

# Senior FarmShare

CISA's Senior FarmShare program provides low-income seniors with ten weeks of farm fresh vegetables purchased directly from local farms.

Eligible seniors sign up in the spring to receive weekly shares of freshly harvested local produce, distributed through senior service agencies throughout Franklin, Hampshire, and Hampden counties. Seniors commit to the program for the duration, and pay a cost share of one dollar per week, in exchange for ten weeks of produce valued at \$145.

In 2023, Senior FarmShare will serve 700 low-income seniors through 19 distribution sites and 15 farms. Since 2004, Senior FarmShare has distributed over 7,000 season-long shares and paid \$814,700 to local farms for their produce.



“

**"So grateful - I am 90 years old & going to get fresh veggies otherwise is next to impossible. Thank you!"**

**"I love Senior Farm Share! It also taught my granddaughters who live [with me] the importance of fresh vegetables."**

”

- Senior FarmShare participants

***At the end of the 2022 season:***

**94%** of those surveyed said Senior FarmShare had a positive impact on their diet and increased the amount of fresh vegetables and fruit they ate.

For more information about Senior FarmShare or to sign up, contact Zoey Sloate at [zoey@buylocalfood.org](mailto:zoey@buylocalfood.org) or visit: [www.buylocalfood.org/senior-farmshare](http://www.buylocalfood.org/senior-farmshare)

Senior FarmShare is supported by CISA donors, Local Hero farm members, and The MA Executive Office for Elder Affairs.

