

# Senior Project FRESH

Encouraging Healthy Eating & Supporting Michigan Farmer's Markets



The SPF program provides participants with free nutrition education and \$25 in benefits that can be exchanged for fresh fruits, vegetables, and honey sold at local farmers' markets and roadside stands.

Eligibility criteria for older adults:

- Residents who are aged 60 or older with a total household income of \$28,952.50 or less for an individual, or \$39,127.50 for a couple, are eligible to apply for the program.
- Residents who are aged 55 or older who belong to a Michigan federally recognized tribe or urban tribal group are also eligible.

Online applications are available NOW at <http://www.michigan.gov/mdhhs-spf>

If you need assistance with your application, please see below for more information.

Site	Address & Phone Number	Hours (May-August)	Additional Notes
St. Patrick Senior Center	58 Parsons Detroit, MI 48201 313-833-7080	Monday: 10:00 am - 2:00 pm Tuesday: 10:00 am - 2:00 pm Wednesday: 10:00 am - 2:00 pm Thursday: 10:00 am - 2:00 pm Friday: 10:00 am - 2:00 pm	Navigators will be available in the computer lab to assist with applications.
NSO Northwest Wellness Center	18100 Meyers Detroit, MI 48235 313-397-8227	Mondays & Wednesdays: 11:30 a.m. - 1:30 p.m. Tuesdays & Thursdays: 2:00 p.m. - 4:00 p.m.	Navigators will be available to assist with applications. Please call first before coming, 313-397-8227.
The Helm at the Boll Life Center	158 Ridge Road Grosse Pointe Farms, MI 48236 313-882-9600	May 12th 10:00am-1:00pm	Navigators will be available to assist with applications for residents of Harper Woods and the five Grosse Pointes.
La Sed Senior Center	7150 Vernor Hwy Detroit, MI 48209 313-841-8840	Monday-Friday 10am-12pm	Navigators will be available to assist Spanish speaking participants with translation.