

Vermont Senior Farmers' Market Nutrition Program - 2007
Senior Farm Share Program
Application Information

Background

The Department of Aging & Independent Living (DAIL) will administer the Senior Farmers' Market Nutrition Program (SFMNP) in 2006, in partnership with the Northeast Organic Farming Association of VT (NOFA-VT); the Department for Children and Families (DCF); and the University of Vermont (UVM) Extension. This United States Department of Agriculture (USDA) funded program promotes consumption of locally grown, nutritious produce during Vermont's growing season. As in previous years, Vermont's SFMNP has two components:

- The "Farm to Family" program where farmers' market coupons are made available through local Community Action Agencies to purchase locally grown produce at farmers' markets.
- The Senior Farm Share program that matches seniors living in congregate housing sites with a local CSA (Community Supported Agriculture) farm that will provide weekly produce for 10 weeks during the growing season.

Instructions

Application packets will be sent electronically to interested housing sites. Housing sites must submit an application to the DAIL outlining their strategy for program implementation. Housing sites that have participated in previous years and do not expect any change in their Senior Farm Share Program operations may complete an abbreviated application form. Shares will be awarded based on the application and availability of funds. As in previous years, the process will be competitive and share awards based upon each of the following criteria:

- Designated housing site staff person to coordinate all program logistics
- Availability of transportation to the farm
- Proximity to a participating CSA farm
- Availability of on-site community cooking and/or meeting room facility
- Number of eligible participants.

Explanations for each of these scoring criteria are provided on the backside of this page.

- 1) **Availability of Service Coordinator.** Each participating housing site must have a designated staff person or volunteer to coordinate all aspects of the program. The coordinator will be responsible for handling participant recruitment, program orientation and outreach, arranging transportation for at least one trip to the farm for seniors, coordinating the weekly share pick-up at the farm, and distribution of the shares. The coordinator will also be responsible for program monitoring and reporting (including pre- and post-season participant evaluation forms), and providing a series of brief food and nutrition demonstrations (following a training in May).

- 2) **Transportation availability.** An important aspect of the program is the relationship between the senior housing site and CSA farm. To foster this community connection between the farmer, the food and the shareholders, at least one visit to the farm is encouraged. This may consist of a group trip, or individual participants accompanying the coordinator to the farm for the weekly share pick-up. The cost of transporting residents to the farm and picking up the weekly shares must be considered when matching farms to housing sites. Each housing site is responsible for picking up its weekly shares at the farm and distributing these at the housing site.
- 3) **Proximity to the farm.** To simplify the weekly share pick-up and farm visits; your farm should be located within 25 miles of your housing site. Please indicate the CSA Farm that you worked with during the 2006 season. If you would like to partner with a different CSA farm, please mention that on the application form, and NOFA-VT will work with you to identify the best farm match for your housing site. Housing sites wishing to work with a new farm and new housing sites in 2007 do not need to identify the new farm on your application form. NOFA-VT will identify your CSA Farm match.
- 4) **Space for holding food demonstration.** In addition to providing fresh locally grown produce, the Senior Farm Share Program must offer food and nutrition education at all sites. Nutrition education may involve food preparation demonstrations and taste testing among other activities. Each site must have space available where food and nutrition education activities may be held.
- 5) **Number of participants from the senior housing site.** In order to make the program cost effective, housing sites must have at least 10 residents eligible and willing to participate. Smaller sites are encouraged to partner with another nearby site in order to meet the required minimum number of residents. To be eligible residents must be 60 years or older and they must have a monthly income at or below \$1,575 for a family of one or \$2,111 for a family of two.

In order to be considered for share award, applications MUST be received by 4:00 p.m. on Tuesday, April 10, 2007.

Fax proposals to: (802) 241-4224; or email to: amy.nickerson@dail.state.vt.us

Or mail to: Amy Nickerson, MS, RD
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