

Senior Farmers Market

The Passaic County Farmers Market operates from June through November. The program provides eligible low-income individuals with vouchers to purchase fresh, nutritious, unprepared, locally grown fruits, vegetables and fresh cut herbs from certified farmers and roadside stands. The program reinforces the importance of using locally grown produce and expands the awareness and use of local farmers. Each eligible individual will receive vouchers for the season to purchase fresh fruits, vegetables, and herbs from authorized farmers. Vouchers cannot be redeemed at grocery stores and other food markets.

Requirements

To be eligible to receive Farmers Market Nutrition Program benefits:

- ◆ Individuals must be at least 60 years old
- ◆ Passaic County resident
- ◆ Meet the program's income requirements

All individuals must complete an application, provide proof of income, residency and personally sign for the vouchers.

For income requirements, please contact Senior Services after June 1st at **973-569-4060**

Fruit and vegetables and protection against diseases

Vegetables and fruit contain phytochemicals. These substances can help to protect you from some diseases. Scientific research shows that if you regularly eat lots of fruit and vegetables, you have a *lower risk of*:

- Type-2 diabetes
- Stroke
- Heart disease
- Cancer
- High Blood Pressure

