

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.

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

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