



# BC FARMERS' MARKET NUTRITION COUPON PROGRAM

## Community Partners – Selecting Participants



# Target Populations

For household allocations that are provided through the FMNCP funding, coupon recipients must be in one or more of the following target populations:

## Pregnant Persons

The participant should be pregnant at time of enrollment. You can continue to support them for the remainder of the season even if they are no longer pregnant.

## Families with Children

Priority is for families with children up to the age of 6, however families with children up to age 19 may be included.

## Seniors/Elders

We do not provide an age cutoff to qualify as a senior/elder. Partners are welcome to set their own age cutoff at their discretion or allow people to self-identify.

For household allocations that are provided through external funding, recipients must be lower income, but they are not required to be in the target populations, though they may.



# Determining Lower-Income

It is required for partners to provide these coupons exclusively to lower-income participants. We do not provide a standardized process such as income-testing to determine eligibility.

We do require your organization to ensure the enrolled participants are lower income through your organization's own processes. Below is some guidance on determining lower income in a dignified and non-stigmatizing process:

---

## Screening Tool

We are in partnership with the University of Calgary to study the FMNCP program, with funding from the Canadian Institutes of Health Research. They shared with us a tool they use to screen for Food Insecurity.

---

**The following questions ask about your household's ability to be able to decide what you eat.**

In the last 30 days, (I/we) had to eat some foods that were not good for my health and well-being because (I/we) couldn't get other types of food.

☐ Never    ☐ Rarely    ☐ Sometimes    ☐ Often    ☐ Always    ☐ Don't Know

In the last 30 days, (I/we) knew there were things (I/we) should or should not eat for (my/our) health and well-being but could not get healthful food.

☐ Never    ☐ Rarely    ☐ Sometimes    ☐ Often    ☐ Always    ☐ Don't Know

In the last 30 days, (I/we) worried that the food (I was/we were) able to eat would hurt (my/our) health and well-being.

☐ Never    ☐ Rarely    ☐ Sometimes    ☐ Often    ☐ Always    ☐ Don't Know

In the last 30 days, (I/we) had to eat the same thing for several days in a row because (I/we) didn't have money to buy other food.

☐ Never    ☐ Rarely    ☐ Sometimes    ☐ Often    ☐ Always    ☐ Don't Know



# Income Cut Offs

There are a number of government generated low-income guides that can be referenced by partners. While they may provide some guidance in helping select participants when the number of applications exceeds your allocation, using those tools can be problematic. We encourage you to consider that:

Requiring proof of income can be stigmatizing. It may lead to people who are in need to not even apply.

There are many extenuating circumstances that lead to people not being able to provide proof of income. Some examples:

- Refugees and newcomers (government- assisted refugees, conventional refugees, privately sponsored refugees, refugee claimants, protected persons, immigrants, displaced persons, and temporary residents). For the first year or so, these people are new to the country and have not yet filed taxes.
- People who have had unexpected life changes (the death of a spouse who is the main breadwinner for the family, the unexpected loss of a job for a family who made more than the threshold last year, someone fleeing domestic violence, etc.).
- People just turning 19 who haven't had to file taxes yet, youth aging out of care, or people under the care of the Ministry of Children and Family Development - there are young adults in a variety of circumstances who may not have filed taxes but have need.
- People without ID or home addresses, or who haven't filed taxes due to barriers
- Families whose number of family members for tax purposes doesn't match their application forms (example: a married couple with children where one of the spouses is out of the country for years or has not yet moved to Canada and therefore is not filing taxes in Canada).
- People who have recently completed drug or alcohol recovery but haven't filed taxes
- People recently released from prison may not have filed taxes
- Shared custody situations - or situations where a person claims to have custody of their children, but their children aren't showing up as dependents on their tax forms. These situations can be fluid and need flexibility.
- Families with foster children or temporary custody of children who aren't showing up as dependents but are considerations as members of the family
- People who have recently moved to BC and don't have updated ID to verify their address

If you're interested in exploring government provided low-income cut offs in your region you can find more information at the links below.

- [LIM- Low income measure thresholds](#)
- [MBM- Market basket measure threshold](#)

