

2018 FARMER'S MARKET NUTRITION PROGRAM

The Camden County Department of Health and Human Services, Division of Senior and Disabled Services is pleased to announce the availability of the Senior Farmer's Market Nutrition Program for 2018. The Senior Farmers Market Nutrition Program provides individuals who are 60+ and who meet the financial eligibility with \$25.00 worth of vouchers to purchase fresh vegetables at participating farm stands in New Jersey.

Required Documents:

- Must be 60 or over and be a Camden County resident - must have ID
- Proof of Income
- Medicaid, SNAP or SSI ID card
- Social Security Award letter
- Pension Income statement

Not Accepted:

- PAAD card
- Bank Statements
- Self-Declaration of Income

Vouchers will be available on the following dates and locations:

Camden County Department of Health & Human Services 512 Lakeland Road Blackwood, NJ 08012 856-858-3220	Starting Monday July 6, 2018 Monday - Friday July - August	10 a.m. – 2 p.m.
Katz Jewish Community Center 130 Springdale Road	June 26, 2018	10 a.m. – 2 p.m.
Virtua 1000 Atlantic Avenue Camden, NJ 08104	June 27, 2018 July 11, 2018 July 18, 2018	10 a.m. – 2 p.m.
Collingswood Community Center 30 West Collings Avenue Collingswood, NJ 08108	June 29, 2018	10 a.m. – 2 p.m.
Stella Farms 459 Berlin New Freedom Road Berlin, NJ 08009	July 16, 2018	10 a.m. – 2 p.m.
Springdale Farms 1638 South Springdale Road Cherry Hill, NJ 08003	July 17, 2018	10 a.m. – 2 p.m.

Listed below are the Camden County Approved Farmers where vouchers can be redeemed:

STELLA FARMS
459 Berlin New Freedom Rd
Berlin, NJ 08009
Open every day
8 a.m. to 5 p.m.

SPRINGDALE FARMS
1638 South Springdale Rd
Cherry Hill, NJ 08003
Open Monday-Saturday
8 a.m. to 8 p.m.
Sunday
8 a.m. to 6 p.m.

PASTORE ORCHARDS, INC.
626 S. White Horse Pike
Elm, NJ 08037
Open every day
8 a.m. to 7 p.m.





ENJOY THE GOODNESS OF TOMATOES

PRODUCT DESCRIPTION

- Fresh tomatoes are U.S. No. 1 or better.

PACK/YIELD

- Each case contains 25 pounds of tomatoes. There are about 3 large tomatoes in a pound. 1 pound of fresh tomatoes is about 2 ½ cups chopped or 3 cups sliced tomatoes.

STORAGE

- Tomatoes should be stored in a cool, dry place. Do not store in a plastic bag. Store in a single layer, as stacking tomatoes may cause them to become mushy.
- Fresh tomatoes may be frozen whole, chopped, or sliced. Wash tomatoes and remove the stem, store in a tightly closed plastic bag, then freeze up to 8 months.
- For further guidance on how to store and maintain USDA foods, please visit the FDD Web site at: www.fns.usda.gov/fdd/facts/biubguidance.htm.

PREPARATION/COOKING

- To remove the seeds from a tomato, cut the tomato in half. Squeeze the tomato gently, or loosen seeds with a spoon and scoop them out.
- To chop or slice a tomato, remove the stem with the tip of a sharp knife. Remove the seeds, if you like, according to above instructions. Cut tomato into individual slices, or chop into small pieces.
- Tomatoes may be cooked in the microwave. Remove the stem and cut tomatoes in half. Microwave on high 3 to 4 minutes for 4 halves; 5 to 6 minutes for 6 to 8 halves.

USES AND TIPS

- Tomatoes can be baked, broiled, roasted, boiled, or stewed, and may be used in a variety of dishes such as sauces, casseroles, salads, and side dishes.
- Fresh tomatoes are delicious eaten raw on top of salads or in sandwiches.
- For a quick and easy sandwich, top slices of whole grain bread with sliced tomatoes, sprinkle with reduced fat cheese, and broil until the cheese melts.

NUTRITION INFORMATION

- ½ cup chopped tomato counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of tomatoes has 15% of the daily recommended amount of vitamin A and 20% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- Keep tomatoes that are going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov

camden  county

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