What is the Farmers’ Market Nutrition Program (S/FMNP)?

In Virginia we call it *Farm Market Fresh*!

Virginia’s *Farm Market Fresh* program helps eligible seniors get fresh, tasty, and nutritious locally-grown fruit, vegetables, and cut herbs. The program also supports local farmers and farmers’ markets in Virginia.

The Virginia Department for Aging and Rehabilitative Services-Office for Aging Services (DARS-OAS) partners with the Virginia Department of Agriculture and Consumer Services (VDACS), ten local Area Agencies on Aging (AAA), and one city government to operate the program which is funded by the US Department of Agriculture, Food and Nutrition Service.

Who is eligible?

If all of the statements shown below are true, then you may be eligible to participate.

- You are 60 years of age or older.
- You are a resident of a locality that participates in the program.
- You do not live in the same household and you are not an immediate family member of the farmer who grows the produce.
- You meet the program’s income requirements. You must certify your household income.

How does it work?

- You must complete an application each year through your local Area Agency on Aging to determine if you are eligible to participate in the program.
- Participation is limited and applications are accepted on a first come-first served basis.
- Not all localities within the area served by your local Area Agency on Aging may be eligible to participate in the program.

What is provided?

- If your application is approved, you will receive $45.00 worth of checks per eligible senior for that growing season.
- Each check is worth $5.00 and may be used to purchase fresh, locally-grown fruit, vegetables, and cut herbs from participating certified retail farmers market vendors.
- Certified retail farmers market vendors will accept checks for fresh, locally grown fruit and vegetables in-season, depending on the produce items available.

Where does S/FMNP Operate?

For Southwest Virginia, call:

**Appalachian Agency for Senior Citizens, Inc.**  1-800-656-2272 or 276-964-4915
216 College Ridge Rd., Wardell Ind. Park
Cedar Bluff, VA 24609-0765
If you live in Buchanan, Dickenson, Russell or Tazewell counties.
**District Three Senior Services**

4453 Lee Highway, Marion, VA 24354-4269

If you live in Bland, Carroll, Grayson, Smyth, Washington, or Wythe counties, or the cities of Bristol or Galax.

**Mountain Empire Older Citizens, Inc.**

1501 3rd Avenue East
Big Stone Gap, VA 24219-0888

If you live in Wise County or the City of Norton

For Arlington County, call:

**Arlington Agency on Aging**

703-228-1700

3033 Wilson Blvd., Suite 700-B
Arlington, VA 22201

For Southeastern Virginia, call:

**Senior Services of Southeastern Virginia**

757-461-9481

6350 Center Drive, Bldg. 5, Suite 101
Norfolk, VA 23502-410

If you live in Isle of Wight or Southampton counties, or the cities of Chesapeake, Franklin, Norfolk, Portsmouth, Suffolk, or Virginia Beach.

**City of Emporia**

443-634-3332

201 South Main Street
Emporia, Virginia 23847

If you live in Emporia or Greensville County

For Eastern Shore of Virginia, call:

**Eastern Shore Area Agency on Aging**

757-442-9652 or 1-800-452-5977

Community Action Agency, Inc.

5432-A Bayside Road
Exmore, VA 23350

For Shenandoah Valley, call:

**Valley Program for Aging Services, Inc.**

1-800-868-8727 or 540-949-7141

325 Pine Avenue
Waynesboro, VA 22980-0603

If you live in Augusta County

For Southside Virginia, call:

**Southern Area Agency on Aging, Inc.**

1-800-468-4571 or 276-632-6442

204 Cleveland Avenue
Martinsville, VA 24112-3715

If you live in Patrick, Henry, Franklin, or Pittsylvania Counties or the cities of Danville or Martinsville
Lake Country Area Agency on Aging  1-800-252-4464 or 434-447-7661
1105 West Danville Street
South Hill, VA 23970-3501
If you live in South Boston or Halifax County

Piedmont Senior Resources Area Agency on Aging  1-800-995-6918 or 434-767-5588
5539 Colonial Trail Highway
Burkeville, VA 23922
If you live in Farmville, Blackstone or Prince Edward County

What’s in season?
Farm Market Fresh checks are issued for the summer growing season and usually must be spent during the months of July through November, depending on availability of produce.

Checks are used only for typical fruit and vegetables that grow in Virginia and may be found at Virginia’s retail farmer’s markets in a normal season, such as those listed below. The varieties, volume, and quality of available produce may vary depending on the weather and other factors.

VEGETABLES
Broccoli  Pumpkins  Cantaloupe
Cabbage  Potatoes  Nectarines
Cucumbers  Spinach  Peaches
Eggplant  Squash  Pears
Greens  Sweet corn  Strawberries
Green beans  Sweet potatoes  Tomatoes
Green peppers  FRUIT  Watermelons
Lima beans  Apples
Mushrooms  Blackberries  OTHER PRODUCE

ITEMS NOT ELIGIBLE
Items that you may NOT purchase with the SFMNP checks include:
• produce that is not locally grown such as oranges, bananas, and pineapples
• processed foods such as honey, maple syrup, cider, nuts, meat, bread, and cheese
• non-food items such as flowers and plants are NOT eligible
• dried herbs and teas
In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.aser.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
    Office of the Assistant Secretary for Civil Rights
    1400 Independence Avenue, SW
    Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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