

## *Senior Farmers Market Nutrition Program (SFMNP) Coupon Frequently Asked Questions*

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### **Where can I use my SFMNP Coupons?**

There is a list of participating farmers, their stands and the farm markets that have farmers available. The list has addresses, dates, and times that the stands will be open.

### **Do the coupons expire?**

**Yes!** There are 5 -\$5 coupons that expire on July 31<sup>st</sup> and must be used by then. The other 5-\$5 coupons expire on October 31<sup>st</sup>. You can use all of you coupons by July but you cannot use the July 31<sup>st</sup> coupons after July 31<sup>st</sup>.

### **Is it important that I use all my coupons?**

**Yes!** The USDA provides this funding for seniors to eat fresh local produce and for local farmers to increase business. Funding for the following year depends on the redemption rate of the precious year. Please use all coupons!

### **Do I get change if I don't spend in exact \$5 amounts?**

**No.** No change will be given. So it is important that work with the farmers to get as much produce as the \$5 amounts will allow. Farmers will be helpful if you just ask.

### **Can I use my all my coupons at one time?**

**Sure!** If you want to make jam or can veggies, by all means use all \$50. If you choose to use a little at a time, that is fine too. Just be sure to use all your coupons!

### **Why did some of the roadside stands close in August?**

Many stands do close at the end of August. Depending on what they grow – the end of August is the end of the growing season. Also, many farmers employ college students and when they go back to school the stands have to close. Please check the farmers list and use your coupons. Variety starts to decrease in October, but many apples are available. Know what you want and make a plan to redeem all your coupons before the expiration dates.

### **How do I know when my favorite produce is in season?**

Please see the back of this sheet for a list of produce and when they are usually available. Depending on the weather, foods may be available sooner or later in a season. **~OVER~**