



WASHINGTON STATE SENIOR FARMERS MARKET NUTRITION PROGRAM Established 2001



The Senior Farmers Market Nutrition Program (SFMNP) provides fresh fruit and vegetables to lower-income seniors and supports local farming by increasing the use of farmers markets, roadside stands, and community supported agriculture. Produce is also purchased directly from farmers for delivery to seniors. The program is funded by the U.S. Department of Agriculture (USDA), State of Washington funds, and some local area funds.

Benefits of the SFMNP

☐ **Improves the health and nutritional status of low-income seniors by increasing consumption of fruits and vegetables**

Diets high in fruits and vegetables reduce the risk of many diseases such as cancer, diabetes, heart disease, and high blood pressure. Increasing access to healthy foods is one of the priority goals of the Department of Health’s Washington State Nutrition and Physical Activity Plan.

☐ **Reduces hunger in low-income seniors by providing up to \$40 in food assistance**

Reducing hunger is also a priority goal of the Washington State Nutrition and Physical Activity Plan.

☐ **Supports small farmers and rural economies through the promotion of Washington State agriculture**

- increases sales of Washington-grown fruits and vegetables—Total \$2,367,759 since 2001
- increases marketing opportunities for local farms
- strengthens local economies and communities
- preserves farmland and reduces energy usage and pollutants
- promotes collaboration among agriculture, health, the aging network, and food assistance programs

Who, What, Where, and When



	2005	2006	2007
<i>People Served</i>	16,145	16,843	17,386
<i>Farms/Markets</i>	683/68	770/75	770/81
<i>Farm Sales</i>	\$432,358	\$433,076	\$536,045
<i>Counties</i>	34 of 39	36 of 39	36 of 39



How It Works

The program operates June through October, and serves eligible seniors (income below 185% of Federal Poverty Level, \$1,603/mo for one in 2008 AND 60 and older) in one of two ways;

- redeem farmers market checks worth a total of \$40 for produce at authorized farmers markets or roadside stands OR
- local produce is purchased directly from farmers and delivered to eligible homebound seniors or to meal sites and senior housing for pick up by seniors
- A total of 17,386 seniors accessed SFMNP in 2007

Funding Sources

<i>Program Year</i>	<i>Total</i>	<i>USDA</i>	<i>State</i>	<i>Local</i>	<i>VSF</i>	<i>Carryover</i>
2004	\$487,939	\$123,720	0		\$364,219	NA
2005	\$580,786	\$112,686	\$305,000	\$73,583	\$89,517	NA
2006	\$627,327	\$119,024	\$377,000	\$45,588	0	\$85,715
2007	\$736,884	\$121,576	\$504,000	\$52,803	0	\$58,505
Proposed 2008	\$722,026	\$112,223	\$504,000	\$52,803	0	\$53,000

Proposed Expenditures for 2008

\$124,519 (17.3%) Admin costs: including banking, distribution, Nut. Ed & Market Management
 \$597,507,784 (82.7%) Produce purchase (includes \$52,803 local AAA funds)

State Contact

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Local Contacts

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 Shelly Zylstra, 360-676-6749 or 800-585-6749; Whatcom, Skagit, San Juan, Island
 Susie Starrfield, 425-388-7218 or 800-562-4367; Snohomish
 Senior Information & Assistance, 206-448-3110 or 888-435-3377; King
 Mickie Brown, 253-798-7376 or 800-642-5769, Pierce
 Tracy Gunter, 360-664-3162 x 146 or 888-545-0910; Lewis, Mason, Thurston
 Klaus Micheel, 360-624-9068 or 888-637-6060; Clark, Cowlitz, Klickitat, Skamania, Wahkiakum
 Kathy Wright, 509-886-0700 or 800-572-4459; Adams, Chelan, Douglas, Grant, Lincoln, Okanogan
 Reva Desautel, 509-634-2759, Colville Confederated Tribes
 Charlotte Gonzales, (509) 865-7164; Yakama Indian Nation
 Carolyn New, 509-965-0105 or 800-572-7354; Asotin, Benton, Columbia, Franklin, Garfield,
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 Joann Allison, 509-458-2509; Spokane, Whitman, Ferry, Pend Oreille, Stevens
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Administration

The program is operated by DSHS Aging and Disability Services Administration in partnership with the Department of Health, Area Agencies on Aging, Washington State Farmers Market Association, Washington Association of Senior Nutrition Programs, Department of Agriculture,

