

SENIOR FARMERS MARKET NUTRITION PROGRAM

Participant Requirements



ABOUT THE PROGRAM

The Missouri Senior Farmers Market Nutrition Program (MoSFMNP) provides benefits to low-income seniors (60 years of age or older) residing in one of 47 Missouri counties. Eligible seniors receive \$50 in benefits annually.

Benefits can be exchanged for eligible foods at a farmers market or roadside stand with an authorized farmer.

- Benefits issued to eligible participants: May 1-September 30

- Participants can redeem benefits: May 1 - October 31

*The program will run
May 1 - October 31.*

REQUIRED DOCUMENTATION

Age Verification *(one of the following)*

1. Driver's License
2. Birth Certificate
3. Passport
4. State ID

Income Verification *(one of the following)*

1. Maximum gross household income of not more than 185% of the annual federal poverty level.
 - Pay stub, income statement, W-2, tax return, CSFP or bank statement
2. Participate in Missouri's Supplemental Nutrition Assistance Program (SNAP)
 - Must show current proof at time of application
3. Participate in Supplemental Security Income (SSI)
 - Must show current proof at time of application

Residency Verification

(one of the following)

1. Utility bill
2. Paycheck
3. Bank statement
4. Government-issued check
5. Paid property tax receipt
6. Housing rental contract

**Senior Farmers
Market Nutrition Program
Local Agency Contacts**
*Please contact according to county of
residency.*

St. Louis Area

Jefferson, St. Louis & St. Charles Counties
636-207-0847
Franklin County & St. Louis City
573-884-9331

Mid-Missouri Area

Aging Best AAA Office
1-800-369-5211

Kansas City Area

MU Extension
816-407-3490

Southwest/South Central Area

SeniorAge AAA Office
417-862-0762

This institution is an equal opportunity provider.

PARTICIPATING COUNTIES

Mid-Missouri Area

Audrain	Dent	Moniteau
Boone	Gasconade	Morgan
Callaway	Washington	Osage
Camden	Howard	Phelps
Cole	Laclede	Pulaski
Cooper	Maries	
Crawford	Miller	

Kansas City Area

Buchanan	Jackson
Cass	Platte
Clay	Ray

St. Louis Area

Franklin	St. Louis City
Jefferson	St. Louis County
St. Charles	

Springfield Area

Barry	Howell	Shannon
Christian	Lawrence	Stone
Dade	Wright	Taney
Dallas	Oregon	Texas
Douglas	Ozark	Webster
Greene	Polk	

ELIGIBLE FOOD ITEMS

Locally Grown

in Missouri or a bordering Illinois or Kansas county



FRUITS (fresh and unprocessed)

Examples include:

apples, blackberries, blueberries, cherries, elderberries, gooseberries, grapes, melons, peaches, pears, raspberries and strawberries



HONEY (pure/raw)

Examples include:

comb honey, liquid honey, naturally crystallized honey and honey sticks

Ineligible Foods

- Dried fruits or vegetables
- Meats, seafood, eggs, cheese, processed goods or baked goods
- Potted fruits, vegetables or herbs
- Wild rice, nuts of any kind, maple syrup, cider, seeds and flowers



VEGETABLES (fresh and unprocessed)

Examples include:

asparagus, beans, beets, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, greens, kale, kohlrabi, leeks, lettuce, mushrooms, okra, onions, peas, peppers, potatoes, pumpkins, radishes, rhubarb, rutabaga, salad mixes, spinach, squash, tomatoes, turnips and zucchini



COOKING HERBS (fresh cut)

Examples include:

basil, chives, cilantro, dill, fennel, garlic, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon and thyme

Benefits can ONLY be redeemed at a farmers market or roadside stand!