

**Kansas Senior Farmers Market Nutrition Program
Eligible Foods List**

Kansas Senior Farmers Market Nutrition Program eligible foods include fresh, local, and unprocessed fresh fruits, vegetables, cut herbs and local honey. Local is defined to mean foods grown in Kansas or in a county that is adjacent to the Kansas border in the following neighboring states: Nebraska, Missouri, Oklahoma and Colorado.

Below is an itemized list including but not limited to potential eligible foods that may be purchased with SFMNP benefits.

Apples, asparagus, basil, beets, blackberries, blueberries, bok choy, broccoli, cabbage, carrots, corn, cucumbers, eggplant, garlic, green beans, green onions, herbs, hot peppers, melons, okra, onions, peaches, peas, potatoes, radishes, raspberries, rhubarb, salad greens, soybeans, spinach, strawberries, summer squash, sweet peppers, sweet potatoes, tomatoes, turnips, winter squash, local Kansas honey and any other whole fresh fruit or vegetable that is grown in Kansas.