

# New Iowa program makes fresh, local produce free of charge

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DAVENPORT, Iowa--Starting June 1, 2016, some farmer's market shoppers will be able to get fresh fruits and vegetables for free.

The farmer's market voucher program is part of a statewide initiative focusing on getting healthy choices in the hands and mouths of people 60 years and older.

"People over 60 don't have a nine to five job. They don't have income coming in, and they're on a very fixed income of social security, which is very limited," says shopper Beth Moore. "Fresh and local tends to be more expensive, so it's a good thing it's something to help."

If you're 60 years or older, make less than \$22,000 a year, and live in Iowa, you can get vouchers to use on fresh produce. Recipients are awarded ten \$3 checks valued at \$30. The checks can be used June through October for fresh, unprepared, locally grown fruits, vegetables, herbs and honey.

Chris Gilbert is a farmer in Bettendorf, Iowa. He understands not everyone can afford a bag of lettuce for \$2.50, but a program like this will help him put even more smiles on his customers' faces. It's all while providing local, healthy options without breaking the bank.

The certificates are through Milestones Area Agency on Aging. Recipients must sign a statement of eligibility that includes their name, address, phone number and the last four digits of their Social Security number.

Checks can be picked up Monday through Friday starting June 1, 2016 from 9 a.m. to 3 p.m. at the Milestones' office at 935 E. 53rd Street, Davenport. Distributions will also be available at all Senior Nutrition Centers and some senior housing locations.