. Scan the QR code to be directed to the MassGrown website to find FMNP locations near you. The link below will also take you there: <https://massnrc.org/farmlocator/map.aspx?Program=FMNP>



### 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](http://www.mass.gov/elders) \* (800) AGE-INFO (243-4636)

#### **Massachusetts Nutrition Program for Seniors**

[www.mass.gov/nutrition-program-for-seniors](http://www.mass.gov/nutrition-program-for-seniors)

#### **SNAP Eligibility (formerly Food Stamps)**

Find out if you are eligible for SNAP Food Assistance:

[www.mass.gov/snap](http://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/topics/nutrition-life-stage/older-adults](http://www.nutrition.gov/topics/nutrition-life-stage/older-adults)

## Fruits and Veggies: How Many Do I Need?

Most adults need about 5 servings of fruits and vegetables every day.

Here's what counts as one serving:

- 1 cup raw leafy greens
- 1/2 cup chopped fresh, frozen, or canned fruit or veggies
- 1 small or 1/2 large ear of corn
- 1 medium piece of fruit
- 1/4 cup dried fruit

## Healthy Cooking Tips

- Wash fruits and vegetables before using.
- Keep the skin on fruits and vegetables! It's a good source of fiber.
- Try baking, grilling, roasting, boiling, steaming, or broiling.
- Choose peanut, olive, or vegetable oil instead of butter, margarine, or lard.
- Reduce salt in recipes.
- Use garlic, ginger root, and fresh herbs, like basil, parsley, thyme for more flavor.

## Storing Fruits and Vegetables

Keep your fruits and vegetables fresh for as long as possible.

On the counter:

- ⇒ store tomatoes, fruit with pits, like avocados, peaches and plums, and bananas on the counter.
- ⇒ Potatoes, onions, and winter squash can be stored in a cool, dry place.

In the refrigerator:

- ⇒ Most other fruits should be kept in the refrigerator.
- ⇒ Store most vegetables in the refrigerator crisper drawer to keep them cool and moist.
- ⇒ Cover, cut fruit or vegetables and store them in the refrigerator.

In the freezer:

- ⇒ To extend their life and avoid waste, you can freeze most fruits and blanched and drained vegetables that you won't be able to eat within a week or two.

## What's in Season?

**May - July:** Beets, cabbage, cauliflower, cucumber, greens, lettuce, peas, peppers, radishes, scallions, spinach, strawberries

**July - August:** Blueberries, cantaloupe, peaches, raspberries, watermelon, beans, beets, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumber, eggplant, lettuce, onions, peas, peppers, potatoes, radishes, spinach, summer squash

**August - October:** Apples, cranberries, cabbage, lettuce, onions, pears, potatoes, pumpkins, winter squash, turnips



## PRODUCE SPOTLIGHT:

*BROUGHT TO YOU BY UMASS EXTENSION NUTRITION EDUCATION PROGRAM*

### Spinach and Strawberry Salad

Serves 4

Fruits and Vegetables: ½ cup per serving

#### Ingredients:

- 1 cup strawberries, sliced
- 6 cup fresh baby spinach
- 2 tablespoon shallots, finely chopped

#### Dressing Ingredients:

- 2 tablespoons raspberry vinegar
- 2 tablespoons vegetable or olive oil



#### Directions:

1. Wash strawberries and pat dry. Remove leaves and slice strawberries.
2. Wash and prepare spinach and shallots. Mix salad ingredients together in a large bowl.
3. In a small bowl, whisk together vinegar and oil. Pour over salad and toss.

**Nutrition Facts:** Serving size: about 1 cup; Calories: 90; Carbohydrates: 6 g; Fiber: 2 g; Fat: 7 g; Saturated fat: 1 g; Sodium: 30 mg

#### Tips:

- Substitute 4 tablespoons low-fat vinaigrette dressing for raspberry vinegar and oil.
- Add ½ cup crumbled or shredded cheese to taste.