

GECAC Erie Area Agency on Aging - Senior Farmer's market Nutrition program

Eligible seniors may ONLY receive vouchers one time in the program year of 2024. This information will be verified when vouchers are received.

Location		Date/Time	
GECAC Tri-Boro Sr. Center	7555 W. Ridge Rd., Fairview	Mon. 06/03/2024	9 to 3 p.m.
GECAC Corry Sr. Center	25 S. First Ave., Corry	Mon. 06/03/2024	9 to 3 p.m.
GECAC Northwestern Sr. Ctr.	9 Academy St., Albion	Fri. 06/07/2024	9 to 3 p.m.
Bayfront Convention Center	1 Sassafras Pier, Erie	Mon. 06/10/2024	9 to 4 p.m.
GECAC Union City Sr. Center	27 Johnson St., Union City	Fri. 06/14/2024	9 to 3 p.m.
GECAC North East Sr. Center	50 E. Main St., North East	Mon. 06/17/2024	9 to 3 p.m.

For questions and information about voucher availability after the community distribution events, seniors may call the closest GECAC Senior Center or 814-459-4581 Ext. 400:

North East (814) 725-5195 Erie West (814) 451-5634 Corry (814) 664-2477
RBW Central City (814) 451-5633 Union City (814) 438-2146 Tri-Boro (814) 474-2211
Northwestern (814) 756-5373

FMNP and SFMNP Basic Rules and Regulations

- FMNP and SFMNP checks cannot be used before June 1, 2024 or after November 30, 2024.
- 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.
- In 2024, Each check is worth \$10. Farmers are not permitted to give change for purchases for less than \$10.
- 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.
- Checks cannot be redeemed at grocery stores or other wholesalers.

Market information

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
Brussels 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

My Plate nutrition education for Older Adults may be accessed at:

<https://www.youtube.com/watch?v=ku230kQlqzA>

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

RIGHTS AND RESPONSIBILITIES – Each Senior receiving Vouchers will be asked to confirm knowledge and understanding of the following before receiving the vouchers:

I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. 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.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines. As follows:

The 2024 household income eligibility is:

1 person - \$27,861	4 people - \$57,720
2 people - \$37,814	5 people - \$67,673
3 people - \$47,767	6 people - \$77,626

Each qualified senior may only receive the \$50 FMNP benefit 1 time during the 2024 program year.

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
- (2) fax: (833) 256-1665 or (202) 690-7442; or
- (3) [email: program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.