



Michigan Farmers Market Association Prescription for Health Evaluation Tools: Glossary of Terms

1. **Bridge Card** - A card that is issued to Food Assistance Program recipients in Michigan and is similar to a debit card. It is used to purchase food products and to access cash assistance benefits through Electronic Benefits Transfer (EBT) technology. The name comes from the picture of the Mackinac Bridge on the face of the card and is recognized in other states as SNAP benefits. (<http://mifma.org/snap/>)
2. **Commodity Supplemental Food Program (CSFP)** – CSFP works to improve the health of low-income individuals 60 years of age or older by providing healthy food packages to improve diet. (<https://www.fns.usda.gov/csfp/commodity-supplemental-food-program-csfp>)
3. **Community Garden** – A shared, open piece of land where neighbors can grow and share fresh flowers and produce. (<https://www.cdc.gov/healthyplaces/healthtopics/healthyfood/community.htm>)
4. **Corner Store/Party Store** - Shopping locations that sell beverages, packaged foods, prepared foods, a small selection of personal care items and home goods, and sometimes fresh or frozen produce, meat, dairy and eggs. These stores are often smaller than a full-service grocery stores and located close to where people live. (<http://thefoodtrust.org/what-we-do/corner-store>)
5. **CSA (Community Supported Agriculture)** – A farm or network of multiple farms that offer consumers regular (usually weekly) deliveries of locally-grown farm products during one or more harvest season(s) on a subscription or membership basis. Customers have access to a selected share or range of farm products offered by a single farm or group of farmers based on partial or total advance payment of a subscription or membership fee. (<https://www.ams.usda.gov/local-food-directories/csas>)
6. **Disability Benefits** – Benefits paid to people who cannot work because they have a medical condition that is expected to last at least one year or result in death. (<https://www.ssa.gov/benefits/disability/>)
7. **Double Up Food Bucks** – A SNAP incentive program developed by Fair Food Network that doubles the value of SNAP benefits spent at participating markets and grocery stores, helping people bring home more healthy fruits and vegetables while supporting local farmers. (<https://fairfoodnetwork.org/projects/double-up-food-bucks/>)
8. **EBT (Electronic Benefits Transfer)** – An electronic system that allows a recipient of food assistance benefits to authorize transfer of his or her government benefits from a federal

- account to a retailer's account. Used in the transferring of funds from a SNAP/Bridge Card recipients to a market or store where they purchase food. (<http://mifma.org/snap/>)
9. **Farm-Direct Market** – Also called an on-farm market or roadside stand, these are places where a single farmer sells their own agricultural products directly to the general public, which includes fruits and vegetables, meat, fish, poultry, dairy products, and grains. (<https://www.fns.usda.gov/ebt/definitions-farmers-markets-direct-marketing-farmers-and-other-related-terms>)
 10. **Farmers Market** - A public and recurring assembly of farmers or their representatives selling direct-to-consumer food and products which they have produced themselves. In addition, the market may include a variety of vendors as determined by market management. A farmers market is organized for the purpose of facilitating personal connections that create mutual benefits for local farmers, vendors, shoppers and communities. (mifma.org/aboutus/)
 11. **Food Distribution Program on Indian Reservations (FDPIR)** - A federal program administered by the United States Department of Agriculture (USDA) Food and Nutrition Service. FDPIR is administered locally by either Indian Tribal Organizations (ITOs) or an agency of a State government. ITO's operate a food distribution program as an alternative to SNAP for people living on the Reservation. (<https://www.fns.usda.gov/fdpir/about-fdpir>)
 12. **Food Pantry** - A location where eligible individuals or families can visit to pick up free food. Sometimes this is only packaged foods, and sometimes this includes fresh foods. (<http://www.mi211.org/food/food-pantries>)
 13. **Free/Reduced School Lunch** – A program that allows qualifying students to receive a free or reduced-price lunch based on their family's income eligibility. Income eligibility is determined by family size and the percentage of income below the poverty line. (<https://fns-prod.azureedge.net/sites/default/files/cn/NSLPFactSheet.pdf>)
 14. **Fresh fruits and vegetables** - Produce that is available to the consumer in its original form. It has not been cut, frozen, or cooked.
 15. **Good Food** – Healthy by providing nourishment, green because it is produced environmentally friendly, fair and affordable because all people have access to it. (<http://mifma.org/hoophousesforhealth/>)
 16. **Gas Station** – An establishment that primarily sells gas and oil. Many gas stations sell beverages, packaged foods (often snacks) and items you may need while traveling, such as personal care items. Some gas stations sell prepared foods and fruit, too.
 17. **Great Start Readiness Program** - Michigan's state-funded preschool program for four-year-old children with factors which may place them at risk of educational failure. The program is administered by the Michigan Department of Education, Office of Great Start. Funding is allocated to each intermediate school district to administer the program locally. (http://www.michigan.gov/mde/0,4615,7-140-63533_50451---,00.html)
 18. **Grocery Store** – A shopping location that sells food from many different sources, producers, or distributors. Grocery stores often sell produce, meat, dairy, eggs, packaged foods, and ready-to-eat foods. Sometimes they sell a small selection of home goods.
 19. **Head Start** – A Federal program that promotes the school readiness of children from birth to age five from low-income families by enhancing their cognitive, social, and emotional development. (<https://www.benefits.gov/benefits/benefit-details/616>)
 20. **Healthier Diet** – A diet that consists of eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. (www.breastcancer.org/tips/nutrition/healthy_eat)
 21. **Healthy Foods** – Food believed to be “good” for you. This includes foods that are low fat and contain vitamins and minerals needed for good health. (<https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/ucm521690.htm>)

