



## Senior/Farmers' Market Nutrition Program (S/FMNP)

### Basic Vendor Information

#### *What is S/FMNP?*

The Farmers' Market Nutrition Program (FMNP) and Senior Farmers' Market Nutrition Program (SFMNP) are designed to bring new customers to farmers' markets and improve the diets of low-income, nutritionally-at-risk children, pregnant women, breastfeeding women, and people over 60, by providing them with fresh, locally grown produce. FMNP families (WIC participants) receive \$30 per year and SFMNP participants (NAPS participants) receive \$35 per year to spend with authorized farmers at authorized farmers' markets. <https://www.mda.state.mn.us/food-feed/seniorfarmers-market-nutrition-program>.

#### *Who should become an authorized vendor?*

Farmers who sell fresh fruits, vegetables, and cut herbs at authorized farmers' markets, and who want to have an additional source of income and future customers.

#### *What are the requirements to become an authorized vendor?*

- Sell, fresh, unprocessed, locally grown fruits, vegetables, and herbs
- Sell at an authorized farmers' market (see <https://www.mda.state.mn.us/authorized-farmers-markets> for a list of authorized markets)
- Grow the items that you sell at the farmers' market
- Be a resident of Minnesota or a bordering state and farm in Minnesota or a bordering county

#### *How do you become an authorized vendor?*

- Attend a virtual training session. Trainings are held annually in the Spring.
- Complete a vendor authorization agreement
- Receive an authorization letter from the Minnesota Department of Agriculture

#### *What does it cost?*

There's no cost for farmers to participate and training is free. No special equipment is necessary. Checks are deposited into your bank account.

#### *What types of products are eligible?*

Fruits, vegetables, and cut herbs that you grew. See our list of eligible and ineligible items on the backside of this form.

#### *Where does the program operate?*

Farmers near farmers' markets in these areas may be eligible: Bemidji, Detroit Lakes, Wadena, Staples, Mahanomen, Fergus Falls, Alexandria, St. Cloud, St. Joseph, Duluth, Hibbing, Virginia, Faribault, Northfield, Rochester, Mankato, Red Wing, Wabasha, Albert Lea, Austin, and the Twin Cities Metro. Due to limited funding, the program is only currently offered in these areas.

#### *Who should I contact for more information?*

Emily Mehr, FMNP Program Coordinator, [emily.mehr@state.mn.us](mailto:emily.mehr@state.mn.us), or 651-201-6456

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## S/FMNP Eligible Food Items:

- Apples
- Asparagus
- Beans
- Beets
- Blackberries
- Blueberries
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Celeriac
- Celery
- Cherries
- Chinese Cabbage
- Cranberries
- Cucumbers
- Currants
- Cut Herbs
- Eggplant
- Fennel
- Garlic
- Gooseberries
- Green Onions
- Greens
- Ground Cherries
- Herbs
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Melons
- Mulberries
- Mushrooms
- Okra
- Onions
- Parsnips
- Pears
- Peas
- Peppers
- Plums
- Potatoes
- Pumpkins
- Radishes
- Raspberries
- Rhubarb
- Rutabaga
- Scallions
- Shallots
- Snow Peas
- Spinach
- Sprouts
- Strawberries
- Summer Squash
- Sunchokes
- Sweet Corn
- Sweet Potatoes
- Swiss Chard
- Tomatillos
- Tomatoes
- Turnips
- Watercress
- Zucchini

## S/FMNP Ineligible Food Items:

- Baked Goods
- Breads
- Cheese
- Canned Goods
- Cut Flowers
- Dried Beans/Peas
- Dried Herbs
- Eggs
- Honey
- Jams or Jellies
- Juices/Ciders
- Meats
- Nuts
- Ornamental Corn
- Pickled Vegetables
- Pies
- Popcorn
- Potted Plants
- Potted Herbs
- Seeds
- Syrup
- Wild Rice

