

Add More Vegetables to your Day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think!

1. Discover fast ways to cook: Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. You can steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2. Be ahead of the game: Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.

3. Choose vegetables rich in color: Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals: try acorn, squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great, but also are good for you, too.

4. Check the freezer aisle: Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5. Stock up on veggies: Canned vegetables are a great addition to any meal. So keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium", "low sodium," or "no salt added."

6. Make your garden salad glow with color: Brighten your salad by using colorful vegetables such as sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good, but taste good, too.

7. Sip on some vegetable soup: Heat it or eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced or low-sodium soups.

8. While you're out: If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9. Savor the flavor of seasonal vegetables: Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or, visit your local farmers' market.

10. Try something new: You never know what you may like. Choose a new vegetable add it to your recipe or look up how to fix it online.

2018 Senior Farmers' Market Nutrition Program



Pennsylvania Department of Agriculture

Information provided by:

Philadelphia Corporation for Aging
642 North Broad Street
Philadelphia, PA 19130-3409

PCA Helpline: 215-765-9040

Visit our website at www.pcacares.org



What is the Senior Farmers' Market Nutrition Program?

This program provides four, \$5.00 checks (totaling \$20) to individual older adults. They can be used to purchase fresh fruits and vegetables, only grown in Pennsylvania, at certified farmers' markets.

EACH ELIGIBLE SENIOR MAY RECEIVE ONE SET OF FOUR CHECKS, **ONE (1)** TIME PER YEAR ONLY.

Who is eligible?

To receive SFMNP checks in Philadelphia, you must:

- be 60 years old by 12/31/2017
 - live in Philadelphia
 - Show proof of age & address
 - have a total 2017 household income of no more than:

\$22,459 (1 person)	\$30,451 (2 people)
\$38,443 (3 people)	\$46,435 (4 people)

How do I use the checks?

- Accepted only by Pennsylvania certified farmers' markets.
 - See list of markets you received with your checks.
 - Or visit this link to the online market lists, which contain up-to-the-minute market information.

<http://pameals.com/MealsPublic/FarmMarkets/MarketSearch.aspx?pc=fmnp>

- You CANNOT spend checks at other stores or outside of Pennsylvania.
 - Each check is worth \$5.
 - Change will NOT be given from your purchase, so try to use all \$5 at a time.
 - Checks must be spent by ***November 30, 2018***.

**Do not write on the checks until the vendor asks you to sign them.*

What can I buy with the checks?

- **ONLY Fresh fruits and vegetables grown in Pennsylvania.**
 - See list of eligible and non-eligible foods on opposite page.
 - If you have any questions about what you are allowed to get or how much to buy, the market vendor can help you.

Eligible Foods (Partial List)

Fruit or Vegetable	Months
Beans	End of June through beginning of October
Blueberries	July and August
Broccoli	End of June through end of November
Carrots	End of July through end of November
Cauliflower	June & July, September through November
Cucumbers	Mid-July through Mid-September
Corn	Mid-July through Mid-October
Eggplant	Mid-July through Mid-October
Grapes	September
Onions	May through September
Peaches	Mid-July through 3rd week in September
Pears	2nd week in August through 3rd week in October
Peppers	Mid-July through Mid-October
Plums	Mid-August through end of September
Tomatoes	April through December

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

Non-eligible Foods

You may *NOT* buy:

- ◎ Processed foods – jams, baked goods, honey, nuts, & cider.
 - ◎ Actual plants – even if they are herbs.

The Pennsylvania Department of Agriculture operates the Farmers' Market Nutrition Program.

If you have questions about this program contact:

**Bureau of Food Distribution
2301 North Cameron Street
Harrisburg, PA 17110-9408**

1-800-468-2433 or www.pda.state.pa.us

Tom Wolf **Russell Redding**
Governor **Secretary of Agriculture**