

SENIOR PROJECT FRESH ELIGIBLE COUPON ITEMS

Michigan Department of Health and Human Services

Apples	Fennel-Finocchio	Potatoes
Artichoke-Cardoon	Garlic	Pumpkins (for eating only)
Asparagus	Grapes	Radishes
Barley Grass	Green Dandelions	Raspberries
Basil	Greens (all)	Rhubarb
Beans (all)	Honey (all types)	Rosemary
Beets	Horseradish	Rutabagas
Blackberries	Howell Melons	Sage
Blueberries	Jerusalem Artichoke	Salsify & Scorzonera
Bok Choy	Jute	Saskatoon berries
Brussels Sprouts	Mallow/Mloukhia	Scallions
Cabbage	Kale & Collards	Shallots
Cantaloupe	Kohlrabi	Sorrel
Carrots	Leeks	Spinach
Cauliflower	Lemon Balm	Sprouts
Celeriac	Lemon Grass	Squash (all)
Celery	Lettuce (all)	Strawberries
Cherries	Lovage	Summer Savory
Chicory	Marjoram	Sunchokes
Cilantro	Mint	Sweet Potatoes
Corn (not ornamental or popcorn)	Onions (all)	Swiss Chard
Cranberries	Oregano	Thyme
Cucumbers	Parsley	Tomatillo
Currants	Parsnips	Tomatoes
Cutting celery	Peaches	Turnips
Dill	Pears	Watercress
Eggplant	Peas	Watermelon
Baby Eggplant	Peppers (all)	White Strawberries
Elder berries	Persimmons	
Epazote	Plums	

Other items Michigan-grown and non-processed. Ineligible examples: bananas and oranges.

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This institution is an equal opportunity provider.

CLIENT GUIDE TO SENIOR PROJECT FRESH HOW TO USE YOUR COUPONS

Michigan Department of Health and Human Services

****If you require assistance of any kind to participate in this program, please notify a staff person.****

First Step: Fill out the application form completely.

1. Provide the following:
 - a. Birth year.
 - b. Your signature, initials or mark.
2. Your signature is required. Please sign for the coupon book(s) you are given.
 - a. Proxy's signature: You may have up to two (2) proxies sign on the front cover of the coupon book (if applicable).
 - b. Always take your coupon holder and unsigned coupons with you to the market or roadside stand.
3. Coupons may only be used for the following items:
 - a. Michigan-grown, unprocessed items such as fruits and vegetables.
 - b. Fresh cut herbs (potted herbs do not qualify).
 - c. Honey.
 - d. All products purchased must be for human consumption. This includes pumpkins.
4. The following foods **DO NOT** qualify for purchase with coupons:

<ol style="list-style-type: none">a. Eggs.b. Cheese.c. Dairy products.d. Bakery items.e. Plants.f. Cider.	<ol style="list-style-type: none">g. Jams.h. Jellies.i. Prepared, canned, or dried foods.j. Flowers.k. Anything that is not listed on the ELIGIBLE ITEMS list.
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5. **DO NOT** ask the farmer or market to sell you things that are not eligible.
6. Your coupons are like cash; do not give them to others or leave them unattended.
7. You can use your coupons at **any** Michigan Farmers Market or Roadside Stand that displays the sign, "**SENIOR PROJECT FRESH WELCOME HERE.**". Each coupon is worth \$5.
8. Make sure your proxy is not representing more than six (6) people total.
9. At the farmers' market or roadside stand, make your selection of qualifying fruits and vegetables.
10. At the register, when checking out your qualifying fruits and vegetables, please sign, initial or make your mark on the appropriate number of coupons.
11. The staff person will compare your signature, initials or mark with your coupon holder.
12. You cannot get change back from your coupons. You may put cash with the coupons for the best use of your coupons. For example, if your purchase totals \$6.75, use one (1) coupon (a value of \$5) then you may add \$1.75 in cash. Your other option is to use two (2) coupons (a value of \$10), but you will lose \$3.25 in coupon dollars ($\$10.00 - \$6.75 = \$3.25$).
13. All coupons must be used by October 31. Coupons do not carry over into the next season.
14. If at any time during the season you are unable to use your coupons, contact the agency that distributed the coupons and they can help you arrange for a proxy to assist you.