

SENIOR PROJECT FRESH

Get **FREE COUPONS** to spend on fruits & vegetables
at participating **LOCAL FARMERS MARKETS** and
available to qualified **SENIORS 60 years or older!**
Provided by **MICHIGAN Senior Project FRESH/Market FRESH** program.

Eligibility requirements: **ID REQUIRED** to verify Ionia County residency, and that you are over the age of 60 with a household income of not more than 185% of the federal poverty level.

NOTE: A proxy must have the ID for the person they are picking up coupons for.

Income requirements for Senior Project Fresh coupons:

FOR 1 PERSON: \$2,096 month/\$25,142 annually (\$2,248/mo \$26,793/yr starting July 1)

FOR 2 PEOPLE: \$2,823 month/\$33,874 annually (\$3,041/mo, \$33,482/yr starting July 1)

Coupons distributed in-person **ONLY** this year. Applications mailed to prior-year participants. If you do not receive an application, please call ICCOA at 616-527-5365 or toll free 888-527-5365 and one will be mailed to you.

Bring your completed application to one of the locations below, on the date and time scheduled. If you have a proxy designated they may bring the completed & signed application with proxy sheet.

2023 COUPON Distribution Dates

JUNE 2 - 1:00-4:00	<u>N-Z Ionia County Commission on Aging</u>
JUNE 5 - 1:00-4:00	<u>A-N Ionia County Commission on Aging</u>
JUNE 6 - 1:00-4:00	<u>Ionia County Commission on Aging</u>
JUNE 20 - 9:00-12:00	<u>Ionia Pine Vista Apartments</u>
JUNE 21 - 9:30-12:00	<u>Belding Public Library</u>
JUNE 22 - 9:00-10:30	<u>Lake Manor/Lake Odessa (to be confirmed)</u>
JUNE 23 - 10:00-11:00	<u>Lyons Public Library</u>
JUNE 26 - 9:00-10:30	<u>Saranac Housing-South Building</u>
JUNE 26 - 12:30-1:30	<u>Clarksville Community Center</u>
JUNE 28 - 9:30-10:30	<u>Portland Senior Center</u>

A list of participating farm markets will be distributed with coupons.

Coupons may be used in any county at participating SPF farms & markets.

This institution is an equal opportunity provider.

This program is sponsored by USDA, Michigan Department of Community Health, OSA, and Ionia County Senior Millage.

SECTION 2 – CERTIFICATION BY PARTICIPANT

I have been advised of my rights and obligations for use of Senior Project Fresh coupons. I certify that that the information I have provided for my eligibility determination is correct, to the best of my knowledge. I am aware that I cannot receive farmers' market benefits from more than one state, more than one local agency or program model (check, coupon or CSA). This application is being submitted in connection with the receipt of Federal assistance (Senior Farmers' Market Nutrition Program known in Michigan as Senior Project Fresh). I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law. I affirm and attest that I am at least 60 years of age, or at least 55 years of age and a member of a Federally recognized Indian Tribe or Urban Tribal Group in Michigan, and I live in a county represented by a lead agency serving that county.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the Michigan Senior Project Fresh program. I certify I meet the household size and income guidelines provided by the state and that I am eligible to receive Michigan Senior Project Fresh benefits.

Signature of Participant (type or sign your signature to agree to terms above) Date

Signature of Staff/Volunteer (type or sign your signature to agree to terms above) Date

The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group on the basis of race, national origin, color, sex, disability, religion, age, height, weight, familial status, partisan considerations, or genetic information. Sex-based discrimination includes, but is not limited to, discrimination based on sexual orientation, gender identity, gender expression, sex characteristics, and pregnancy.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax: (833) 256-1665 or (202) 690-7442; or

email: Program.Intake@usda.gov

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MDHHS-6011, SENIOR PROJECT FRESH PROXY REQUEST

Michigan Department of Health and Human Services

(Revised 4-23)

Program Year _____

A proxy is a person only authorized to receive and/or redeem Senior Project Fresh coupons issued through MDHHS' Behavioral and Physical Health and Aging Services Administration's Senior Project Fresh (SPF) program. A proxy should be at least 18 years of age and dependable for the duration of the program season. For the coupons to be issued to a proxy, the proxy must present identification as well as written approval from the SPF participant. Proxies must be named on the application and proxy form and sign the coupon book holder to receive coupons. Proxies have the same obligations to follow program guidelines when purchasing SPF's program-permissible fruits and vegetables from an authorized farmer.

Note: The participant may have no more than two (2) proxies. A proxy cannot represent more than six (6) participants.

I, _____ authorize the following individual(s) to act as my proxy.

