



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,

I am Migdalia Castro, Director of Elderly Services for the City of New Haven. I am here to testify **support** of Senate Bill **241- AN ACT INCREASING THE DOLLAR VALUE OF FARMERS' MARKET VOUCHERS 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 of these medical ailments.

Our Connecticut farmer's markets offer an abundant variety of leafy greens – such as spinach, collard greens, and kale – produce known to support brain function and bone health. Apples and berries grown on Connecticut orchards are healthier food choices for seniors, instead of the sugary cakes and cookies that may be more readily available in closer food stores.

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, and invest in our seniors' health.

Sincerely,
Migdalia Castro
Director, Department of Elderly Services
City of New Haven

NEW HAVEN IT ALL HAPPENS HERE

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