

TIP SHEET FOR RELATIVES AS PARENTS

MAINE SENIOR FARMSHARE PROGRAM

The Senior FarmShare program, provides seniors with locally grown food. In 2009, more than 17,000 seniors and 140 farmers statewide will be participating. Seniors who qualify, will receive a free share (\$50 worth) of quality, fresh, local produce from a Maine farm during the growing season. The variety of produce and method of delivery / pick-up will vary depending on which farm you choose to sign up with.

Eligibility Requirements:

1. Must be a Maine Resident, 60 years old or older (55 if Native American)
2. Meet the following income guidelines: Maximum yearly income of \$26,995 for a two-person household, or \$20,036 for a one-person household. **(If you are eligible for MaineCare, SSI, LIHEAP, or LIDP, you automatically meet the income guidelines.)**

How and When to Sign up:

Sign ups are in April directly with a participating farmer.

For a list of participating farmers in your area, visit www.getrealmaine.com/connect/farmshare/senior.html, contact your local Area Agency on Aging or call Maine Kids-Kin at 941-2347 or 1-866-298-0896.

TIP SHEET FOR RELATIVES AS PARENTS

FAMILY GARDENING

With the recent increases in food prices, many people are starting their own gardens to save money on fresh produce. This is also a great way to spend quality time with your children during the summer! Nurture a life long love of gardening and help your child relax in the outdoors.

If you don't have the yard space for a garden, you can grow a container garden on a deck, sunny porch or windowsill. That lawn you hate to mow - maybe it's time to turn it over for a garden! Spring is the perfect time to start your seedlings indoors, and here a few tips to make sure everyone enjoys this experience:

- Let your children help you choose which seeds to plant. And you never know, they might even like to eat vegetables more if they grew them!
- Children will enjoy the feeling of accomplishment watching their seed grow into a plant. Start your seeds in glass or plastic containers, so your children can watch the seed germinate, watch the roots grow and watch with excitement as it is about to sprout out!
- Let your child make plant markers out of popsicle sticks and seed packets, or hand drawn signs, so you know what the plants are.
- Once the plants are in the ground or containers, schedule evening garden time - weeding and watering in the cool evening is a relaxing way to end the day.

*Copies of our tip sheets may be found on our web site at www.mainekids-kin.org
For permission to reproduce Maine Kids-Kin materials contact us at info@mainekids-kin.org*