

It's **SENIOR PROJECT FRESH** Time!

Senior Project FRESH/Market FRESH is a program which allows income eligible seniors to receive coupons to purchase fresh produce from Michigan produce growers.

The eligibility to apply is as follows:

- You must meet the income guidelines.
 - \$1872 gross per month for a household of one
 - \$2538 gross per month for a household of two
 - Larger households add \$667 per additional family member
- You **must** be 60 years or older **AND**
- You **must** live in Benzie County.

What to bring in order to get your vouchers:

- A completed application each for yourself and/ or spouse, a signed proxy form if you are attending for someone else *including your spouse*.
- **Please read the applications and proxy forms carefully and complete BOTH sides.**

Please note: if the proxy form is not signed by the individual appointing the proxy, the form **WILL NOT BE ACCEPTED, NO EXCEPTIONS.**

SENIOR PROJECT FRESH 2019 - COUPON DISTRIBUTION DATES

Coupons distributed Monday – Thursday 9:00am - 1:00pm
at the administration office to start **Monday June 17th.**
Coupon booklets are available on a 1st come 1st served basis
while supplies last.

**Michigan Senior Project FRESH/Market FRESH
SENIOR FARMERS' MARKET NUTRITION PROGRAM
APPLICATION**

County _____

DATE OF APPLICATION: ____/____/____

PARTICIPANT INFORMATION

FIRST NAME: _____ LAST NAME: _____

DATE OF BIRTH: ____/____/____ SEX: MALE ☐ FEMALE ☐ UNKNOWN ☐

PHONE NUMBER: _____

The collection of race and ethnicity is requested solely for the purpose of determining the State agency's compliance with Federal civil rights laws and ensures that the program is administered in a non-discriminatory manner.

ETHNICITY CATEGORY:

- ☐ NOT HISPANIC OR LATINO
☐ HISPANIC OR LATINO

RACE CATEGORY (select one or more):

- ☐ AMERICAN INDIAN OR ALASKA NATIVE
☐ ASIAN
☐ BLACK OR AFRICAN AMERICAN
☐ NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER
☐ WHITE
☐ UNKNOWN

ADDRESS: _____
STREET CITY STATE ZIP

Number in household? _____

Please indicate if you participate in any of the following programs:

- ☐ SNAP benefits (Bridge Card) ☐ Food Bank ☐ TFAP ☐ CSFP-Commodities
☐ Congregate meals ☐ Home delivered meals ☐ Other food assistance programs

To be eligible to receive **Senior Project FRESH** (SFMNP) coupons, you must be at least 60 years of age and meet the income guidelines, which are based on 185% of the Federal Poverty Income Guidelines during the current fiscal year and live in the county where the coupons are being issued. Your signature indicates that you have been given a copy of the current income guidelines which are as follows, not to exceed:

For 1 person: \$22,459

For 2 people: \$30,451

If you have additional family members, please see the chart for the income eligibility.

CERTIFICATION BY PARTICIPANT

I have been advised of my rights and obligations for use of Senior Project FRESH coupons. I certify that the information I have provided for my eligibility determination is correct, to the best of my knowledge. I am aware that I cannot receive farmers' market benefits from more than one state, more than one local agency or program model (check, coupon or CSA). This application is being submitted in connection with the receipt of Federal assistance (Senior Farmers Market Nutrition Program known in Michigan as Senior Project FRESH). I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the Michigan Senior Project FRESH program. I certify I meet the household size and income guidelines provided by the state and that I am eligible to receive Michigan Senior Project FRESH benefits.

Signature of Participant

Date

Signature of Staff/volunteer

Date

Number of coupon books: _____ Coupon book numbers: _____

Applicant eligible? ☐ Yes ☐ given coupons ☐ Put on wait list

☐ No If no: ☐ denial sent to client Date: _____

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](#) (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

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PROXY

 X Senior Project FRESH

 Wisewoman/Wise Choices

Program Year 2019

A proxy is a person only authorized to receive and/or redeem SFMNP coupons. A proxy should be at least 18 years of age and dependable for the duration of the program months of operation. In order for the coupons to be issued to a proxy, the proxy must be present identification as well as written approval from the participant. Proxies must sign the coupon book and the coupon register to receive coupons. Proxies have the same obligations to follow program guidelines when purchasing fruits and vegetables from an authorized farmer.

