

Farmer's Market Coupons

Farmer's Market coupon books will be available by late July to early August. Coupon books come with ten coupons (\$2.50 each) for a total of \$25.00 per booklet. Stay informed on availability of coupons and eligibility by checking our website at eswa.org or by calling your local senior center.



Five Reasons to Increase Your Intake of Fruits and Vegetables

1. Adequate intake has been shown to reduce the incidence of heart disease, strokes and certain types of cancer.
2. Great sources of fiber which contribute to a healthy gut.
3. Fruits and vegetables have a high percentage of water and can help to meet your hydration needs.
4. Valuable sources of essential vitamins and minerals.
5. Contain antioxidants which aid in preventing chronic diseases.

Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have questions regarding sodium or other dietary needs, contact our Nutritionist at Extension 266.

The Nutrition Project is administered by Elder Services of Worcester Area, Inc. and receives Federal financial support under the Older Americans Act provided by Senior Connection and the Massachusetts Executive Office of Elder Affairs. Funders also include United Way of Central Massachusetts, Greater Worcester Community Foundation, City of Worcester's Department of Health and Human Services, Elder Affairs Commission Division, participant donations, grants, individual support and the Councils on Aging in Auburn, Barre, Boylston, Grafton, Hardwick/Gilbertville, Holden, Leicester, Millbury, Oakham, Paxton, Rutland, Shrewsbury, and West Boylston.

