



Delaware Senior Farmers' Market Nutrition Program

-Instructions to Participants, Including Rights & Responsibilities-

Welcome to Delaware's Senior Farmers' Market Nutrition Program (SFMNP). The purpose of the program is to provide you with access to fresh, locally grown fruits, vegetables, herbs, and honey, and to promote the usage of Delaware's farmers' markets and on-farm markets.

There are just a few simple things that you need to know about using your coupons:

- ✓ Use your coupons at approved farmers' markets and on-farm markets to buy fresh produce grown by local farmers. You will be given a list to let you know where you can shop and what you can buy with your coupons.
- ✓ Use your coupons between June 1, 2022 and October 31, 2022.
- ✓ Sign your coupons when making a purchase. Each coupon is worth \$10.00. You will not receive change if you buy less than \$10.00 worth of produce and/or honey.
- ✓ If you cannot go to a farmers' market or on-farm market yourself, you can sign a proxy form to allow someone else to shop for you.

Remember: Your SFMNP coupons are like cash. Keep them in a safe place. Lost or damaged coupons cannot be replaced.

Enjoy! If you have questions about how to use your coupons, please contact the Delaware Department of Agriculture by phone at: 302-698-4625 or by email at kathy.jackson@delaware.gov

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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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, 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; or
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Appendix F (English)