



VIDA GUIADA EN LA SALUD Y EL
BIENESTAR (PERSONAS
MAYORES/ADULTOS)

CAMPAÑA: MERCADO AGRÍCOLA PARA PERSONAS MAYORES





CONTENIDO

Página 3: Mensaje de bienvenida

Página 4-5: Mercados agrícolas y toda la información que necesitas conocer

Página 6: Cómo localizar el mercados agrícolas más próximo a usted.

Páginas 7-8: Materiales informativos y recursos

ESTIMADOS COLABORADORES,

Nos dedicamos a colaborar con usted para promover la salud y el bienestar de su comunidad y su entorno. Como parte de nuestra colaboración, le proporcionamos herramientas y materiales que respaldan sus metas de salud y bienestar. Cada trimestre, distribuimos un kit de herramientas de campaña centrado en un área de enfoque particular.

Estos kits de herramientas de campaña ofrecen recursos, herramientas educativas y materiales de lectura. Le pedimos que comparta la información con los participantes de su local. Exhiba y distribuya estos materiales en todo su sitio para aumentar la conciencia sobre los temas tratados.

Este trimestre (abril a junio) nos enfocaremos en el tema: Programa de nutrición para personas mayores en mercados agrícolas (SFMNP, por sus siglas en inglés). El SFMNP está destinado a:

Brindar a las personas mayores de bajos ingresos acceso a frutas, verduras, miel y hierbas de cultivo local.

Incrementar el consumo interno de productos agrícolas mediante mercados de agricultores, puestos en las carreteras y programas agrícolas respaldados por la comunidad.

Colaborar en la creación de nuevos y adicionales mercados de agricultores, ubicados al borde de las carreteras, así como en programas agrícolas de apoyo comunitario.

Atentamente,

Equipo de Educación Nutricional
Banco de Alimentos Comunitario de Nueva Jersey





¿QUÉ ES EL PROGRAMA DE NUTRICIÓN DEL MERCADO DE AGRICULTORES PARA ADULTOS MAYORES?

¿Qué es el Programa de Nutrición del Mercado de Agricultores para Personas Mayores (SFMNP)?

El Programa de Nutrición del Mercado de Agricultores para Personas Mayores (SFMNP) fomenta la salud nutricional entre los adultos mayores de Nueva Jersey al ofrecerles cupones que pueden ser canjeados por frutas, verduras y hierbas frescas cultivadas en la región.



¿Cuál es el objetivo del SFMNP?

Los objetivos del Programa de Nutrición del Mercado de Agricultores para Personas Mayores son ofrecer frutas, verduras, hierbas y miel frescas, nutritivas, sin procesar y cultivadas localmente a través de mercados de agricultores, puestos en la carretera y programas de apoyo a la agricultura comunitaria (CSA por sus siglas en inglés) para personas mayores de bajos ingresos; y fomentar el consumo de productos agrícolas mediante la expansión, el desarrollo o el apoyo en el desarrollo y la expansión de mercados de agricultores nacionales, puestos en la carretera y programas CSA.



¿Cómo ofrece educación el SFMNP?

La agencia estatal proporciona educación nutricional a los beneficiarios del SFMNP, frecuentemente mediante acuerdos con la agencia local del WIC u otros colaboradores del programa. Por ejemplo, los programas de extensión cooperativa, las agencias locales de servicios para personas mayores, los chefs locales, los agricultores o las asociaciones de mercados de agricultores, así como diversas otras organizaciones, tanto con fines de lucro como sin fines de lucro, pueden ofrecer educación nutricional a los beneficiarios del SFMNP.

Estos programas educativos fomentan que los beneficiarios del SFMNP mejoren y amplíen sus dietas al incorporar frutas y verduras frescas, además de instruirles sobre cómo seleccionar, almacenar y preparar las frutas y verduras frescas que adquieren con sus cupones del SFMNP.



PROGRAMA DE NUTRICIÓN DEL MERCADO AGRÍCOLA PARA PERSONAS MAYORES

¿Quién puede acceder a los beneficios del SFMNP?

Los beneficiarios del SFMNP son personas mayores de bajos ingresos, comúnmente definidas como aquellas que tienen al menos 60 años y cuyos ingresos familiares no exceden el 185 % de las pautas federales de pobreza. Algunas agencias estatales aceptan pruebas de participación o inscripción en otros programas que requieren evaluación de recursos, como el Programa de Suplementos de Alimentos Básicos (CSFP) o el Programa de Asistencia Nutricional Suplementaria (SNAP), para determinar la elegibilidad del SFMNP.



