

STATE OF MONTANA

DPHHS/Senior & Long-Term Care Division/Aging Services | Community Food & Agriculture Coalition

2022 SENIOR FARMERS' MARKET NUTRITION PROGRAM APPLICATION

Name of Applicant _____

Address _____ Email: _____

City _____ State _____ Zip _____ County _____

Phone _____ *Number in Household _____

Age _____ Birthdate _____

You must be **60** years of age or older and meet the income guidelines **BELOW** to participate. Participation in the SFMNP does not affect eligibility for other programs, such as SNAP.

*List All Other Household Members	Age	Date of Birth

ETHNICITY: Hispanic/Latino Non-Hispanic/Latino ^{**}(select only one)

RACE: White Native American/Alaska Native Black/African American Asian

Native Hawaiian or Other Pacific Islander ^{**}(select all that apply)

(We ask your help in full completion of this information. This helps us ensure we are meeting the guidelines for USDA funding and needs within the community. This information does not affect your eligibility and is not shared with other entities)

2022-2023 FEDERAL INCOME GUIDELINES FOR SFMNP PARTICIPATION (185% FPL)

# of people in household	Maximum ANNUAL income	Maximum MONTHLY income
1	\$25,142	\$2,096
2	\$33,874	\$2,823
3	\$42,606	\$3,551
4	\$51,338	\$4,279
5	\$60,070	\$5,006

For each additional person in the household, add \$8,732 to the **ANNUAL** income total (\$728 monthly) (effective through June 30, 2023)

HOUSEHOLD INCOME:

Indicate source and amount of current (last month's) income before deductions, such as taxes and Social Security.

If last month's income is not representative, please project your annual income. "Other" income includes income from trusts, contributions from relatives, etc. SNAP (Food stamps) does not count as income.

	Amount	How Often Received
Social Security		
Disability Benefits		
Pension/Retirement		
Employment		
Self-Employment		
Other (Specify)		
Total Household Income		

This Box for Distribution Agency Only

IF INELIGIBLE FOR SFMNP, STATE REASON Under 60 years of age Over income

*Other _____

*The applicant has been provided with information about appealing the determination

If for any reason you cannot personally get to the market, you can appoint a proxy to shop for you.

I hereby authorize the following individual to act as my proxy for all SFMNP activities:

NAME OF PROXY

RELATIONSHIP

Participant Certification

I have been advised of my rights and obligations under the SFMNP, as outlined on page 3. I certify that the information I have provided 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 (including gender identity and sexual orientation), disability, or sex. I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP. You have a right to a fair hearing. Call 1-800-332-2272 for help.

Coupons will be distributed beginning July 7th and can be redeemed through October 2022.

SIGNATURE

DATE

I HAVE RECEIVED NUTRITION EDUCATION MATERIALS: (see back of page 2) **YES** **NO**

(If coupons are unavailable when you apply, you will be placed on a waiting list. If more coupons become available, they will be issued based on date of application.)

MAIL COMPLETED APPLICATIONS TO:

Alliance Sr Farmers' Market Program
1505 Ave D
Billings MT 59102
Questions: (406) 294-1580

Approved applicants will be notified of coupon pick-up dates, times and locations.

SENIOR FARMERS' MARKET PROGRAM GUIDELINES

The Senior Farmers' Market Nutrition Program (SFMNP) is funded through a grant from the US Department of Agriculture (USDA). It allows senior citizens to purchase fresh locally grown vegetables, fruits and herbs



- Your coupons can only be used at vendors displaying the Farmers' Market signs with the logo pictured at the right.
- Coupons are good **only** for the Farmers' Market in the county they are issued. Do not redeem them at markets outside your county. **NOTE: Coupons will expire October 31, 2022**
- You cannot sign up and receive coupons at more than one market/program site. Dual participation is illegal and in violation of 249.6(d)(1)
- You can buy up to \$4.00 worth of fresh fruits, vegetables, herbs, and pure honey with each coupon. **USDA regulations prohibit the use of coupons for anything other than in state fruits, vegetables, herbs, and pure honey. See reverse side for list.**
- No change can be given if your purchase is less than \$4.00.
- Coupons cannot be used at grocery stores, only at your local summer farmer's market or approved farm stands (designated by SFMNP poster displayed)
- You can supplement your purchases with your own cash if you wish.
- Lost or stolen coupons cannot be replaced.
- You can designate another person (a proxy) to buy food for you at the time of application and by writing the proxy's name on the front of your coupon book.
- Coupon book covers cannot be redeemed for food, only the 6 numbered coupons.
- Participants cannot share SFMNP food with non-participants.
- If you have any questions, problems or other complaints about this Program, contact the State Aging Office toll free at 1-800-332-2272 or CFAC (Program Administrators) at (406)926-1625
- If your application is approved, the local agency will make nutrition education available to you and you are encouraged to participate.

USDA NONDISCRIMINATION STATEMENT

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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NUTRITION INFO: GAIN BENEFITS BY EATING THE COLORS!

Fruits and vegetables that are **purple** help with

- slowing down the aging process
- slowing down memory loss
- lowering risk of some cancers
- preventing urinary tract infection



Blackberries
Blueberries
Plums
Raisins
Eggplant

Produce that is **green/dark green** helps with

- preventing macular degeneration and other kinds of vision loss
- lowering risk of some types of cancers due to the beta carotene in green vegetables



Apples
Avocado
Broccoli
Green beans
Leafy greens

Fruits and vegetables that are **red** help with

- improving vision – keeping your eyes healthy
- improving your heart health
- helping to prevent infection/illness
- lowering risk of some types of cancers



Red grapes
Watermelon
Beets
Red peppers
Tomatoes

Produce that is **orange/deep yellow** helps with

- improved immunity – your ability to fight
- infections and illness
- lowering risk of some types of cancers



Cantaloupe
Peach
Carrots
Yellow peppers
Corn