

SFMNP Farmers' Market Schedule

Farmers' Market Name	Location	Day	Time
(Hanalei) Hanalei Farmers Market	Hanalei Soccer Field	Saturday	9:30a.m. – 12:00p.m.
(Hanalei) Waipa Farmer's Market	Waipa Ahupuaa Field	Tuesday	2:00p.m. – 5:00p.m.
(Hanapepe) Sunshine Market	Hanapepe Park, Puolo Rd.	Thursday	3:00p.m. – 4:00p.m.
(Kalaheo) Sunshine Market	Kalaheo Neighborhood Center, Papalina Rd. off Kaunualii Hwy.	Tuesday	3:00p.m. – 4:00p.m.
(Kapaa) Coconut Marketplace	4-484 Kuhio Hwy.	Tuesday and Thursday	9:00a.m. – 1:00p.m.
(Kapaa) Sunshine Market	Kapaa New Town Park Kahau Street	Wednesday	3:00p.m. – 5:00p.m.
(Kealia) Kealia Farm Market	2345 Kealia Rd.	Monday and Friday	3:00p.m. – 6:00p.m.
(Kekaha) Sunshine Market	Kekaha Neighborhood Center Elapio Rd.	Saturday	9:00a.m. – 10:00 a.m.
(Kilauea) Anaina Hou Farmers Market	Anaina Hou Community Park	Monday Saturday	2:00p.m. – Dusk 9:00a.m. – 1:00p.m.
(Kilauea) Sunshine Market	Kilauea Neighborhood Center, Keneke Rd. off Lighthouse Rd.	Thursday	4:30p.m. – 6:00p.m.
(Koloa) Kauai Culinary Market	Kukuiula Shopping Center	Wednesday	3:30p.m. – 6:00p.m.
(Koloa) Sunshine Market	Koloa Ball Park (Knudsen) Maluhia Rd.	Monday	12:00p.m. – 1:30p.m.
(Lihue) Kmart	Pikake St. Parking Lot	Monday	3:00p.m. – 5:00p.m.
(Lihue) Sunshine Market	Historic County Building front lawn	Tuesday	11:00a.m. – 1:00p.m.
(Lihue) Sunshine Market	Vidinha Stadium, Hoolako Rd.	Friday	3:00p.m. – 4:30p.m.
(Puhi) Kauai Community Market	Kauai Community College 3-1901 Kaunualii Hwy.	Saturday	9:30a.m. – 1:00p.m.
(Waimea) Hale Puna Farmers Market	9567 Huakai Rd.	Tuesday and Thursday	3:30p.m. – 5:00p.m.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.



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 \$50.00 SFMNP coupon booklet consisting of 10 (ten) \$5.00 coupons. 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 Kauai Branch**

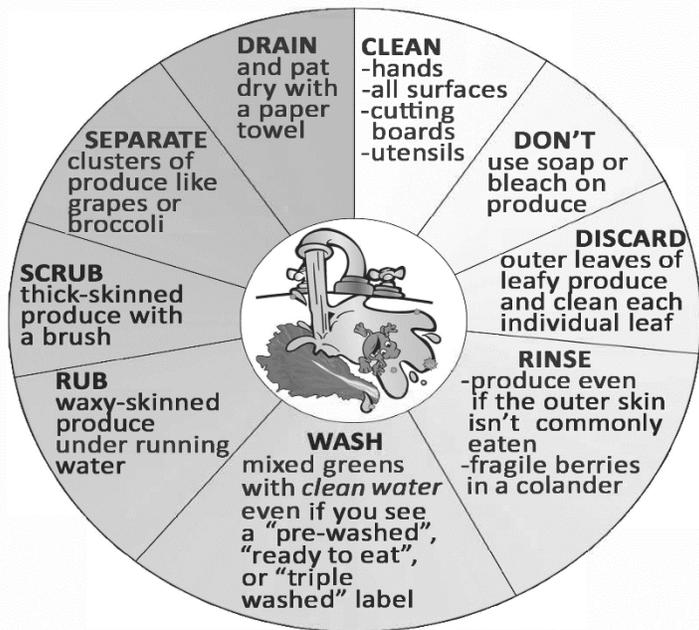
FOR MORE INFORMATION OR ASSISTANCE:

Call: (808) 482-2087
 Web: www.hawaiifoodbank.org/kauai
 Email: michelle@hawaiifoodbankkauai.org
 Mail: Hawaii Foodbank Kauai Branch
 4241 Hanahao Place, Suite 101
 Lihue, HI 96766

OR

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.

DG TipSheet No. 9
 September 2011
 USDA is an equal opportunity provider and employer

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.