¿Qué productos están disponibles a través del SFMNP?

Se puede adquirir una variedad de frutas, verduras, hierbas y miel frescas, nutritivas y sin procesar, cultivadas localmente con los beneficios del SFMNP. Las agencias estatales interpretarán que “cultivado localmente” se refiere a productos cultivados exclusivamente dentro de las fronteras estatales, aunque también pueden abarcar áreas en estados vecinos adyacentes a sus límites.



FARMER'S MARKET LOCATIONS

To view the list of SFMNP locations
click the name of the county you
reside in.

CONTACT A LOCAL AGENCY TO JOIN

If you think you're eligible to
participate in SFMNP, you can get
started by contacting the agency
listed below that administers the
program in your area.



[How to share these resources link](#)

ATLANTIC COUNTY

(609) 645-7700

BERGEN COUNTY

(201) 336-7400

CAPE MAY COUNTY

(609) 886-2784

CUMBERLAND COUNTY

(856) 453-2220

ESSEX COUNTY

(973) 395-8375

HUDSON COUNTY

(201) 369-5280

MIDDLESEX COUNTY

(732) 745-3295

MONMOUTH COUNTY

(732) 431-7450

OCEAN COUNTY

(848) 288-9900

PASSAIC COUNTY

(973) 569-4060

SALEM COUNTY

(856) 339-8622

UNION COUNTY

(908) 527-4870

How to engage seniors in the CSFP program

- Provide information sessions about eligibility requirements, food distribution locations, and how to apply.
- Post flyers of near by farmers markets and educational information pertaining fresh fruits and vegetables.
- Provide nutrition education, such as cooking demonstrations and lessons on how to select, store, and prepare fresh fruits and vegetables.
- Inviting the market to come to the senior center before the season starts.
- Coordinating transportation to the market, this can help increase program impact and redemption rates.
- Visiting the market or meeting with the manager before the season. This helps maximize the program's benefits.
- Provide information about the market's location, schedule, facilities, and available produce.
- Seniors can combine their SFMNP assistance with SNAP benefits at the farmer's market to get more for their money.
- Plan meet me at the market tours and educational games for seniors visiting the market and encourage social interaction.

REFERENCES

[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC6350815/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6350815/)

[HTTPS://WWW.NIMH.NIH.GOV/HEALTH/TOPICS/CARING-FOR-YOUR-MENTAL-HEALTH](https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health)

UBICACIONES DE LOS MERCADOS AGRÍCOLAS

Para consultar la lista de ubicaciones de SFMNP, haga clic en el nombre del condado donde reside.

PÓNGASE EN CONTACTO CON UNA AGENCIA LOCAL PARA UNIRSE.

Si considera que es elegible para participar en SFMNP, puede iniciar contactando a la agencia que gestiona el programa en su zona, que se detalla a continuación.



Cómo distribuir estos recursos

CONDADO DE ATLANTIC
(609) 645-7700

CONDADO DE BERGEN
(201) 336-7400

CONDADO DE CAPE MAY
(609) 886-2784

CONDADO DE CUMBERLANDS
(856) 453-2220

CONDADO DE ESSEX
(973) 395-8375

CONDADO DE HUDSON
(201) 369-5280

CONDADO DE MIDDLESEX
(732) 745-3295

CONDADO DE MONMOUTH
(732) 431-7450

CONDADO OCEAN
(848) 288-9900

CONDADO DE PASSAIC
(973) 569-4060

CONDADO DE SALEM
(856) 339-8622

CONDADO UNION
(908) 527-4870

Cómo integrar a las personas mayores en el programa CSFP

- Ofrecer sesiones informativas acerca de los requisitos de elegibilidad, ubicaciones de distribución de alimentos y el proceso para presentar la solicitud.
- Coloque folletos de mercados de agricultores locales e información educativa sobre frutas y verduras frescas.
- Ofrecer educación nutricional, incluyendo demostraciones culinarias y clases sobre la selección, almacenamiento y preparación de frutas y verduras frescas.
- Invitando al mercado a acudir al centro para personas mayores antes de que inicie la temporada.
- Al organizar el transporte hacia el mercado, esto puede contribuir a incrementar el impacto del programa y las tasas de canje.
- Visitar el mercado o encontrarse con el gerente antes de la temporada contribuye a optimizar los beneficios del programa.
- Ofrecer detalles sobre la ubicación del mercado, el horario, las instalaciones y los productos disponibles.
- Las personas mayores pueden combinar su participación en el SFMNP con los beneficios del SNAP en el mercado de agricultores para maximizar su inversión.
- Organice un encuentro en el mercado, actividades y juegos educativos para personas mayores que visiten el mercado y promueva la interacción social.

