

# Ohio

## Senior Farmers' Market Nutrition Program

### Vegetables

Asparagus  
Beans  
Beets  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Corn  
Cucumbers  
Eggplant  
Greens (all)  
Kale  
Kohlrabi  
Leeks  
Lettuce  
Mushrooms  
Okra  
Onions  
Parsnips  
Peas  
Peppers  
Potatoes  
Radishes  
Rhubarb  
Rutabagas  
Spinach  
Squash  
Tomatoes  
Turnips  
Zucchini

### Herbs

Basil  
Chives  
Cilantro  
Dill  
Garlic  
Horseradish  
Lovage  
Marjoram  
Mint  
Oregano  
Parsley  
Rosemary  
Sage  
Thyme

### Fruits

Apples  
Apricots  
Berries (all)  
Cherries  
Grapes  
Melons (all)  
Pears  
Peaches  
Plums  
Pumpkins

### Honey

Pure and natural

To participate, call:



740-454-9761

**Coupons**  
**Accepted Here**  
for locally grown  
produce

### Ohio

Sponsored by Ohio Department of Aging, Area Agencies on Aging, United States Department of Agriculture ~ Equal opportunity providers

The Senior Farmers' Market Nutrition Program (SFMNP) is a United States Department of Agriculture (USDA) funded program. Today the SFMNP is available in 49 states and federally recognized Indian tribal governments.

Ohio is the third-largest recipient of funds to support the SFMNP. Ohio's SFMNP is administered by the Ohio Department of Aging and the state's aging network.

It is a highly popular program that provides coupons that eligible older Ohioans can use to purchase fresh fruits and vegetables from participating farmers. Each season, participating consumers receive \$50.00 worth of coupons they can exchange for fresh, unprepared, locally grown fruits, vegetables, herbs and honey from farmers' markets and roadside stands.

It has experienced tremendous growth and favor among farmers and senior participants over the past decade. It provides locally grown produce to assist seniors with their nutritional needs while also supporting local farmers

From its grassroots beginnings in northwestern Ohio, the Ohio SFMNP has expanded into 45 of the 88 counties over the last 10 years.

## Eligible foods

Many fresh fruits and vegetables and honey are eligible for coupon use. Foods excluded include any processed food or foods grown in states other than Ohio, Pennsylvania, West Virginia, Kentucky, Indiana or Michigan. Coupons cannot be used to purchase flowers, potted plants, crafts, eggs, nuts, rice, popcorn, dried produce, dried herbs and baked items. Also items grown in other states like citrus fruits cannot be purchased with coupons either. Prices are to be listed on the produce or posted on a sign.

## Locations where coupons can be used

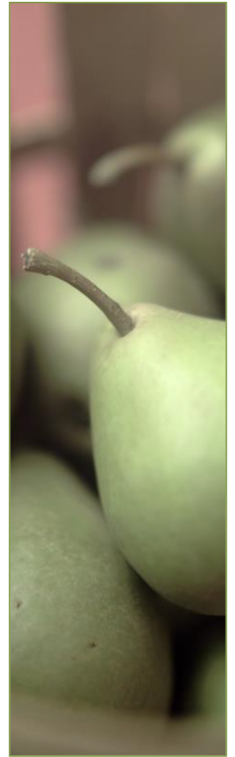
The farmer may be part of a farmers' market or operate a farm stand by themselves. Farmers who are authorized to accept SFMNP coupons will have a sign posted with that information. Sometimes the sign will also list the foods that can be purchased with the coupons. The farmer will be able to identify which items are eligible products.

## Participants

There are three eligibility requirements for program participants. Each must be 60 years or older; live in a county served by a SFMNP; and have a combined household income of 185% or less of the federal poverty income level.

## Application

The SFMNP applications are available from a number of sources. Methods for distribution vary among Area Agencies on Aging and include websites, newspapers, mailings and at senior centers or nutrition sites. Every participant must complete a new application every year. Applications are revised every year so old application cannot be used



## Farmers

Farmers who wish to participate in the SFMNP must first be authorized by the local Area Agency on Aging that participates in the program. Authorization requires that the farmer attend training, provide information about his/her business and agree to have his farmland reviewed to determine what crops will be grown to be sold in the SFMNP. Farmers sell locally grown produce.

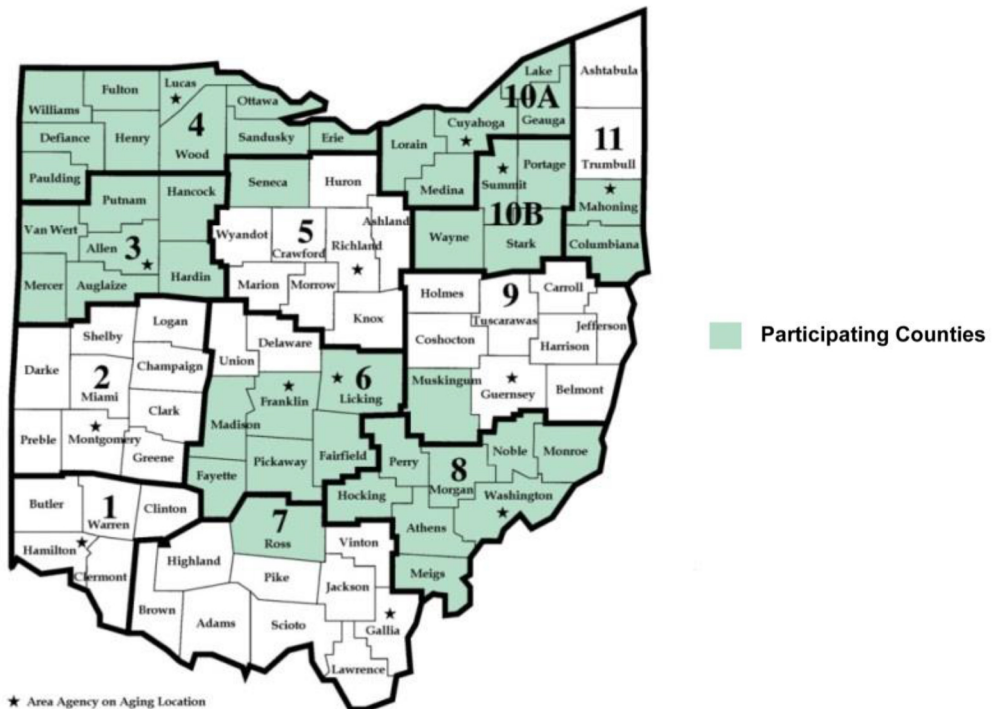
## Summary

The Ohio Department of Aging's base award for 2015 of \$1,619,019 allowed us to serve nearly 30,000 low-income older adults and support 45 counties at 136 farmer markets and 289 road stands. ODA has requested additional USDA funding of \$353,100 for 2016.

Based on American Community Survey data, Ohio would need an additional \$25 million dollars in funding to serve all its income-eligible older adults.

Unfortunately, despite its popularity and benefits to multiple Ohioans, as you can see the program is underfunded, which limits its availability and reach.

## Counties with Senior Farmers' Market Nutrition Programs



Visit the ODA website at <http://www.aging.ohio.gov> to read more about the Senior Farmers' Market Nutrition Program and participating Area Agency on Aging partners.