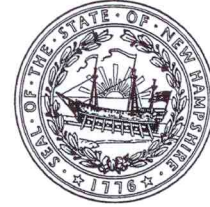


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## **Seniors Farmers' Market Nutrition Program: Farm Fresh for Seniors**

**Concord, NH** - Starting in mid-July, the Senior Farmers' Market Nutrition Program (SFMNP), also called the NH Farm Fresh Delivery Program, will begin distributing fresh produce to more than 4,500 low-income seniors. Seniors are enrolled through the Commodity Supplemental Food Program, or CSFP, at statewide clinic sites in the State. CSFP is run by the Division of Public Health Services at the NH Department of Health and Human Services (DHHS).

Farm Fresh provides seniors with a fresh, locally grown bundle of fruits and vegetables grown by more than 25 farmers in New Hampshire. The bundle has a value of about \$18.00 and includes at least four different fruits and vegetables, ranging from apples to zucchini. Fruits and vegetables will be distributed to seniors through mid-September at more than 60 CSFP sites in New Hampshire. Seniors will also receive recipe ideas and tips on how to prepare and store fresh fruits and vegetables.

CSFP is funded by the U.S. Department of Agriculture and currently reaches about 4,600 low-income seniors 60 years and older in New Hampshire. Income guidelines are up to:

\$1,211 monthly for a senior living alone

\$1,640 for a family of two seniors

CSFP provides a monthly food benefit that includes canned meats, fruits, vegetables, cereal, juice, pasta, rice, and cheese, plus recipe ideas on how to use the foods in healthy recipes.

"Public health nutrition programs like these provide healthy nutrition services to at-risk low-income seniors who may have a difficult time finding low-cost nutritious foods," said Dr. José Montero, Director of Public Health at DHHS. "By providing these foods and education to seniors, we hope to prevent the onset of chronic diseases such as obesity and diabetes."

Seniors 60 years and older who meet the income guidelines are encouraged to call the Healthy Eating and Physical Activity Section of DHHS at 1-800-942-4321 to learn how to apply for CSFP and SFMNP services in their community. CSFP and SFMNP are equal opportunity programs.

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