

Vermont Senior Farmers' Market Nutrition Program



The Vermont Senior Farmers' Market Nutrition Program (SFMNP) is designed to help eligible seniors purchase fresh fruits and vegetables from local farms. In Vermont, seniors may receive fresh produce through the Senior Farm Share Program or the Farm to Family Program.

Farm To Family Program Farmers' Market Coupons

What do I get?

Coupons worth \$30 to buy fresh fruits or vegetables this summer at more than 40 farmers markets throughout Vermont.

Who qualifies?

Anyone whose income is below a certain limit, based on household size. The 2006 income limits are \$1,511 a month for a single person, or \$2,035 for a couple.

How and when do I apply?

The application is easy. Community Action Agencies will start taking applications and issuing coupons on June 26. They may even arrange a day to distribute coupons at your housing site! Coupon supplies are limited, so it is a good idea to apply by early July. Please contact your local Community Action Agency for more information.

Senior Farm Share Program

What do I get?

Each Senior Farm Share participant receives \$100 worth of fruits and vegetables throughout the growing season from a farm in their community. The value of the weekly share is approximately \$5 each week for 20 weeks.

Who qualifies?

Seniors who are 60 years or older, living in an eligible housing site and whose monthly income is at or below \$1,511 a month for a single person, or \$2,035 for a couple.

How does it work?

Each week from mid June through October, the Resident Service Coordinator will pick up vegetables from a participating farm in your community - that farm will essentially become "your farm" for the season. Depending upon what fruits and vegetables are in season, you will receive a "share" from that farm. Shares will be distributed at your housing site. All of the participants in the program will receive approximately the same weekly share. If you are away for a week, a friend can pick up your share.

How and when do I apply?

The farm shares are available through income-eligible senior housing sites. The management of the housing site must apply for shares each spring. Seniors who want to take part in the program must fill out a short application form.

For more information about the Senior Farm Share Program, please contact the Northeast Organic Farming Association of Vermont (NOFA-VT) at (802) 434-4122 or info@nofavt.org.