

## How the Program Works

The Senior Farmers Market Nutrition Program (SFMNP) which began in 2001 in Alabama is administered through the Alabama Farmers Market Authority (FMA). The FMA receives federal monies from the USDA so seniors who otherwise would go without, can receive fresh fruits and vegetables. Alabama's program is nationally recognized for its growing success and ranks fourth in the nation.

Coupons are issued on a first-come, first-serve basis to eligible seniors by means of a co-operative agreement between the FMA and 13 Area Agencies on Aging (AAA). Coupon issuance sites are located throughout the counties, for specific locations, days and times of issuance contact the AAA in your area 1-800-243-5463. *Only one coupon book per person.*

Coupons cannot be redeemed at grocery stores. Vouchers can only be used during the harvest season to purchase fresh, nutritious, unprepared, locally grown fruits, vegetables and herbs at farmers markets and roadside stands authorized by the Farmers Market Authority (FMA) and can only be accepted by farmers who have been certified to participate in the program and display the green and white Farmers Market Nutrition Program (FMNP) sign. For a list of Authorized Farmers Markets visit [www.fma.alabama.gov](http://www.fma.alabama.gov).

Coupons cannot be used to buy any produce that a farmer has purchased from a wholesaler or a non-local farmer.

Coupons *may not* be used to purchase flowers or potted plants; crafts, eggs; nuts; rice; popcorn; dried produce or herbs; baked goods or processed foods such as jams, apple butter honey, apple cider, or maple syrup. Coupons cannot be used to purchase bananas or any citrus fruits other than satsumas.

Please select produce equal to the denomination of the coupon. No change will be given.

Coupons can only be spent April 15 – November 15 of the year issued. The last date to spend the coupons is boldly printed in the middle of the coupon. The coupons are invalid after the printed date.



For more information on the  
Senior Farmers Market Nutrition Program  
Contact the Alabama Farmers Market Authority  
334-242-2618  
1-877-774-9515  
[www.fma.alabama.gov](http://www.fma.alabama.gov)

**SENIOR FARMERS MARKET NUTRITION PROGRAM**

Sponsored by State of Alabama Farmers Market Authority

Funded in part by USDA

# ATTENTION SENIORS

Age 60 and older



You may qualify to receive  
**LOCALLY GROWN FRUITS  
AND VEGETABLES**



THE SENIOR FARMERS MARKET NUTRITION PROGRAM offers a bounty of locally grown fresh fruits, vegetables and herbs for eligible seniors who otherwise might go without. All locally grown fruits, vegetables and herbs that are grown by authorized farmers are eligible. Below is only a *partial* list of what is eligible.

**Eligible Foods\***

FRESH VEGETABLES		FRESH FRUITS	FRESH HERBS
Broccoli	Peas	Apples	Basil
Butter Beans	Pepper	Blackberries	Rosemary
Cabbage	Potatoes (Irish)	Blueberries	Chives
Carrots	Potatoes (Sweet)	Cantaloupe	Dill
Cauliflower	Pumpkins	Nectarines	Garlic
Collards	Snap Beans	Peaches	Cilantro
Corn	Squash	Pears	Marjoram
Cucumbers	Tomatoes	Plums	Mint
Eggplant	Turnips	Satsumas	Sage
Leafy Greens (all)	Zucchini	Strawberries	Oregano
Okra		Watermelons	Parsley
Onions			Thyme

**Eligibility**

Seniors who are 60 years of age or older, at the time of application, with an annual income that is 120% of the Federal Poverty Guideline\* are eligible. Below is the income guideline for 2007:

Persons per household	Monthly Income	Annual Income
1 person	\$1,485.00	\$17,820.00
2 persons	\$1,967.00	\$23,712.00
3 persons	\$2,480.00	\$29,760.00

\* The Federal Poverty Guideline is issued by the Department of Health and Human Services and updated annually.



\* This is not a complete list. All locally grown fruits, vegetables and herbs that are grown by authorized farmers are eligible.

