

SFMNP Farmers' Market Schedule

*People's Open Markets are CLOSED on *all* City Holidays

Farmers' Market Name	Location	Day	Time
*People's Open Market	Manoa Valley District Park 2721 Kaaipu Ave.	Monday	6:45a.m. – 7:45a.m.
*People's Open Market	Makiki District Park 1527 Keeaumoku St.	Monday	8:30a.m. – 9:30a.m.
*People's Open Market	Ala Moana (Magic Island) 1201 Ala Moana Blvd.	Monday	10:00a.m. – 11:00a.m.
*People's Open Market	City Hall Parking Lot Deck Alapai and Beretania St.	Monday	11:45a.m. – 12:30p.m.
*People's Open Market	Waiiau District Park Komo Mai Dr.	Tuesday	6:30a.m. – 7:30a.m.
*People's Open Market	Waipahu District Park 94-230 Paiwa St.	Tuesday	8:15a.m. – 9:15a.m.
*People's Open Market	Wahiawa District Park N. Cane St. and California Ave.	Tuesday	10:00a.m. – 11:00a.m.
*People's Open Market	Mililani District Park 94-1150 Lanikuhana Ave.	Tuesday	11:45a.m. – 12:30p.m.
Makeke Iki	Waianae Coast Comprehensive Health Center 86-260 Farrington Hwy.	Tuesday	10:00a.m. – 1:00p.m.
Hawaii Farm Bureau Farmers' Market	Kapiolani Community College 4303 Diamond Head Rd.	Tuesday	4:00p.m. – 7:00p.m.
Fort Street Mall Farmers' Market	Fort Street Mall	Tuesday and Friday	7:00a.m. – 1:30p.m.
Manoa Farmers' Market	2752 Woodlawn Dr.	Tuesday, Thursday, and Sunday	7:00a.m. – 3:30p.m.
*People's Open Market	Palolo Valley District Park 2007 Palolo Ave.	Wednesday	6:30a.m. – 7:30a.m.
*People's Open Market	Old Stadium Park 2237 South King St.	Wednesday	8:15a.m. – 9:15a.m.
*People's Open Market	Queen Kapiolani Park Monsarrat and Paki St.	Wednesday	10:00a.m. – 11:00a.m.
Hawaii Farm Bureau Farmers' Market	Aloha Tower 1 Aloha Tower Dr.	Wednesday	11:00a.m. – 1:30p.m.
Hawaii Farm Bureau Farmers' Market	Neal Blaisdell Concert Hall 777 Ward Ave.	Wednesday	4:00p.m. – 7:00p.m.
Farmers Market Windward Mall by Nalo Farms	Windward Mall	Wednesday Sunday	2:30p.m. – 7:00p.m. 10:00a.m. – 2:00p.m.
*People's Open Market	Waimanalo Beach Park 41-741 Kalaniana'ole Hwy.	Thursday	7:15a.m. – 8:15a.m.
*People's Open Market	Kailua District Park 21 South Kainalu Dr.	Thursday	9:00a.m. – 10:00a.m.
*People's Open Market	Kaneohe District Park 45-660 Keaahala Rd.	Thursday	10:45a.m. – 11:45a.m.
Haleiwa Farmers' Market	59-864 Kamehameha Hwy.	Thursday	2:00p.m. – 6:00p.m.
Makeke	Kapolei High School 91-5007 Kapolei Parkway	Thursday	3:00p.m. – 6:30p.m.
Makiki Farmers' Market	1515 Wilder Ave.	Thursday	4:30p.m. – 7:30p.m.
Hawaii Farm Bureau Farmers' Market	609 Kailua Rd. Behind Longs on Kailua Rd.	Thursday	5:00p.m. – 7:30p.m.

