

What is the Senior Farmers Market Nutrition Program?

The Choctaw Nation of Oklahoma Senior Farmers Market Nutrition Program will provide eligible seniors with checks that can also be exchanged for fresh, nutritious, unprepared fruits and vegetables from authorized area farmers, farmers' markets and roadside stands.



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Choctaw Nation Community Centers

Antlers.....	580.298.5501
Atoka.....	580.889.6147
Bethel.....	580.241.5637
Broken Bow.....	580.584.6372
Coalgate.....	580.927.3641
Crowder.....	918.334.5344
Durant.....	580.924.7810
Hugo.....	580.326.6611
Idabel.....	580.286.6116
McAlester.....	918.423.1016
Poteau.....	918.647.9324
Smithville.....	580.244.3289
Spiro.....	918.962.3832
Stigler.....	918.967.2398
Talihina.....	918.567.2106
Wilburton.....	918.465.2389
Wright City.....	580.981.7011



This institution is an equal opportunity provider.

Choctaw Nation of Oklahoma SEMN

Senior Farmers Market Nutrition Program





What are the eligibility requirements for the Senior Farmers Market Nutrition Program?

1) Must be income eligible.

Participants must have a maximum household income of not more than 185 percent of the annual poverty income guidelines or be determined automatically income eligible based on current participation/eligibility to receive benefits in another program such as the Choctaw Food Distribution Program. Proof of income eligibility must be provided. The income eligibility chart is on each application.

2) Must reside in the Choctaw Nation 10.5 counties. Proof of address must be established.

3) Categorical eligibility. Native Americans at least **55 years of age**; Non-Native Americans at 60 years of age residing in a Native American household; Disabled persons (senior adults) under 60 years of age living in housing for the elderly with congregate nutritional services.

AUTHORIZED FOODS LIST

Apples	Melons
Apricots	Mushrooms
Asparagus	Nectarines
Beans	Okra
Beets	Onion
Blackberries	Parsnips
Blueberries	Peaches
Bok Choy	Pears
Boysenberries	Peas
Broccoli	Peppers
Brussels Sprouts	Potatoes
Cabbage	Prunes
Carrots	Pumpkins
Cauliflower	Radishes
Celery	Raspberries
Chard	Rhubarb
Cherries	Rutabagas
Corn	Spinach
Cucumber	Squash
Garlic	Strawberries
Grapes	Sweet Potatoes
Greens	Tomatoes
Kale	Turnips
Kohlrabi	Watermelon
Lettuce	Yams
Loganberries	Honey
Marion Berries	<i>(seniors only)</i>



What foods are eligible?

Eligible foods means fresh, nutritious, unprepared, locally-grown fruits, vegetables, herbs and honey for human consumption.

Eligible foods **MAY NOT** be processed or prepared beyond their natural state except for usual harvesting and cleaning processes. Maple syrup, cider, nuts, seeds, eggs, meat, cheese, and seafood are examples of foods **NOT ELIGIBLE** for purposes of the SFMNP.

