



# Senior Project FRESH

## WHO IS ELIGIBLE:

- ◆ Adults 60 & over, or 55 and older if Tribal member
- ◆ Lives in Sanilac County
- ◆ Household of 1: income less than \$26,973 annually
- ◆ Household of 2: income less than \$36,482 annually

## YOU GET:

- ◆ Five \$5.00 coupons

## SPEND:

- ◆ At eligible farm/other markets



## WHY USE MARKET FRESH COUPONS:

- ◆ Free resource for adults 60+, or 55+ and a member of a Michigan tribal group, and who are low-income\*
- ◆ Get more fruit and vegetables in your diet
- ◆ Help the local farmers

**June 15th at 12:30 PM**

**Located at :**

**6964 Huron Ave**

**Lexington, MI**

Please call **Mary Gilbert**  
to register at

**(810) 648-2515 x.803**



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## Eligible items

- Radish
- Squash
- Tomatoes
- Artichoke
- Shallots
- Burdock
- Chickory
- Lovage
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Currants
- Elderberries
- Grapes
- Peaches
- Pears
- Plums
- Raspberries
- Honey
- Rosemary
- Lemon Grass
- Thyme
- Sage
- More, MI grown

## Why eat more fruit and vegetables

- ◇ Fruit and vegetables are naturally low in calories, sodium, fat and cholesterol.
- ◇ They are high in vitamins, minerals and fiber
- ◇ Whole fruit is a better choice than fruit juice, which is higher in fiber and potassium

## Eat the rainbow

- ◇ Red supports heart health and memory
- ◇ Orange supports healthy eyes and heart health
- ◇ Yellow supports your immune system
- ◇ Green supports healthy bones, teeth and eyes
- ◇ Blue & Purple support memory and healthy aging
- ◇ White supports heart health and good cholesterol levels

## Ways to increase fruit and vegetables consumption

- ◇ Add vegetables to your pasta, rice or casserole
- ◇ Keep a bowl of fruit within reach at home
- ◇ Dip raw vegetables in your favorite dipping
- ◇ Roast or grill vegetables and fruit
- ◇ Mix sliced fruit with yogurt or cereal
- ◇ Make a fruit smoothie

## \*Income (annual) eligibility by family size

**1 = \$26,973      2 = \$36,482      3 = \$45,991      4 = \$55,500**

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