



pennsylvania
DEPARTMENT OF AGRICULTURE



Clearfield County Area Agency on Aging, Inc.

Clearfield County Area Agency on Aging, Inc.
116 S Second St, Clearfield, PA 16830

www.ccaaa.net

SENIOR FARMERS MARKET NUTRITION PROGRAM 2021

Instructions:

Thank you for participating in Farmers Market. Attached is your Farmers Market application and information. *Please...*

- Fill the application out **completely**. An incomplete form will result in rejection of your application.
- Use your **full name and address, exactly as it appears on your driver's license or ID**.
- Two people, **residing at the same address**, may use one application.
- **Please return your completed application to the MOW driver**. The other information enclosed is yours to keep.
- **Do not** come to the CCAAA office or senior center to drop off vouchers or pick up checks. This is not allowed, due to the Covid-19 Pandemic.
- **Please allow four weeks for processing**. If you have not received your Farmers Market Vouchers after the four-week time period, you may call Bobbie at the CCAAA office: 814-765-2696.

The CCAAA and the PA Department of Agriculture appreciate your patience as we strive to keep people safe during the Covid-19 Pandemic.

Hang this card on your refrigerator, as a reminder:



...you have from June 1 until November 30th to use your checks at farmers markets and stands displaying the white Farmers Market Nutrition Program poster.

If you are unable to go yourself you can sign your checks and have family members or a friend pick up your fruits and vegetables.

The purpose of the FMNP is to provide fresh, unprepared, locally grown fruits, vegetables & herbs through farmers markets and roadside stands and community supported agriculture programs to low-income senior population. By spending your checks, you are aiding in development and expansion of domestic farmers and expansion of roadside stands, farmers markets and Community Programs.

Thank You for your support!

FMNP and SFMNP Basic Rules and Regulations

- FMNP and SFMNP checks cannot be used before June 1, 2021 or after November 30, 2021.
- FMNP customers may buy only fruits, vegetables and herbs grown in Pennsylvania
- Recipients must sign in the “Signature Recipient or Proxy” block on the front of the checks. Do this before going to the market or take a pen with you.
- At the market, look for stands displaying the white Farmers Market Nutrition Program poster.
- Each check is worth \$6. Farmers are not permitted to give change for purchases for less than \$6.
- Program recipients may place orders online with FMNP approved farmer; however, you must pay with your paper FMNP checks. A proxy may go to markets to make the purchase for you.

Market information: *a list of Farmers Markets in our area will be mailed with your checks.*

Online: To find a farmer’s market or farm stand with eligible farmers, please download the FMNP app. The PA FMNP app is available in the Google Play store and the Apple Store for free. Search for PA FMNP farmers market locator and download the app or go to www.pafmnp.org to search our online farmers market and farm stand database.

For market with phone numbers please contact the market for changes to operating hours before visiting.

**** Note:** Program recipients are encouraged to practice social distancing and wear masks at markets and stands.

List of eligible Fruit and vegetables

Fruit

Apples	Berries	Grapes	Melons	Pears
Apricots	Cherries	Nectarines	Plums	Peaches

Vegetables

Artichokes	Cauliflower	Leeks	Parsnips	Tomatoes
Asparagus	Celery	Lettuce	Onions	Turnips
Beans (fresh)	Corn	Mushrooms	Radishes	Winter Squash
Beets	Cucumbers	Peppers	Rhubarb	Yams grown in PA
Broccoli	Eggplant	Potatoes	Rutabagas	Zucchini
Brussel Sprouts	Greens	Peas	Spinach	Microgreens
Cabbage	Kohlrabi	Okra	Sweet Potatoes	

No actual plants are permitted for purchase only the mature fruit and/or vegetable is allowable for purchase with the FMNP checks.

Fresh cut herbs are allowed if they are used for cooking or flavoring

- Processed food is not allowed for purchase with FMNP Checks. Jack-o-lanterns are not allowable
- Citrus or tropical fruits are not allowed for purchase with FMNP checks.

Nutrition Education

Nutrition information on basic nutrition, shopping, cooking and food safety can be found at <https://www.nutrition.gov/> The website also contains many different recipes.