Participant signature

Assigned proxies

1st proxy named (First Name and Last Name)	2nd proxy named (First Name and Last Name)
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**Income Eligibility Guidelines
(Effective from July 1, 2023 to June 30, 2024)**

Federal Poverty Guidelines- 100%						130%					185%				
Household Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
48 Contiguous States, D.C., Guam and Territories															
1	\$14,580	\$1,215	\$608	\$561	\$281	\$18,954	\$1,580	\$790	\$729	\$365	\$26,973	\$2,248	\$1,124	\$1,038	\$519
2	19,720	1,644	822	759	380	25,636	2,137	1,069	986	493	36,482	3,041	1,521	1,404	702
3	24,860	2,072	1,036	957	479	32,318	2,694	1,347	1,243	622	45,991	3,833	1,917	1,769	885
4	30,000	2,500	1,250	1,154	577	39,000	3,250	1,625	1,500	750	55,500	4,625	2,313	2,135	1,068
5	35,140	2,929	1,465	1,352	676	45,682	3,807	1,904	1,757	879	65,009	5,418	2,709	2,501	1,251
6	40,280	3,357	1,679	1,550	775	52,364	4,364	2,182	2,014	1,007	74,518	6,210	3,105	2,867	1,434
7	45,420	3,785	1,893	1,747	874	59,046	4,921	2,461	2,271	1,136	84,027	7,003	3,502	3,232	1,616
8	50,560	4,214	2,107	1,945	973	65,728	5,478	2,739	2,528	1,264	93,536	7,795	3,898	3,598	1,799
Each add'l fam mem add	+ \$5,140	+ \$429	+ \$215	+ \$198	+ \$99	+ \$6,682	+ \$557	+ \$279	+ \$257	+ \$129	+ \$9,509	+ \$793	+ \$397	+ \$366	+ \$183
Alaska															
1	\$18,210	\$1,518	\$759	\$701	\$351	\$23,673	\$1,973	\$987	\$911	\$456	\$33,689	\$2,808	\$1,404	\$1,296	\$648
2	24,640	2,054	1,027	948	474	32,032	2,670	1,335	1,232	616	45,584	3,799	1,900	1,754	877
3	31,070	2,590	1,295	1,195	598	40,391	3,366	1,683	1,554	777	57,480	4,790	2,395	2,211	1,106
4	37,500	3,125	1,563	1,443	722	48,750	4,063	2,032	1,875	938	69,375	5,782	2,891	2,669	1,335
5	43,930	3,661	1,831	1,690	845	57,109	4,760	2,380	2,197	1,099	81,271	6,773	3,387	3,126	1,563
6	50,360	4,197	2,099	1,937	969	65,468	5,456	2,728	2,518	1,259	93,166	7,764	3,882	3,584	1,792
7	56,790	4,733	2,367	2,185	1,093	73,827	6,153	3,077	2,840	1,420	105,062	8,756	4,378	4,041	2,021
8	63,220	5,269	2,635	2,432	1,216	82,186	6,849	3,425	3,161	1,581	116,957	9,747	4,874	4,499	2,250
Each add'l fam mem add	+ \$6,430	+ \$536	+ \$268	+ \$248	+ \$124	+ \$8,359	+ \$697	+ \$349	+ \$322	+ \$161	+ \$11,896	+ \$992	+ \$496	+ \$458	+ \$229
Hawaii															
1	\$16,770	\$1,398	\$699	\$645	\$323	\$21,801	\$1,817	\$909	\$839	\$420	\$31,025	\$2,586	\$1,293	\$1,194	\$597
2	22,680	1,890	945	873	437	29,484	2,457	1,229	1,134	567	41,958	3,497	1,749	1,614	807
3	28,590	2,383	1,192	1,100	550	37,167	3,098	1,549	1,430	715	52,892	4,408	2,204	2,035	1,018
4	34,500	2,875	1,438	1,327	664	44,850	3,738	1,869	1,725	863	63,825	5,319	2,660	2,455	1,228
5	40,410	3,368	1,684	1,555	778	52,533	4,378	2,189	2,021	1,011	74,759	6,230	3,115	2,876	1,438
6	46,320	3,860	1,930	1,782	891	60,216	5,018	2,509	2,316	1,158	85,692	7,141	3,571	3,296	1,648
7	52,230	4,353	2,177	2,009	1,005	67,899	5,659	2,830	2,612	1,306	96,626	8,053	4,027	3,717	1,859
8	58,140	4,845	2,423	2,237	1,119	75,582	6,299	3,150	2,907	1,454	107,559	8,964	4,482	4,137	2,069
Each add'l fam mem add	+ \$5,910	+ \$493	+ \$247	+ \$228	+ \$114	+ \$7,683	+ \$641	+ \$321	+ \$296	+ \$148	+ \$10,934	+ \$912	+ \$456	+ \$421	+ \$211

Income Eligibility Guidelines
(Effective from July 1, 2023 to June 30, 2024)
Household Size Larger than 8

