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## **FOR IMMEDIATE RELEASE**

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### **Senior Farmers Market Nutrition Program – Checks Still Available**

(Olympia, WA, July 12, 2018): Senior Services for South Sound is pleased to announce that Farmers Market checks are still available to seniors in Mason County. The Senior Farmers Market Nutrition Program (SFMNP) provides fresh fruit and vegetables to lower-income seniors with the goal of improving their health and nutritional status. It also supports locally grown food and farming. Participants will also receive nutrition educational materials including recipes, nutrient values, food preparation and storage information.

These checks have a total value of \$40 and can be redeemed at the Shelton Farmers Market, 300 Franklin Street, until Sept 29, The Farm at Dry Bed Creek, Spooner Berry Farms and throughout Washington State. A list of local participating farmers markets and roadside stands will be provided to each recipient of SFMNP checks.

To qualify, you must be a resident of Washington State and 60 years old or older (or 55+ if Native American/Alaska Native). Your annual income must be \$22,459 or \$1,872 monthly for 1 person; \$33,451 annually or \$2,538 monthly for 2 people. For larger households, add \$666 for each additional person.

For more information about the Seniors Farmers Market Nutrition Program or to download an application, please visit the LMT Area Agency on Aging website at [www.lmtaaa.org](http://www.lmtaaa.org). The checks are valid until October 31, 2018.

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