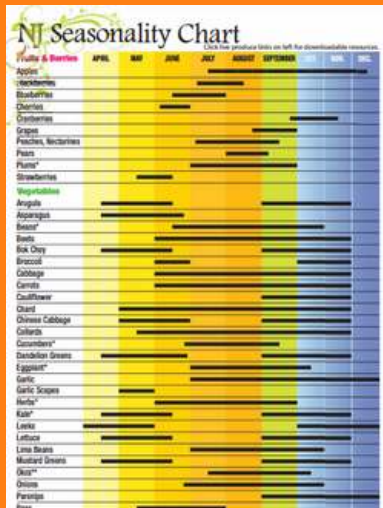
REFERENCIAS

[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC6350815/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6350815/)

[HTTPS://WWW.NIMH.NIH.GOV/HEALTH/TOPICS/CARING-FOR-YOUR-MENTAL-HEALTH](https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health)

Materiales, Folletos y panfletos

Disfrutando de los sabores del verano



Sugerencias y técnicas culinarias

SPICE IT UP!

Healthy food can also be tasty food. Cooking with herbs and spices enhances the flavor of food without adding fat, sugar, or salt. More than 4,000 years, spices and herbs have been used to create healthy, satisfying meals. When herbs and spices are used in moderation, they can also help reduce the risk of chronic diseases. The benefits of herbs and spices include: reducing the risk of heart disease, lowering blood pressure, and improving digestion. Additionally, the anti-inflammatory properties of some herbs and spices aid in reducing chronic inflammation, which is believed to be a precursor to chronic disease. Check the list of herbs and spices below for more information, and experience the benefits for yourself by adding them to your meals.

SPICE (Herb Name)	FORM(S)	TASTE	USE
Allspice	Whole berries, ground	Sweet blend of cinnamon and clove	Spices used in Caribbean and Latin American cuisines. Used in baked goods, soups, and stews.
Cardamom	Whole green or black, ground	Savory and sweet with a hint of citrus and heat	Used in Indian, Thai, and Mexican cuisines. Used in baked goods, soups, and stews.
Cumin	Whole seeds, ground	Warm, spicy with a hint of citrus and heat	Used in Mexican, Indian, and Middle Eastern cuisines. Used in baked goods, soups, and stews.
Coriander	Whole seeds, ground	Warm and spicy	Used in Mexican, Indian, and Middle Eastern cuisines. Used in baked goods, soups, and stews.
Cinnamon	Sticks, ground	Warm and spicy	Used in Indian, Thai, and Mexican cuisines. Used in baked goods, soups, and stews.
Cumin	Whole seeds, ground	Warm, spicy with a hint of citrus and heat	Used in Mexican, Indian, and Middle Eastern cuisines. Used in baked goods, soups, and stews.
Mustard	Whole seeds, ground	Warm and spicy	Used in Indian, Thai, and Mexican cuisines. Used in baked goods, soups, and stews.
Pepper	Whole seeds, ground	Warm and spicy	Used in Indian, Thai, and Mexican cuisines. Used in baked goods, soups, and stews.
Thyme	Whole leaves, ground	Warm and spicy	Used in Indian, Thai, and Mexican cuisines. Used in baked goods, soups, and stews.

Evite el derroche de alimentos.

FIGHT BAC! LIKE A producepro

As you enjoy fresh fruits and vegetables at home, follow these safe handling tips to help protect yourself and your family from food poisoning. It is important to be consistent in practicing safe food handling at home. For more information, go to www.fightbac.org.

