

Virginia Senior Farmers Market Nutrition Program SFMNP 2024

District Three Governmental Cooperative is pleased to once again offer the SFMNP to our service area senior citizens. Beginning in April 2024, you can apply for this program by requesting, completing and mailing your signed application to: ↓ **Mail Application to:** ↓

**District Three Governmental Cooperative
4453 Lee Highway
Marion, VA 24354-4270**

To Apply:

Pick up an application form from a local Senior Center or any DTGC field office.

You can request an application by calling 276-783-8157 (Marion area) or 1-866-820-2646 (toll free).

Applications are also available on-line at: www.district-three.org.

Applicants are notified by mail (at the address on the application) whether they have been approved or denied.

This is a program sponsored by the U. S. Department of Agriculture, Virginia Division for the Aging and Rehabilitative Services, District Three Governmental Cooperative and local governments.

Eligible participants are given ten - \$5.00 coupons (totaling \$50.00) to purchase fresh fruits, vegetables and herbs grown by local certified farmers. This also helps support local farmers and farmers markets. ***Lost or stolen coupons will not be replaced.***

Please look for a sign displayed at **Farmers Markets & Stands** and check with vendors to determine if your coupons are accepted there.



The benefits of consuming fruits and vegetables of all kinds, including strawberries, are infinite. As plant food consumption goes up, the risk of heart disease, diabetes, and cancer goes down.



Strawberries are actually members of the rose family. They are the only fruits to have their seeds on the outside and one strawberry can have as many as 200. Use a favorite recipe to turn these treats into a frozen smoothie, shake, or add to your favorite salad.

Important Information Regarding SFMNP Coupons:

To Be Eligible:

- You must be 60 years of age or older on the date you apply.
- You must be a resident of VA in the city of Galax or Bristol; county of Bland, Carroll, Grayson, Smyth, Washington and Wythe; or one of the major towns of Abingdon, Marion, and Wytheville.
- You must meet the program income requirements by certifying a monthly income of no more than \$2,322.00 for a one-person household or no more than \$3,152.00 for a two-person household.
- You cannot live in the same household, or be an immediate family member, of the farmer who grows the produce.
- You must submit a completed 2024 application. (You must apply each year.)

Approved applicants will receive coupons at the address on the application sometime in June 2024.

- ✓ No state or local taxes are charged on purchases made with these coupons.
- ✓ The coupons must be signed on the front (like a regular check) by the participant they have been issued to. [Senior participants do not endorse on the back.]
- ✓ Coupons must be used in increments of \$5.00 and no change will be given back to the participant. While you may use one or more coupons during a single market visit, the way to **s-t-r-e-t-c-h** your coupon is to:
 - Stay as close to spending in \$5.00 increments (\$5, \$10, \$15) as possible during a single market (or vendor) visit.
 - If your purchases total a small amount over a \$5.00 increment (\$5.25 or \$11.75 for example), you may choose to pay the 25 cents or \$1.75 out-of-pocket to save the additional \$5 coupon for another visit.



What Can't I Purchase?

- Any produce that is not locally grown by the certified farmer and such items as oranges, bananas, etc.
- Any processed foods (honey, maple syrup, cider, nuts, etc.)
- Any meats or pastries.