



# When is produce in season?

MAY JUN JUL AUG SEP OCT

	MAY	JUN	JUL	AUG	SEP	OCT
Apples					■	■
Asparagus	■	■	■			
Blackberries			■	■	■	
Blueberries		■	■	■	■	
Broccoli			■			■
Cantaloupe			■	■	■	
Carrots			■	■	■	■
Cauliflower					■	■
Cherries	■	■				
Green Peas	■	■				
Lettuce		■	■	■	■	■
Onions		■	■	■	■	■
Peaches		■	■	■	■	
Plums				■	■	■
Potatoes			■	■	■	■
Pumpkins						■
Raspberries			■	■	■	
Rhubarb	■	■				
Spinach	■	■				
Strawberries	■	■	■			
Sweet Corn		■	■	■	■	
Tomatoes			■	■	■	■
Watermelon			■	■	■	■
Winter Squash				■	■	■

Fresh fruits and vegetables add flavor and variety to meals and are key to a healthy diet!



Remember, honey and fresh, cut herbs are also eligible items.



**Over 60 Years of Age?**  
You can apply for Ohio's Senior Farmers' Market Nutrition Program



To apply in your area, contact



**MEALS on WHEELS**  
NORTHEAST OHIO

1-800-466-8010 ext. 104  
[www.vantageaging.org](http://www.vantageaging.org)



**Ohio** | Department of Aging

This institution is an equal opportunity provider.

To file a Civil Rights discrimination complaint, call 1-866-632-9992 to request a form.



# SENIOR FARMERS' MARKET Nutrition Program

A coupon program to help you buy Ohio-grown fresh vegetables, fruits, herbs and honey for a healthy you.



**Ohio** | Department of Aging



## Am I eligible to participate in the program?

You are eligible for the Ohio **Senior Farmers' Market Nutrition Program** if you are 60 or older and meet income guidelines. Applications are available through local area agencies on aging and other community partners.

Participants receive two sheets of five \$5.00 coupons (worth \$50.00) to be used for the growing season.



coupon example

## What are the benefits?

Farmers' markets are excellent places to get fresh, healthy food directly from the grower. Fresh fruit, vegetables, herbs and honey are packed with vitamins, minerals, and fiber, necessary for good health.

Not only a fun outing, you will support your local economy when you buy from local farmers and growers!



## How do I use my coupons?

Use your coupons at participating farmers' markets and roadside stands. Look for the **Senior Farmers' Market Nutrition Program** poster when you shop.



look for this poster

## tips

### HOW TO PRACTICE SAFE SHOPPING

Below are tips to protect you and others while enjoying fresh produce and helping to support farms and farmers in your community.

1. Call ahead or check your local farmers' market's website for hours. Ask about special safety measures.
2. Plan your visit to the market when it is less crowded. Ask about special shopping times for older adults.
3. Check if your local farmers market has pre-orders or drive-thru pick-up.
4. Stay home if you feel sick or have been in contact with someone that was sick.
5. Wear a mask or face covering.
6. Maintain at least six feet distance from other shoppers, vendors, and staff.
7. Avoid crowded booths or tents.
8. Use hand sanitizer, or wash your hands before and after you visit the market.
9. Let farmers serve you at their stands.
10. Do not touch or sample any food you are not buying.
11. Use exact change or a credit card to minimize contact.



Select produce equal to the amount of your coupons. If you buy less than the amount of your coupon, farmers cannot give you change back. If you buy more than your coupon, farmers may accept cash or SNAP to cover the amount over the coupon value. Use your coupons by the expiration date.

### COUPONS **MAY NOT** BE USED FOR:

- Bakery Foods
- Eggs
- Cheese
- Cider
- Crafts
- Dried fruits
- Flowers
- Gourds (decorative)
- Herbs Dried/Potted
- Non-local produce - (pineapples, bananas, citrus)
- Nuts
- Plants
- Preserves
- Processed foods
- Syrup