

## 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.  
\*Please note: change cannot be given if the entire \$5 is not used.
- 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

1-800-541-0933 or 276-783-8157  
Dedicated line applications: 1-866-820-2646

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

1-800-252-6362 or 276-523-4202

If you live in Wise County or the City of Norton

For Arlington County, call:

**Arlington Agency on Aging**

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

703-228-1700

For Southeastern Virginia, call:

**Senior Services of Southeastern Virginia**

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

757-461-9481

Dedicated line information: 757-963-9231

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**

201 South Main Street  
Emporia, Virginia 23847

434- 634-3332

If you live in Emporia or Greensville County

For Eastern Shore of Virginia, call:

**Eastern Shore Area Agency on Aging**

**Community Action Agency, Inc.**

5432-A Bayside Road  
Exmore, VA 23350

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

For Shenandoah Valley, call:

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

325 Pine Avenue  
Waynesboro, VA 22980-0603

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

If you live in Augusta County

For Southside Virginia, call:

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

204 Cleveland Avenue  
Martinsville, VA 24112-3715

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

If you live in Patrick, Henry, Franklin, or Pittsylvania Counties or the cities of Danville or Martinsville

**Lake Country Area Agency on Aging**  
1105 West Danville Street  
South Hill, VA 23970-3501  
If you live in South Boston or Halifax County

1-800-252-4464 or 434-447-7661

**Piedmont Senior Resources Area Agency on Aging**  
5539 Colonial Trail Highway  
Burkeville, VA 23922  
If you live in Farmville, Blackstone or Prince Edward County

1-800-995-6918 or 434-767-5588

## What's in season?

*Farm Market Fresh* checks are issued for the summer growing season and usually must be spent during the months of June 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  
Cabbage  
Cucumbers  
Eggplant  
Greens  
Green beans  
Green peppers  
Lima beans  
Mushrooms

Pumpkins  
Potatoes  
Spinach  
Squash  
Sweet corn  
Sweet potatoes

### FRUIT

Apples  
Blackberries

Cantaloupe  
Nectarines  
Peaches  
Pears  
Strawberries  
Tomatoes  
Watermelons

### OTHER PRODUCE

Fresh cut herbs

### 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



## **For More Information, Contact:**

### **Virginia Department for Aging and Rehabilitation Services – Office of Aging Services**

1610 Forest Avenue, Suite 100

Richmond, VA 23229

Toll-free: 1-800-552-3402 or Richmond: 804-662-9319

E-mail: [aging@vda.virginia.gov](mailto:aging@vda.virginia.gov) Web Site: [www.vda.virginia.gov](http://www.vda.virginia.gov)

### **Virginia Department of Agriculture and Consumer Services**

Sales and Market Development

102 Governor Street

Richmond, VA 23219

Richmond: 804-786-2373

Web Site: [www.vdacs.virginia.gov](http://www.vdacs.virginia.gov)

**Information on locally grown Virginia produce**

Web Site: [www.virginiagrown.com](http://www.virginiagrown.com)

### **United States Department of Agriculture, Food and Nutrition Services**

Headquarters: 3101 Park Center Drive, Alexandria, Virginia 22302

#### **Mid-Atlantic Regional Office (MARO)**

300 Corporate Blvd.

Robbinsville, NJ 08691-1518

Phone: 609-259-5025 Fax: 609-259-5185

Web Site: [www.fns.usda.gov/wic/SeniorFMNP/SFMNPmenu.htm](http://www.fns.usda.gov/wic/SeniorFMNP/SFMNPmenu.htm)

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- (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](mailto:program.intake@usda.gov).

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