



Bureau of Community Services/Nutrition Announcement

April 4, 2022

GrowNYC Farmers Market Tour Memo

Dear Older Adult Center Community Partner,

We would like to inform you that GrowNYC has a new program, Fresh and Local Market Tour, (previously called Greenmarket Taste and Tour) which combines a presentation and greenmarket tour specifically designed for older adults.

Fresh and Local Market Tour aims to improve nutrition, enhance social interaction, and benefit the overall physical and emotional health of New York City's older adults through interactive presentations and educational tours of farmers markets. During the presentations and tours, older adults will learn about the Greenmarkets and will be provided with an orientation around the types of benefits and currencies accepted in the market, including EBT, Health Bucks, and the Farmers Market Nutrition Program. Presentations will also include information on healthy eating along with a recipe.

The Greenmarket tour portion of Fresh and Local Market Tour counts toward the requirement for nutrition education once per year. Please keep on file the sign in sheet, an outline of the presentation and handouts provided. You may choose to add on the optional pre-tour presentation (online or in-person) to provide added context and increase awareness about farmers markets.

For more information on Fresh and Local Market Tour, please contact Susie Spodek at sspodek@grownyc.org. You may also visit <http://www.grownyc.org/greenmarket/seniors>.

If you have any questions about nutrition education, please contact your DFTA Nutritionist.

Thank You,
Bureau of Community Services