Waiialua People's Market	67-106 Kealohanui St.	Thursday Saturday	4:30p.m. – 7:00p.m. 8:30a.m. – 2:00p.m.
*People's Open Market	Halawa District Park 99-795 Iwaiwa St.	Friday	7:00a.m. – 8:00a.m.
*People's Open Market	Ewa Beach Community Park 91-955 North Rd.	Friday	9:00a.m. – 10:00a.m.
*People's Open Market	Pokai Bay Beach Park 85-037 Pokai Bay Rd.	Friday	11:00a.m. – 11:45a.m.
*People's Open Market	Kamehameha Community Park 1400 Kalihi St.	Saturday	6:30a.m. – 7:30a.m.
*People's Open Market	Kalaukaua District Park Intersection of Kaumualii St. & 700 Kalihi St.	Saturday	8:15a.m. – 9:30a.m.
*People's Open Market	Kalihi Valley District Park 1911 Kam IV Rd.	Saturday	10:00a.m. – 10:45a.m.
*People's Open Market	Salt Lake Municipal Lot 5337 Likini St.	Saturday	11:15a.m. – 12:00p.m.
*People's Open Market	Hawaii Kai Park-n-Ride 300 Keahole St.	Saturday	1:00p.m. – 2:00p.m.
Hawaii Farm Bureau Farmers' Market	Kapiolani Community College 4303 Diamond Head Rd.	Saturday	7:30a.m. – 11:00a.m.
Kakaako Farmers' Market	333 Ward Ave. Ward Gateway by Ross	Saturday	8:00a.m. – 12:00p.m.
Makeke Waianae	Waianae Mall – behind Pizza Hut – 86-120 Farrington Hwy.	Saturday	8:00a.m. – 12:00p.m.
North Shore Country Market	Sunset Beach Elementary School	Saturday	8:00a.m. – 2:00p.m.
Pearlridge Farmers' Market	98-130 Pali Momi St.	Saturday	8:00a.m. – 12:00p.m.
*People's Open Market	Kapolei Community Park 91-1049 Kamaaha Lp.	Sunday	7:00a.m. – 8:30a.m.
*People's Open Market	Royal Kunia Park-n-Ride Kupuna Lp./Kupuohi St.	Sunday	9:30a.m. – 11:00a.m.
*People's Open Market	Waiale Community Park 94-870 Lumiaina St.	Sunday	11:30a.m. – 12:30p.m.
Hawaii Farm Bureau Farmers' Market	Mililani High School 95-1200 Meheula Pkwy.	Sunday	8:00a.m. – 11:00a.m.

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Department of Labor and Industrial Relations, Office of Community Services
2018 Senior Farmers' Market Nutrition Program



Welcome to the Senior Farmers' Market Nutrition Program (SFMNP). Enclosed is your booklet of SFMNP coupons. Each coupon is worth \$5.00. Here are some tips for using your coupon:

1. Bring your coupon booklet to any of the farmers' markets listed on the back of this handout. Participating farmers will have a sign stating the acceptance of SFMNP coupons.
2. Your SFMNP coupons are valid between **April 1, 2018 - September 30, 2018**.
3. Coupons may only be used by yourself or the person you authorized as your proxy on your application form.
4. Coupons may only be redeemed for fresh, nutritious, and unprocessed locally grown fruits, vegetables, herbs, and honey.
5. Please **DO NOT** sign or mark the coupon.
6. No cash change may be given when using a coupon. We encourage you to use the full \$5.00 amount of each coupon.
7. You have the right to submit a complaint for improper SFMNP practices. Please submit complaints to **Hawaii Foodbank**.

FOR MORE INFORMATION OR ASSISTANCE:

Call the Hawaii Foodbank hotline: (808) 954-7889
 Web: www.hawaiifoodbank.org
 Mail: Hawaii Foodbank, 2611 Kilihau Street
 Honolulu, HI 96819

Call: (808) 586-8675
 Email: dllr.ocs@hawaii.gov
 Web: www.labor.hawaii.gov/ocs
 Mail: DLIR/OCS, 830 Punchbowl Street, Room 420,
 Honolulu, HI 96813

**Safe Produce:
KEEP IT CLEAN**



Rinse all produce thoroughly before eating!

www.ctahr.hawaii.edu/foodsafety-ces/



Go to www.ChooseMyPlate.gov for more information.



10 tips
Nutrition
Education Series

**smart shopping for
veggies and fruits**

10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

- 1 celebrate the season**
Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.
- 2 why pay full price?**
Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).
- 3 stick to your list**
Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.
- 4 try canned or frozen**
Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.
- 5 buy small amounts frequently**
Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.
- 6 buy in bulk when items are on sale**
For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.
- 7 store brands = savings**
Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.
- 8 keep it simple**
Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.
- 9 plant your own**
Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.
- 10 plan and cook smart**
Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

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