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Mountains of Opportunities
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PRESS RELEASE

Farmer's Market Coupons Available

The Senior Farmer's Market Nutrition Program provides an opportunity for eligible seniors to support local farmers and improve nutritional health by increasing their consumption of locally grown fresh fruits, vegetables and fresh cut herbs.. Consuming fresh fruits and vegetables can increase the quality of your diet and decrease your risk of hypertension, cancer and cardiovascular disease.

The Sullivan County Office for the aging will be distributing Farmer's Market Coupon Booklets beginning June 4th, 2018. Each booklet contains five (5) \$4.00 coupons for a total of \$20.00. Coupons are valid through November 1st, 2018 at participating Farmer's Markets.

Coupons are available to eligible seniors on a first come first serve basis. In order to take advantage of this wonderful program you must be a New York State resident and 60 years of age or older. You must affirm that your income is"

- 1 person household - \$1872.00 a month
- 2 person household - \$2538.00 a month
- 3 person household - \$3204.00 a month

or currently receiving or eligible for SSI, public assistance, food stamps or section 8 housing.

For further information please contact our office at 845-807-0241

Coupons will be available at the following nutrition sites:

Senior Meal Site	Location	Date
Monticello	Neighborhood Facility	6/14/18 @ 11:30
Liberty	Mini Park	6/18/18 @ 11:30
Mamakating	Wurtsboro Town Hall	6/27/18 @ 11:30
Jeffersonville	American Legion Bldg / Town Hall	6/15/18 @ 11:30
Roscoe	Rockland Firehouse	6/14/18 @ 11:30
Bethel	Bethel Senior Center	6/11/18 @ 11:30
Lumberland	Town Hall	6/20/18 @ 11:30
Cochecton	Town Hall	6/12/18 @ 11:30
Eldred	Eldred Senior Center	6/19/18 @ 11:30

Coupons may also be picked up at the Office for the Aging, Monday through Friday 8 a.m. – 4:30 p.m.

Check out your local area Farmer's Markets whether you are eligible or not for the

Farmer's Market Nutrition Program. Most markets are open until the beginning of November.

Seniors, to receive your coupons contact: The Office for the Aging at (845) 807-0241.

For information on local Farmer's Markets and cooking fresh produce contact your

local Cornell Cooperative Extension. In Sullivan County call (845) 292-5250.

Farmers Market

Barryville Farmers' Market (570) 982-0050 3385 Route 97 Barryville behind river market	May 19-October 27 Saturday 10am-1pm
Callicoon Farmers' Market (845) 932-8492 Callicoon Creek Park A Dorrer Drive	May 6-November 11 Sunday 11am-2pm
Kauneonga Lake Farmers' Market (845) 932-8492 Kauneonga Lake Fireman's Pavilion 3594 State Route 55	May 26-October 6 Saturday 10am-1pm
Liberty Farmers' Market * (845) 439-1230 119 N Main Street	June 29-August 31 Friday 3pm-6pm
Middletown Farmers' Market (845) 343-8075 Erie Way btwn Montgomery & Cottage Sts.	June 2-October 27 Saturday 8am-1pm
Monticello Farmers' Market * (845) 439-1230 Broadway at Joe's Park	June 28-August 30 Thursday 3pm-6pm
Narrowsburg Farmers' Market (845) 932-8492 7 Erie St. The Narrowsburg Union	May 26-October 6 Saturday 11am-2pm
Port Jervis Farmers' Market * (845) 800-5130 100 Pike St.	June 23-October 13 Saturday 10am-2pm
Rock Hill Farmers' Market (845) 699-4976 223 Rock Hill Drive Rock Hill	June 2-September 29 Saturday 10am-1pm
Roscoe Farmers' Market (607) 498-5665 Old Route 17 Rockland Road (Rt 206) Near Reynolds House Inn & Motel	May 13-October 7 Sunday 10am-2pm

Farm Stand

Kirby Farm Hemlock Grove Farm Stand (845) 355-2718 25 Kinne Lane Middletown	Year-round Sat/Sun 8am-6pm
Soons Orchards Farm Stand (845) 374-5471 23 Soons Circle New Hampton	Year-round Daily 9am-6pm Closed for June