

2023 Vermont Senior Farmers' Market Nutrition Program

The Vermont Senior Farmers' Market Nutrition Program (SFMNP) is designed to help eligible seniors buy fresh fruits and vegetables from local farms.

In Vermont, seniors may get fresh produce through either the Senior Farm Share or Farm to Family, but not both.

Senior Farm Share

What do I get?

Each Senior Farm Share participant receives \$50 worth of a variety of fruits and vegetables from a farm in their community. The value of the share is typically \$5 or \$10.

Who qualifies?

Seniors who are 60 years or older, living in an eligible housing site and whose monthly income is at or below \$2,248 a month for a one-person household or \$3,041 for a two-person household. Under certain conditions, younger adults with disabilities may also qualify for the program.

How does it work?

For a 5 or 10-week period in the summer (July-September in most cases), the housing site coordinator will pick up vegetables (and sometimes fruit) from a nearby farm that will become "your farm" for the season. From the farm, you will receive a weekly "share" of vegetables (and sometimes fruits) that are in season. Shares will be distributed at your housing site.

How and when do I apply?

The farm shares are available only through participating senior housing sites. Your housing site coordinator should provide you with an application in May. Seniors who want to take part in the program must fill out a short application form and return it to your housing site coordinator.

Farm To Family (Farmers Market) Coupons

What do I get?

\$48 worth of coupons to buy fresh fruits or fresh vegetables at more than 60 farmers participating markets in Vermont. The limit is one \$48 coupon book per household.

Who qualifies?

Anyone whose income is below a certain limit based on family size. The 2023 income limits are \$2,248 a month for a one-person household or \$3,041 for a two-person household.

How and when do I apply?

The application is easy. Community Action Agencies (CAAs) start taking applications and issuing on July 1, 2023. They may even have a coupon distribution day at your housing site! *However, they may only have "senior coupons" left by then, limited to people age 60 or older.* Coupon supplies are limited, so it is a good idea to apply early. A proxy arrangement can be made for people who are over 60 or get disability income and cannot go to the CAA in person. Please contact your local CAA for more information. **Dial 2-1-1 to learn how to reach your area's CAA.**

A collaboration of the VT Dept. of Disabilities, Aging & Independent Living, the VT Dept. for Children and Families, and the Northeast Organic Farming Association of Vermont.

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