WELCOME TO THE UP FRESH FOOD ACCESS PROGRAM!

Participants enrolled in the UP Food as Medicine program are eligible for UPFFA. This program provides vouchers to purchase fresh meat, poultry, fish, eggs, dairy, wild rice, honey and syrup from local producers. In addition to providing healthy options, this program helps to support our local farming economy.
-read on to learn more-

VISIT UPCAP.ORG/PROGRAM/FOOD-AS-MEDICINE • CALL 211 •

How much are the vouchers worth?

Each voucher is worth $5 and you will receive a total of $25 per month, year round.

How will I receive the vouchers?

Once you are enrolled in the program you will be mailed the vouchers monthly. If you do not receive your vouchers by the 15 of the month, please call 211.

How do I spend the vouchers?

Vouchers can be spent at any of the participating farmers markets listed below.

What if my purchase is not for an exact dollar amount?

Farmers/producers cannot make change for UP Food Access Program vouchers. We have asked farmers/ producers to round down to or add a small item to increase the value to $5, but whether to round up or down is at the discretion of the farmer/producer.

Do the vouchers expire?

Vouchers will expire by September 30, 2026. You may spend more one month and less in another, as long as you use them before September 30, 2026. All vouchers will be mailed within one month of enrollment into the program.

What may I purchase with my vouchers?

Vouchers may be spent at participating farms or retail locations on the following items. All items must be produced in the Upper Peninsula or within 400 miles of your community

Eggs
Maple syrup
Honey
Beef, pork, chicken, or fish
Wild Rice
Dairy items

Scan QR code for participating locations

food BANK COUNCIL OF MICHIGAN

Program funding generously provided by the Food Bank Council of Michigan in partnership with UPCAP

Information collected for this project includes program eligibility, demographic and contact information, voucher use and, if available, may include HbA 1 c, blood pressure and BMI health information. All data collected is for program use only and will be handled using appropriate confidentiality and Health Insurance Portability and Accountability Act (HIPAA) guidelines. All participants will complete surveys to help assess the impact of the program. No individuals will be identified in reports.