

PA Farmers Market Nutrition voucher distributions scheduled

The purpose of the Senior Farmers Market Nutrition Program is to provide seniors, who might be nutritionally at risk, with fresh, nutritious unprepared foods, such as fruits and vegetables made available at local farmers' markets. The second purpose is to expand the awareness and use of farmers' markets and increase sales at such markets, which are the final destinations for the fruits of the labor of thousands of Pennsylvania farmers whose foods are at the heart of our quality of life.

By taking part in the Farmers Market Nutrition Program you help a farmer and you help yourself. The local produce that you buy is fresher and tastier because shorter transportation to market means fresher produce with fewer bumps and fewer bruises. Your purchases, in turn, support the economic needs of Pennsylvania farmers and help to maintain the farmland and the families and workers who make the food available to you.

Eating locally grown produce can lower blood pressure, and reduce the risk of heart disease, stroke, and some cancers. It lowers the risk of eye and digestive problems; and also has an effect on blood sugar that could help keep one's appetite under control.

The Pennsylvania Farmers Market Nutrition Program (FMNP) is a cooperative effort including the Pennsylvania Department of Agriculture, US Department of Agriculture, the Pennsylvania WIC Program, the Southwestern PA Area Agency on Aging and senior centers and distribution sites.

The program provides four \$5 vouchers totaling \$20 to eligible persons one time during the program year. The vouchers may be redeemed at area farmers' markets from June 1 through November 30.

To be eligible for the FMNP vouchers, you must be 60 years of age or older by December 31 of the program year, and for this service area, you must be a resident of Fayette, Greene or Washington County. An eligible individual's gross income, which includes interest, Social Security, wages, Black Lung, etc., must be at or below \$21,978. For 2 persons in a household the income may be \$29,637; a 3 person household income may be \$37,296.

An eligible senior may authorize a proxy to pick up and use the FMNP vouchers as long as the benefits ultimately reach the eligible participant. However, **proxy statements must be completed prior to picking up the vouchers. (Proxy forms are available at local senior centers and Area Agency on Aging offices listed at the end of this article. Proxy forms may also be downloaded from the Southwestern PA Area Agency on Aging website at www.swpa-aaa.org)**

Seniors living in nursing or residential facilities, where meals are provided, **are not** eligible for the program.

Lost vouchers cannot be replaced. Although stolen vouchers may receive consideration for replacement.

Using the Farmers Market vouchers

To redeem your vouchers, visit a local farmers' market. When you arrive, look for the sign indicating which farmers will accept the Farmers Market checks or vouchers.

Checks may only be used at farmers' markets to purchase fruits and vegetables grown in Pennsylvania or produce that was purchased directly from a previously approved farmer from the neighboring states of Delaware, Maryland, New Jersey, New York, Ohio, and West Virginia. Wholesale produce is not eligible.

Farmers may assist recipients in determining which produce is eligible for the program. A partial list of fruits and vegetables includes: apples, apricots, berries, cherries, grapes, melons, nectarines, peaches, pears, plums, artichokes, asparagus, beans, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, greens, kohlrabi, leeks, lettuce, mushrooms, okra, onion, parsnips, peas, peppers, potatoes, pumpkins (for eating), radishes, rhubarb, rutabagas, spinach, squash, sweet potatoes, tomatoes, turnips, yams, and zucchini. Fresh herbs (not growing in a pot) may also be purchased, if they are for cooking or flavoring.

Farmers cannot accept vouchers for citrus fruits such as lemons and oranges, tropical fruits such as bananas, pineapples and mangos or processed foods such as jams, honey, cider or baked goods.

Farmers Market Nutrition Program vouchers may be picked up at the following distribution sites during the dates and times indicated:

Fayette County

Brownfield Sat. Ctr.

291 Banning Road, Dawson
Wed, June 8, 9 a.m. - 12 p.m.

Brownsville Sr. Ctr.

302 Shaffner Ave, Brownsville
Wed, June 22, 9 a.m.–12 p.m.

Bullskin Sat. Ctr.

52 Medsger Rd., Connellsville
Thu, June 30, 10 a.m.–11:30 a.m.

Center on the Hill

100 Summit Rd., Belle Vernon
Tues, June 21, 9 a.m.–12 p.m.

Connellsville Sr. Ctr.

100 E. Fayette St., Connellsville
Wed, June 22, 9–11:30 a.m.

Everson Sat. Ctr.

VFW, 401 Shipley St., Everson
Wed, July 20, 11 a.m.–12 p.m.

Fairchance Ctr in the Bank

67 West Church St. Fairchance
Fri, June 17, 10 a.m.–12 p.m.

Masontown Sr. Ctr.

22 S. Main St., Masontown
Fri, July 8, 9 a.m.–11 a.m.

Mountain Citizens

39 Old Dinner Bell Road, Farmington
Thu, June 16, 10 a.m.–12 p.m.

Normalville Christian Service Ctr.

3330 Springfield Pike, Normalville
Wed, July 6, 8 a.m.- 12 p.m.

Perryopolis Sr. Ctr.

403 Liberty St., Perryopolis
Mon, June 20, 9 a.m.–12 p.m.

Point Marion Sat. Ctr.

109 Railroad St., Point Marion
Tue, June 28, 10 a.m. - 11 a.m.

Republic Sr. Ctr.

36 Fairgarden St., Republic
Tue, June 21, 9 a.m.–12 p.m.

Smithfield Sat. Ctr.

