

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 2024, Senior FarmShare will serve 800 low-income seniors through 21 distribution sites and 16 farms. Since 2004, Senior FarmShare has distributed over 7,700 season-long shares and paid over \$930,000 to local farms for their produce.



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"The produce from Farm Share was a godsend. I'm sure it improved us physically & mentally too! Thanks."

"Senior farm share is a win-win scenario for everyone involved... Love in, love out! It doesn't get any better than that. Thank you for all you do."

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- Senior FarmShare participants

At the end of the 2023 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, contact Clarissa Adan at clarissa@buylocalfood.org or call 413-665-7100.

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

www.buylocalfood.org