Federal Poverty Guidelines - 100%						130%					185%				
Household Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
48 Contiguous States, D.C., Guam and Territories															
9	\$55,700	\$4,642	\$2,321	\$2,143	\$1,072	\$72,410	\$6,035	\$3,018	\$2,785	\$1,393	\$103,045	\$8,588	\$4,294	\$3,964	\$1,982
10	60,840	5,070	2,535	2,340	1,170	79,092	6,591	3,296	3,042	1,521	112,554	9,380	4,690	4,329	2,165
11	65,980	5,499	2,750	2,538	1,269	85,774	7,148	3,574	3,299	1,650	122,063	10,172	5,086	4,695	2,348
12	71,120	5,927	2,964	2,736	1,368	92,456	7,705	3,853	3,556	1,778	131,572	10,965	5,483	5,061	2,531
13	76,260	6,355	3,178	2,934	1,467	99,138	8,262	4,131	3,813	1,907	141,081	11,757	5,879	5,427	2,714
14	81,400	6,784	3,392	3,131	1,566	105,820	8,819	4,410	4,070	2,035	150,590	12,550	6,275	5,792	2,896
15	86,540	7,212	3,606	3,329	1,665	112,502	9,376	4,688	4,327	2,164	160,099	13,342	6,671	6,158	3,079
16	91,680	7,640	3,820	3,527	1,764	119,184	9,932	4,966	4,584	2,292	169,608	14,134	7,067	6,524	3,262
Each add'l fam mem add	+\$5,140	+\$429	+\$215	+\$198	+\$99	+\$6,682	+\$557	+\$279	+\$257	+\$129	+\$9,509	+\$793	+\$397	+\$366	+\$183
Alaska															
9	\$69,650	\$5,805	\$2,903	\$2,679	\$1,340	\$90,545	\$7,546	\$3,773	\$3,483	\$1,742	\$128,853	\$10,738	\$5,369	\$4,956	\$2,478
10	76,080	6,340	3,170	2,927	1,464	98,904	8,242	4,121	3,804	1,902	140,748	11,729	5,865	5,414	2,707
11	82,510	6,876	3,438	3,174	1,587	107,263	8,939	4,470	4,126	2,063	152,644	12,721	6,361	5,871	2,936
12	88,940	7,412	3,706	3,421	1,711	115,622	9,636	4,818	4,447	2,224	164,539	13,712	6,856	6,329	3,165
13	95,370	7,948	3,974	3,669	1,835	123,981	10,332	5,166	4,769	2,385	176,435	14,703	7,352	6,786	3,393
14	101,800	8,484	4,242	3,916	1,958	132,340	11,029	5,515	5,090	2,545	188,330	15,695	7,848	7,244	3,622
15	108,230	9,020	4,510	4,163	2,082	140,699	11,725	5,863	5,412	2,706	200,226	16,686	8,343	7,701	3,851
16	114,660	9,555	4,778	4,410	2,205	149,058	12,422	6,211	5,733	2,867	212,121	17,677	8,839	8,159	4,080
Each add'l fam mem add	+\$6,430	+\$536	+\$268	+\$248	+\$124	+\$8,359	+\$697	+\$349	+\$322	+\$161	+\$11,896	+\$992	+\$496	+\$458	+\$229
Hawaii															
9	\$64,050	\$5,338	\$2,669	\$2,464	\$1,232	\$83,265	\$6,939	\$3,470	\$3,203	\$1,602	\$118,493	\$9,875	\$4,938	\$4,558	\$2,279
10	69,960	5,830	2,915	2,691	1,346	90,948	7,579	3,790	3,498	1,749	129,426	10,786	5,393	4,978	2,489
11	75,870	6,323	3,162	2,919	1,460	98,631	8,220	4,110	3,794	1,897	140,360	11,697	5,849	5,399	2,700
12	81,780	6,815	3,408	3,146	1,573	106,314	8,860	4,430	4,089	2,045	151,293	12,608	6,304	5,819	2,910
13	87,690	7,308	3,654	3,373	1,687	113,997	9,500	4,750	4,385	2,193	162,227	13,519	6,760	6,240	3,120
14	93,600	7,800	3,900	3,600	1,800	121,680	10,140	5,070	4,680	2,340	173,160	14,430	7,215	6,660	3,330
15	99,510	8,293	4,147	3,828	1,914	129,363	10,781	5,391	4,976	2,488	184,094	15,342	7,671	7,081	3,541
16	105,420	8,785	4,393	4,055	2,028	137,046	11,421	5,711	5,271	2,636	195,027	16,253	8,127	7,502	3,751
Each add'l fam mem add	+\$5,910	+\$493	+\$247	+\$228	+\$114	+\$7,683	+\$641	+\$321	+\$296	+\$148	+\$10,934	+\$912	+\$456	+\$421	+\$211

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.

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