14 Water St., Smithfield

Thu, June 30, 10 a.m.–12 p.m.

Uniontown Adult Rec. Ctr.

137 N. Beeson Ave., Uniontown

Fri, July 15, 1–4 p.m.

Mon, July 18, 1–4 p.m.

Greene County

Avalon Court

170 Greene St, Waynesburg

Tue, June 7, 3 - 4 p.m.

Bobtown Sat. Ctr.

St. Ignatius Social Hall,

Bobtown

Tue, June 14, 9:30-11:30 a.m.

Bridge Street Commons

600 Bridge St, Waynesburg

Thu, June 9, 10 - 11 a.m.

Carmichaels Act. Ctr.

100 Nemascolin Rd.,

Carmichaels

Fri, Jun 10, 9 – 11 a.m.

Carmichaels Arbors

211 Liberty St, Carmichaels

Thu, June 9, 1:30 - 3:30 p.m.

Clarksville Community Center

524 East St, Clarksville

Tue, June 7, 11 a.m. - 12 p.m.

Jefferson Sat. Ctr.

190 Washington St., Jefferson

Wed, June 8, 9:30 – 11:30 a.m.

Monongahela Twp. Com. Ctr.

377 Stoney Hill Rd., Greensboro

Thu, June 30, 1 – 2 p.m.

Mt. Morris Sr. Ctr.

Perry Twp Com. Ctr., Mt. Morris

Wed, June 8, 9:30 –11:30 a.m.

Thompson Gardens

5th & Walnut Sts, Waynesburg

Thu, June 16, 1:30 – 2:30 p.m.

Waynesburg Com. Ctr.

1505 Morris St., Waynesburg

Tue, June 7, 9 – 11 a.m.

West Greene Sat. Ctr.

106 Grange Rd., Graysville

Thu, June 16, 10 – 11:30 a.m.

Woodside Manor

522 Woodside Manor #P, Carmichaels

Mon, June 20, 1:30 – 2:30 p.m.

Produce to People Sites

Greene Co. Fairgrounds

Thu, June 23, 10 a.m. – 12 p.m.

Harvey's Grange

106 Grange Rd., Graysville

Fri, June 10, 10 a.m. – 12 p.m.

Food Pantries-Greene Co.

Vouchers will be distributed at Food Pantries during the month of July as availability allows.

Washington County

Bellmead Apartments

Residents only**

815 South Main St., Washington

Tue, June 28, 1 - 3 p.m.

Bentleyville Sr. Ctr.

931 Main St., Bentleyville

Tue, June 28, 9:30 a.m. - 1 p.m.

Beth Center Sr. Ctr.

316 Station St., Vestaburg

Tue, June 21, 10 a.m. - 2 p.m.

Burgettstown Sr. Ctr.

200 Senior Way, Burgettstown

Mon, July 25, 9:30–11 a.m. and 12:30 – 2 p.m.

Canonsburg Sr. Ctr.

30 E. Pike St., Canonsburg

Mon, July 18, 9 a.m.–1:30 p.m.

Center in the Woods

130 Woodland Ct., Brownsville

Mon, June 20, 9 a.m. – 3 p.m.

Chartiers Township Sat. Ctr.

2013 Community Dr., Houston

Tue, June 21, 9 - 11 a.m.

Cross Creek Sr. Ctr.

28 Clark Ave., Avella

Fri, July 22, 12– 3 p.m.

Donora Sr. Ctr.

700 Meldon Ave., Donora

Tue, June 28, 9 a.m.–12 p.m.

Finleyville Sat. Com. Ctr.

3547 Marion Ave., Finleyville

Tue, June 28, 10 a.m.–12 p.m.

McDonald/Cecil Sr. Ctr.

3599 Miller's Run Rd., Cecil
Tue, July 12, 9 a.m.–1:30 p.m.

McGuffey Sr. Ctr.

105 Green St., Claysville
Thu, July 14, 10 a.m.–2 p.m.

Monongahela Sr. Ctr.

102 W. Main St., Monongahela
Fri, Jun 17, 9 a.m.–12 p.m.

Peters Township Rec. Ctr.

700 Meredith Dr., Venetia
Fri, July 15, 10 a.m.–12 p.m.

Riverside Place

303 Chamber Plaza, Charleroi
Tue, June 21, 9 a.m.–12 p.m.

Southwestern PA Area Agency on Aging

150 W. Beau St., First Floor, Washington
Thu, July 21, 9:30– 11:30 a.m. and 1–3 p.m.

Thomas Campbell Sr. Ctr.

850 Beech St., Washington
Mon, June 13, 9 a.m.–12 p.m.

Washington Senior Action Council

LeMoyne Community Center
200 N. Forrest Ave., Washington
Tue, June 21, 1:30 p.m. – 3 p.m.

Washington Area Sr. Ctr.

69 W. Maiden St., Washington
Tue, June 21, 10 a.m.–3 p.m.

Vouchers are redeemable only at participating farmers' market/vendor sites. A list of participating farmers should be available when vouchers are distributed and that list will be published in the June *Senior Times*.

For more information on the Farmers Market Nutrition Program and participating farmers' markets, contact your senior center in Fayette, Greene or Washington County. You may also call the Area Agency on Aging at 724-489-8080 or a county office near you:

Fayette County, Uniontown, 724-430-4603

Greene County, Waynesburg, 724-852-1510

Washington County, Washington, 724-228-7080