



DEPARTMENT OF ELDERLY SERVICES

Community Services Administration

City of New Haven
165 Church Street
New Haven, CT 06510



Toni N. Harp

Mayor

Migdalia Castro

Director

Good Afternoon Chairs Senator Kennedy, Representative Albis, Ranking Members , and members of the Environmental Committee

I am Migdalia Castro, Director of Elderly Services for the City of New Haven. I am here to testify in support of House Bill 5734- AN ACT CONCERNING FARMERS' MARKET COUPONS FOR SENIOR CITIZENS.

The Farmers' Market Coupon Program is vital in supporting the nutritional needs required by our Connecticut seniors. This increasing population represents our parents and the grandparents who nurtured us growing up.

Seniors are most at risk for nutritional deficiencies such as vitamin D and Calcium resulting in bone loss. Dementia, heart disease, and Type 2 diabetes also increase with the aging process.

This supplemental assistance coupon program increases senior's access to purchase healthy foods in their own neighborhoods, such as the fruits and vegetables grown by Connecticut farmers, aiding in the prevention from these medical ailments.

Our Connecticut farmers' markets offer an abundant variety of leafy greens such as spinach, collard greens and kale, are known to support brain function and bone health. Apples and berries grown in Connecticut are the healthier food choice for seniors instead of eating sugary cakes and cookies.

The Farmers' Market Coupon Program, by helping seniors to purchase nutrient rich local produce, ultimately supports our efforts for Connecticut seniors to age in place appropriately in their homes. Please support the propose increase from \$18 dollars to \$21.

Thank you for your time and consideration.

NEW HAVEN IT ALL HAPPENS HERE

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