

# How to Apply for Farmers Market Checks

- Please send Generations of Indian Valley the completed application (page 3 of this document) by mail or email;  
Only e-signatures in *script font* will be accepted
- Mail Application to :  
Emily Filice  
259 N. Second Street  
Souderton, PA 18964  
Or email to [efilice@generationsofiv.org](mailto:efilice@generationsofiv.org)
- Checks will be mailed to you once the completed application is received

**Mail:** Generations of Indian Valley  
259 North Second Street

Souderton, PA 18964

**Email:** [efilice@generationsofiv.org](mailto:efilice@generationsofiv.org)

Call **215-723-1930** for help with the application.

You do not need to return this page with your application.

## **FMNP and SFMNP Basic Rules and Regulations**

- FMNP and SFMNP checks cannot be used before June 1, 2022 or after November 30, 2022.
- FMNP customers may buy only fruits, vegetables and herbs grown in Pennsylvania
- Recipients must sign in the “Signature Recipient or Proxy” block on the front of the checks. Do this before going to the market or take a pen with you.
- At the market look for stands displaying the white Farmers Market Nutrition Program poster.
- Each check is worth \$6. Farmers are not permitted to give change for purchases for less than \$6.
- Program recipients may place orders online with FMNP approved farmer; however, you must pay with your paper FMNP checks. A proxy may go to markets to make the purchase for you.

## **Market information**

To find a farmer’s market or farm stand with eligible farmers please download the PA FMNP Market Locator app. The app is available in the Google Play store and the Apple Store for free. Search for PA FMNP market locator and download the app. Or go to [www.pafmnp.org](http://www.pafmnp.org) to search our online farmers market and farm stand database.

**For markets with phone numbers, please contact them for changes to operating hours before visiting.**

**\*\* Note:** Program recipients are encouraged to practice social distancing and wear masks at markets and stands.

### List of eligible Fruit and vegetables

#### **Fruit**

Apples	Berries	Grapes	Melons	Pears
Apricots	Cherries	Nectarines	Plums	Peaches

#### Vegetables

Artichokes	Cauliflower	Leeks	Parsnips	Tomatoes
Asparagus	Celery	Lettuce	Onions	Turnips
Beans (fresh)	Corn	Mushrooms	Radishes	Winter Squash
Beets	Cucumbers	Peppers	Rhubarb	Yams grown in PA
Broccoli	Eggplant	Potatoes	Rutabagas	Zucchini
Brussels sprouts	Greens	Peas	Spinach	Microgreens
Cabbage	Kohlrabi	Okra	Sweet Potatoes	

**No actual plants are permitted for purchase only mature fruits and vegetables are allowable for purchase with the FMNP checks.**

Fresh cut herbs are allowed if they are used for cooking or flavoring

- Processed food is not allowed for purchase with FMNP Checks. Jack-o-lanterns are not allowable
- Citrus or tropical fruits are not allowed for purchase with FMNP checks.

## **Nutrition Education**

Nutrition information on basic nutrition, shopping, cooking, nutrients in foods, and food safety can be found at <https://www.nutrition.gov/> The website also contains many different recipes.

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Application \_\_\_\_\_

COMMONWEALTH OF PENNSYLVANIA  
DEPARTMENT OF AGRICULTURE  
SENIOR FARMERS' MARKET NUTRITION PROGRAM

2022 Application Form

To qualify you must be 60 or older (or turn 60 by 12/31/2022) and meet the household income guidelines.

**RIGHTS AND RESPONSIBILITIES**

I certify that the information I have provided below 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, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

**By signing this, I acknowledge that my total household income is within the Income guidelines: \$25,142 for 1 person in the household; or \$33,874 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2022).**

1<sup>st</sup> Participant Name (print): \_\_\_\_\_ Birth date \_\_\_\_\_  
(Person checks are for)

\_\_\_\_\_  
(Signature)

2nd Participant Name (print): \_\_\_\_\_ Birth Date \_\_\_\_\_  
(Person checks are for)

\_\_\_\_\_  
(Signature)

Address (print): \_\_\_\_\_

Telephone Number: \_\_\_\_\_ County you live in \_\_\_\_\_

Please check the box for the most appropriate identifier for each:

**Ethnicity:**  Hispanic or Latino  Not Hispanic or Latino

**Race:**  American Indian or Alaskan Native  Asian  Black or African American  
 Native Hawaiian or other Pacific Islander  White

If more responses are received than funding allows you will be notified by mail.

Please **mail** or **email** your completed form before September 15, 2022 to:

Emily Filice, Generations of IV, 259 N Second St., Souderton, PA 18964 or [efilice@generationsofiv.org](mailto:efilice@generationsofiv.org)

Please see back for USDA Nondiscrimination Statement

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### **USDA Nondiscrimination Statement**

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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](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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

Please see back for USDA Nondiscrimination Statement