



Senior Project Fresh 2025 Updates

What is Senior Project Fresh?

The Senior Project Fresh program is aimed at helping older adults eat healthier as they age.

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

Who is Eligible?

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.

Where and when do I redeem the coupons?

Benefits must be obtained in the county in which the applicant lives. There will be a list of places to redeem the coupons later this spring. The program runs from May 1 to October 31 each year.

What are the Changes for 2025?

- All applications will be online only. After a participant applies online and are approved, they will receive a benefit card through the postal mail.
- Participants are no longer needed to go into lead agency locations to complete applications and pick up coupon book(s).
- Participants may spend benefits in any dollar amount, no need to stick to \$5 increments.

For more information, check the website:

<https://www.michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/behavioral-and-physical-health-and-aging-services/special-programs/senior-project-freshmarket-fresh>

We will be providing more information next month as the program does not begin until May