The Missouri Senior Farmers’ Market Nutrition Program (MoSFMNP) provides benefit vouchers to low-income seniors (60 years of age or older). Eligible seniors receive 10 vouchers ($5 each), totaling $50 annually.

Vouchers can be exchanged for eligible foods at a farmers’ market with an authorized farmer.

- Benefit vouchers issued to eligible participants: May 1 - Aug. 31.

- Participants can redeem vouchers: May 1 - Sept. 30.

**The program will run May 1 - Oct. 31, annually.**

### REQUIRED DOCUMENTATION

**Age Verification** (one of the following)
1. Driver License
2. Birth Certificate

**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 or tax return
2. Participate in Missouri’s Supplemental Nutrition Assistance Program (SNAP)
   - 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

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**Senior Farmers’ Market Nutrition Program**

**Rachel Heimericks**
1616 Missouri Blvd.  
P.O. Box 630  
Jefferson City, MO 65102

Phone: 573-751-7794  
Fax: 573-751-2868  
Email: FarmersMarket@mda.mo.gov

**Locally Grown**

defined as within the state of Missouri

### ELIGIBLE FOOD ITEMS

#### FRUITS (fresh and unprocessed)

Examples include:
- apples, blackberries,
- blueberries, cherries,
- elderberries, gooseberries,
- grapes, melons, peaches, pears,
- raspberries and strawberries

#### 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

#### HONEY (pure/raw)

Examples include:
- comb honey, liquid honey,
- naturally crystallized honey
- and honey sticks

#### COOKING HERBS (fresh cut)

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

### ELIGIBLE FOOD ITEMS

<table>
<thead>
<tr>
<th>ELIGIBLE FOOD ITEMS</th>
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<tbody>
<tr>
<td>Grown (fresh and unprocessed)</td>
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<tr>
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<td>Vegetables (fresh and unprocessed)</td>
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### Vouchers can ONLY be redeemed at a farmers’ market!

**Senior Age Area Agency on Aging**

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

**Aging Ahead AAA**

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

**Cultivate KC**

- Cass
- Clay
- Jackson
- Platte
- Ray

**Ineligible Foods**

- Products grown outside Missouri
- 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

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