I, _____ authorize the following individual(s) to act as my proxy.
Participant signature

Assigned proxies: _____
1st proxy named

2nd proxy named

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“This institution is an equal opportunity provider and employer.”

What Can I Get With My Coupons?

You can get Michigan grown, unprocessed fruits, vegetables and herbs with your coupons. You can also get honey.

Here are a few of the things you can buy. Please see the Eligible Products List for a more complete listing.

Honey, Apples, Blackberries, Blueberries

Cantaloupe, Cherries, Cranberries

Currants, Elderberries, Grapes

Peaches, Pears, Plums

Raspberries, Strawberries

Watermelon, Basil, Celeric

Chives, Cilantro, Cutting Celery

Dill, Epazote, Fennel, Garlic

Lemon Balm, Lemon Grass

Lovage, Marjoram, Mint

Oregano, Parsley, Rosemary

Sage, Sorrel, Summer Savory

Tarragon, Thyme, Honey

Asparagus, Beans, Beets

Bok Choy, Broccoli, Brussels Sprouts

Cabbage, Carrots, Cauliflower

Celery, Corn, Cucumber

Eggplant, Greens (All)

Kohlrabi, Leeks, Lettuce

Mushrooms, Okra, Onion

Parsnips, Peas, Peppers

Potato, Pumpkin, Radishes

Rhubarb, Rutabagas, Scallions

Spinach, Squash, Sunchokes

Swiss Chard, Tomatilla

Tomatoes, Turnips

Watercress, Zucchini

Howell melons, Kale



MICHIGAN SENIOR PROJECT FRESH/MARKET FRESH

*Michigan-grown produce and
nutrition for older adults*



Benefiting Michigan's Farmers and Older Adults

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Ave. SW., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

What is Senior Project FRESH?

Senior Project FRESH/Market FRESH gives coupon vouchers to eligible older adults to get Michigan-grown fruit, vegetables, herbs, spices and honey from farmers markets and roadside stands.

To get the coupons, you must:

- Be at least 60 years old
- Live in the Michigan, in the county giving out the coupons
- Have a total household income of at or less than 185% of poverty. (The agency giving out the coupons will show you a chart and help you figure out what income level you are at).

You use the coupons like money at the farmers markets or roadside stands that have a sign saying "SENIOR PROJECT FRESH/Market FRESH WELCOME HERE".

Along with the coupons, you will get information on healthy eating. You may get handouts, have a group class, or get referred to someone who can help you one-to-one. You will also get information on other places to get meals, food and other help if you need it.

Why Should I Participate?

- Eating fresh produce can help you stay healthy and prevent some illnesses. Most people who live in Michigan do not get enough fresh produce in their diet.
- If you are on a fixed and/or low income, this program helps you stretch your grocery dollar.
- You can freeze, can or dry some of the produce so you can use it later in the year. (Please ask the person doing nutrition education if you would like more information about this).
- You can try out new herbs and spices to use instead of salt to season your food. Fresh herbs and spices taste better than the ones you buy in the store.
- You are helping Michigan farmers! In the past, Michigan farmers have earned extra money through this program to help them expand and to grow more food.

Other Information:

- You can use your coupons from May 1 until October 31. PLEASE USE ALL YOUR COUPONS!
- If you qualify, but cannot get to a market, you can have someone go for you. They are your "Proxy". (The agency giving the coupons will ask if you want someone to be your proxy).
- You will not receive change from the coupons when you buy something, but you can put money with it. For example, if you are buying \$3.00 worth of fruit, you can give them a \$2.00 coupon and a \$1.00 bill.
- You cannot give your coupons to someone else unless it is your proxy.
- You can use your coupons at ANY Michigan farmers market or roadside stand that has the "Senior Project FRESH/Market FRESH WELCOME HERE" sign.