CHECK	CLEAN
Check produce for signs of rot or bruising. Do not eat or use produce that is spoiled or damaged.	Wash hands with warm water and soap for at least 20 seconds before and after handling fresh produce.
Check for mold, soft spots, and bruising. Do not eat or use produce that is spoiled or damaged.	Use separate cutting boards for raw meat, poultry, and seafood, and for fresh produce.
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RINSE
Rinse all fresh produce under running water, even if you plan to cook it. Use a clean brush to scrub firm produce like melons, cucumbers, and potatoes.

SEPARATE
Keep fresh produce separate from raw meat, poultry, and seafood. Use separate cutting boards for each.

THROW AWAY
Throw away any fresh produce that is spoiled or damaged. Do not eat or use produce that is spoiled or damaged.

Refreshing summer beverages

Ginger Beer Lemonade
Serves 4

Ingredients:
1/2 cup fresh lemon juice
2 tablespoons honey simple syrup
1/2 cup ginger beer
Ice cubes

Instructions:
1. Mix lemon juice, honey simple syrup, and ginger beer in a pitcher.
2. Add ice cubes and stir well.
3. Serve over ice.

Strawberry-Mint Lemonade
Serves 4

Ingredients:
1/2 cup fresh lemon juice
2 tablespoons honey simple syrup
1/2 cup strawberry simple syrup
Ice cubes

Instructions:
1. Mix lemon juice, honey simple syrup, and strawberry simple syrup in a pitcher.
2. Add ice cubes and stir well.
3. Serve over ice.

Cucumber Basil Sparkling Lemonade
Serves 4

Ingredients:
1/2 cup fresh lemon juice
2 tablespoons honey simple syrup
1/2 cup cucumber simple syrup
Ice cubes

Instructions:
1. Mix lemon juice, honey simple syrup, and cucumber simple syrup in a pitcher.
2. Add ice cubes and stir well.
3. Serve over ice.

USDA MyPlate Meals from the Garden

Looking for ways to brighten your meals? Stock up on goods from your local Farmers' Market! Or try out your green thumb by growing your own food.

Gardening and agriculture go hand in hand with MyPlate. When planning a garden, start by thinking about foods that adapt well to the cool, fall season. Many vegetables that are planted in the summer produce their best flavor when harvested in the fall such as broccoli and carrots. This way you can focus on ingredients that are both flavorful and easy on your budget.

Browse the stands at year-round, local farmers' market and pickup seasonal fruits and vegetables, as well as local dairy, grains, meat, poultry, and eggs. (You can shop all 5 food groups at the Farmers' Market!) Talk with the farmers and vendors to learn more about the choices available. You may find valuable ideas for selecting and preparing new ingredients such as pumpkins or spaghetti squash. Get to know your food, and your farmer, by asking questions when you visit.

After your trip to the farmers' market, browse ChooseMyPlate's [Sample Menus and Recipes](#) for culinary inspiration. Many of the MyPlate recipes are budget friendly and kid approved. For starters, try a delicious [broccoli asparagus](#) packed with veggies!

USDA Healthy for Good Keep It Fresh

Stock up on fresh produce and delicious food. Keeping food to store fresh fruits and vegetables can help you eat healthy and save money. The following tips can help you keep your food fresh for up to 5 days of vegetables or 10 days of fruits.

General:
Store fresh produce in a cool, dry place. Do not wash produce until just before eating. Store produce in a cool, dry place. Do not wash produce until just before eating.

Leafy Greens:
Store in plastic bags with holes in them to allow air to circulate. Store in a cool, dry place. Do not wash produce until just before eating.

Roots:
Store in a cool, dry place. Do not wash produce until just before eating.

Cruciferous:
Store in a cool, dry place. Do not wash produce until just before eating.

Beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Peas:
Store in a cool, dry place. Do not wash produce until just before eating.

Carrots:
Store in a cool, dry place. Do not wash produce until just before eating.

Onions:
Store in a cool, dry place. Do not wash produce until just before eating.

Potatoes:
Store in a cool, dry place. Do not wash produce until just before eating.

Tomatoes:
Store in a cool, dry place. Do not wash produce until just before eating.

Bananas:
Store in a cool, dry place. Do not wash produce until just before eating.

Apples:
Store in a cool, dry place. Do not wash produce until just before eating.

Pears:
Store in a cool, dry place. Do not wash produce until just before eating.

Oranges:
Store in a cool, dry place. Do not wash produce until just before eating.

