

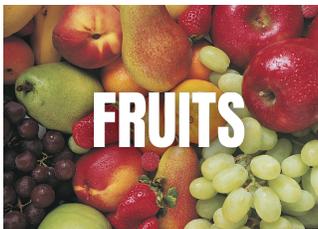


Massachusetts Senior Farmers' Market Nutrition Program (SFMNP)

WHAT ARE FARMERS' MARKET COUPONS?

Your booklet can be used through **October 31st** to purchase produce and honey grown and sold by local farmers at farmers' markets and some farmstands. *The coupons cannot be used at the grocery store.*

ELIGIBLE PRODUCE



HOW TO USE YOUR COUPONS

- 1** Find your market! Use the regional list of markets and farmstands distributed with your coupons.
- 2** Plan your visit! Check hours of operation and arrange transportation. You can ask a friend or family member to shop for you.
- 3** Watch for signs! Look for the "Farmers' Market Coupons Accepted" sign to find a FMNP farmer.
- 4** Keep in mind: Each coupon is worth \$5 and no change can be given. If your item costs more, you must pay the difference.
- 5** Remember:
 - Your coupon booklet
 - SNAP/EBT card (many markets accept)
 - Reusable shopping bags
- 6** If you are at the farmers' market and have questions or are having a hard time navigating, don't worry! Find the market manager's tent, where there will always be someone who can help.

Other items available for sale at the market cannot be purchased with senior farmers' market coupons. However, you may purchase those items with cash and many markets accept **SNAP** and participate in the **Healthy Incentives Program (HIP)**. Fruit and vegetable choices may differ from market to market and at different times during the season (see what's in season).

NEW IN 2025

Both the WIC & Senior coupons have a QR code that is on the front of each coupon. Scan the QR code to be directed to the MassGrown website to find FMNP locations near you. This link will also take you there:
<https://massnrc.org/farmlocator/map.aspx?Program=FMNP>



SCAN ME

CONTACT:

Massachusetts Executive Office of Aging & Independence

Visit <https://www.mass.gov/orgs/executive-office-of-aging-independence-age> or Call 800-243-4636

Massachusetts Nutrition Program for Seniors

Visit <https://www.mass.gov/info-details/senior-nutrition-program>

SNAP Eligibility (formerly Food Stamps)

Find out if you are eligible for SNAP Food Assistance, Visit <https://www.mass.gov/snap-benefits-formerly-food-stamps>

Project Bread FOODSOURCE Hotline

For information about SNAP eligibility and emergency food assistance, Call [1-800-645-8333](tel:1-800-645-8333)

Nutrition Information For You

For information about nutrition facts as you age, Visit <https://www.nutrition.gov/topics/nutrition-life-stage/older-adults>



NEED HELP WITH
FOOD ASSISTANCE?

MAY-JULY

Beets, cabbage, cauliflower, cucumber, greens, lettuce, peas, peppers, radishes, scallions, spinach, strawberries

JULY- AUGUST

blueberries, cantaloupe, peaches, raspberries, watermelon, beans, beets, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumber, eggplant, lettuce, onions, peas, peppers, potatoes, radishes, spinach, summer squash

AUGUST- OCTOBER

Apples, cranberries, cabbage, lettuce, onions, pears, potatoes, pumpkins, winter squash, turnips



WHAT'S IN SEASON

FUN FOOD TIPS AND TRICKS!

FRUITS AND VEGETABLES: HOW MANY DO I NEED

Most adults need about 5 serving of fruits and vegetables every day.

Here is what counts as 1 serving:

- 1 cup raw leafy greens
- ½ cup chopped fresh, frozen, or canned fruit or veggies
- 1 small or ½ large ear of corn
- 1 medium piece of fruit
- ¼ cup dried fruit

SPINACH AND STRAWBERRY SALAD

SERVES 4, FRUITS AND VEGETABLES: ½ CUP PER SERVING

Ingredients

- 1 cup strawberries, sliced
- 6 cups fresh baby spinach
- 2 tablespoons shallots, finely chopped

Dressing Ingredients

- 2 tablespoons raspberry vinegar
- 2 tablespoons vegetable or olive oil

Directions

1. Wash strawberries and pat dry.
2. Remove leaves and slice strawberries
3. Wash and prepare spinach and shallots.
4. Mix salad ingredients together in a large bowl.
5. In a small bowl, whisk together vinegar and oil. Pour over salad and toss.

Nutrition Facts

- Serving size: ~1 cup; Calories: 90; Carbohydrates: 6g; Fiber: 2g; Fat: 7g; Saturated fat: 1g; Sodium: 30 mg

Tips

- Substitute 4 tablespoons low-fat vinaigrette dressing for raspberry vinegar and oil.
- Add ½ cup crumbled or shredded cheese to taste.

STORING FRUITS AND VEGETABLES

Keep your fruits and vegetables fresh for as long as possible.

On the Counter:

- Store tomatoes, fruit with pits (avocados, peaches, plums, etc.) and bananas on the counter.
- Potatoes, onions, and winter squash can be stored in a cool, dry place.

In the Refrigerator:

- Most other fruits should be kept in the refrigerator.
- Store most vegetables in the refrigerator crisper drawer to keep them cool and moist.
- Cover any cut fruits or vegetables and store them in the refrigerator.

In the Freezer:

- To extend their life and avoid waste, you can freeze most fruits and blanched and drained vegetables that you will not be able to eat within a week or two.

HEALTHY COOKING TIPS

- Wash fruits and vegetables before using
- Keep the skin on fruits and vegetables! It is a good source of fiber.
- Try baking, grilling, roasting, boiling, steaming, or broiling.
- Choose peanut, olive, or vegetable oil instead of butter, margarine, or lard.
- Reduce salt in recipes
- Use garlic, ginger root, and fresh herbs (basil, parsley, thyme, etc.) for more flavor.