22. **High-quality fruits and vegetables** – Fruits and vegetables that are good in appearance, taste, and freshness.
23. **Home Delivery Service**– A package of food that is delivered to your home, whether the customer chooses what is delivered or it is predetermined by the service.
24. **Hoophouses for Health** - A program designed to increase access to Good Food for vulnerable families while at the same time expanding the Good Food infrastructure and season extension capacity of Michigan farmers. From this program, vulnerable families with children age 8 or younger may receive benefits they can use to purchase food from farmers participating in the program at farmers markets. (<http://mifma.org/hoophousesforhealth/>)
25. **Meals on Wheels**: Delivers nutritious meals to homebound seniors (60 years of age or older) allowing them to live alone. (http://www.michigan.gov/mdhhs/0,5885,7-339-71547_7774-13181--,00.html)
26. **Medicaid** - Medicaid provides health coverage for eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is administered by states, according to federal requirements. The program is funded jointly by states and the federal government. (<https://www.medicaid.gov/medicaid/index.html>)
27. **Mobile Market** – A vehicle that brings a shopping experience into neighborhood(s) where healthy food access is a barrier. Shoppers are able to choose which products to purchase.
28. **Senior/Market FRESH** – An educational program providing senior participants with coupons to purchase locally grown, fresh fruits and vegetables at participating farmers markets. This state program is synonymous with the Senior Farmers Market Nutrition Program (FMNP) at the federal level. (http://www.michigan.gov/osa/1,4635,7-234-64083_43343---,00.html)
29. **Supplemental Nutrition Assistance Program (SNAP)** - A nutrition assistance program administered by the USDA Food and Nutrition Service that helps low-income people and families buy the food they need for good health. The program was formally known as the Food Stamp Program. Instead of paper food stamps, Michigan uses the EBT Bridge Card to distribute these benefits. (<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>)
30. **Supercenter** – A shopping location that sells different kinds of foods in addition to general merchandise, such as clothing and home goods. Super centers often sell less varieties of foods than a grocery store.
31. **Temporary Assistance for Needy Families (TANF)** – A federal assistance program through the U.S. Department of Health and Human Services designed to help needy families achieve self-sufficiency. States receive block grants to design and operate programs that accomplish one of the four purposes of the TANF program. (<https://www.acf.hhs.gov/ofa/programs/tanf>)
32. **Women, Infants, and Children (WIC)** – A USDA Food and Nutrition Service program that serves to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. (<https://www.fns.usda.gov/wic/women-infants-and-children-wic>)
33. **WIC Project FRESH** – A program providing participating WIC clients with coupons to purchase locally grown, fresh, unprepared fruits and vegetables at authorized farmers markets. This state program is synonymous with the Farmers Market Nutrition Program (FMNP) at the federal level. (http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4910_4921---,00.html)