Lemons:
Store in a cool, dry place. Do not wash produce until just before eating.

Limes:
Store in a cool, dry place. Do not wash produce until just before eating.

Grapes:
Store in a cool, dry place. Do not wash produce until just before eating.

Strawberries:
Store in a cool, dry place. Do not wash produce until just before eating.

Raspberries:
Store in a cool, dry place. Do not wash produce until just before eating.

Blueberries:
Store in a cool, dry place. Do not wash produce until just before eating.

Blackberries:
Store in a cool, dry place. Do not wash produce until just before eating.

Cherries:
Store in a cool, dry place. Do not wash produce until just before eating.

Peaches:
Store in a cool, dry place. Do not wash produce until just before eating.

Nectarines:
Store in a cool, dry place. Do not wash produce until just before eating.

Plums:
Store in a cool, dry place. Do not wash produce until just before eating.

Apricots:
Store in a cool, dry place. Do not wash produce until just before eating.

Avocados:
Store in a cool, dry place. Do not wash produce until just before eating.

Coconuts:
Store in a cool, dry place. Do not wash produce until just before eating.

Walnuts:
Store in a cool, dry place. Do not wash produce until just before eating.

Almonds:
Store in a cool, dry place. Do not wash produce until just before eating.

Pistachios:
Store in a cool, dry place. Do not wash produce until just before eating.

Cashews:
Store in a cool, dry place. Do not wash produce until just before eating.

Peanuts:
Store in a cool, dry place. Do not wash produce until just before eating.

Soybeans:
Store in a cool, dry place. Do not wash produce until just before eating.

Black beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Pinto beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Kidney beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Garbanzo beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Lentils:
Store in a cool, dry place. Do not wash produce until just before eating.

Chickpeas:
Store in a cool, dry place. Do not wash produce until just before eating.

Butter beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Black-eyed peas:
Store in a cool, dry place. Do not wash produce until just before eating.

Pigeon peas:
Store in a cool, dry place. Do not wash produce until just before eating.

Adzuki beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Red beans:
Store in a cool, dry place. Do not wash produce until just before eating.

White beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Great Northern beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Navaho beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Swamp beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Urad beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Black mung beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Green mung beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Red mung beans:
Store in a cool, dry place. Do not wash produce until just before eating.

White mung beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Black lentils:
Store in a cool, dry place. Do not wash produce until just before eating.

Green lentils:
Store in a cool, dry place. Do not wash produce until just before eating.

Red lentils:
Store in a cool, dry place. Do not wash produce until just before eating.

White lentils:
Store in a cool, dry place. Do not wash produce until just before eating.

Black chickpeas:
Store in a cool, dry place. Do not wash produce until just before eating.

Green chickpeas:
Store in a cool, dry place. Do not wash produce until just before eating.

Red chickpeas:
Store in a cool, dry place. Do not wash produce until just before eating.

White chickpeas:
Store in a cool, dry place. Do not wash produce until just before eating.

Black soybeans:
Store in a cool, dry place. Do not wash produce until just before eating.

Green soybeans:
Store in a cool, dry place. Do not wash produce until just before eating.

Red soybeans:
Store in a cool, dry place. Do not wash produce until just before eating.

White soybeans:
Store in a cool, dry place. Do not wash produce until just before eating.

Black edamame:
Store in a cool, dry place. Do not wash produce until just before eating.

Green edamame:
Store in a cool, dry place. Do not wash produce until just before eating.

Red edamame:
Store in a cool, dry place. Do not wash produce until just before eating.

White edamame:
Store in a cool, dry place. Do not wash produce until just before eating.

Black fava beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Green fava beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Red fava beans:
Store in a cool, dry place. Do not wash produce until just before eating.

White fava beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Black lupini beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Green lupini beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Red lupini beans:
Store in a cool, dry place. Do not wash produce until just before eating.

White lupini beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Black broad beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Green broad beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Red broad beans:
Store in a cool, dry place. Do not wash produce until just before eating.

White broad beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Black butter beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Green butter beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Red butter beans:
Store in a cool, dry place. Do not wash produce until just before eating.

White butter beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Black cannellini beans:
Store in a cool, dry place. Do not wash produce until just before eating.

Green cannellini beans:
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Red cannellini beans:
Store in a cool, dry place. Do not wash produce until just before eating.

White cannellini beans:
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