

SFMNP Farmers' Market Schedule

Farmers' Market Name	Location	Day	Time
(Captain Cook) Pure Kona Green Market	82-6160 Mamalahoa Highway	Sunday	9:00a.m. – 2:00p.m.
(Captain Cook) Pure Kona Market	82-6160 Mamalahoa Highway	Friday	9:00a.m. – 2:00p.m.
(Hilo) Hilo Farmers' Market	Mamo Street & Kamehameha Ave. (Downtown Hilo)	Wednesday and Saturday	6:00a.m. – 4:00p.m.
(Hilo) Kinoole Farmers' Market	1990 Kinoole Street (Kinoole Plaza)	Saturday	6:30a.m. – 12:00p.m.
(Honokaa) Hamakua Harvest Farmers' Market	44-2600 Mamalahoa Highway (Honokaa exit, Hwy 19 & Hwy 240)	Sunday	9:00a.m. – 2:00p.m.
(Keauhou) Keauhou Farmers' Market	78-6831 Alii Drive (Keauhou Shopping Center)	Saturday	8:00a.m. – 12:00p.m.
(Kailua-Kona) Kona Sunset Farmers' Market	74-5511 Luhia Street (HPM parking lot)	Wednesday	2:00p.m. – 6:00p.m.
(Kohala) Hawi Farmers' Market	55-503 Hawi Road	Saturday	8:00am – 1:00pm
(Laupahoehoe) Laupahoehoe Farmers' Market	36-2266 Mamalahoa Highway (next to Minit Stop on Hwy 19)	Sunday	9:00a.m. – 12:00p.m.
(Maku'u) Gloria Produce at Maku'u Farmers' Market	15-2131 Keaau-Pahoa Road (near Pahoa on Hwy 130)	Sunday	8:00a.m. – 2:00p.m.
(Mountain View) Dimple Cheek Farm	17-4003 Ahu Ahu Place (Highway 11)	Monday to Friday Saturday	10:00a.m. – 6:00p.m. 9:00a.m. – 6:00p.m.
(South of Pahoa) Nanawale Farmers' Market	14-855 Kehau Rd & Nanawale Blvd (Nanawale Comm. Assn. Center)	Sunday	7:00a.m. – 2:00p.m.
(Volcano) Padamada at Cooper Center	19-4030 Wright Road	Sunday	6:30a.m. – 10:00a.m.
(Waimea) Kamuela Farmers' Market at Pukalani Stables	67-139 Pukalani Road (Pukalani Stables)	Saturday	7:30a.m. – 1:00p.m.
(Waimea) Kekela Farm	64-604 Mana Road	Tuesday	2:00p.m. – 5:00p.m.
(Waimea) Waimea Homestead Farmers' Market	67-1229 Mamalahoa Highway (Waimea Elementary School)	Saturday	7:00a.m. – 12:00p.m.
(Waimea) Waimea Mid-Week Farmers' Market	67-139 Pukalani Road (Pukalani Stables)	Wednesday	9:00a.m. – 3:00p.m.
(Waimea) Waimea Town Market	65-1224 Lindsey Road (Parker School)	Saturday	7:30a.m. – 12:00p.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.



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 coupons:

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 **May 1, 2018 through 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 County Economic Opportunity Council**.

FOR MORE INFORMATION OR ASSISTANCE:

Call: (808) 961-2681

Web: www.hceoc.net

Mail: Hawaii County Economic Opportunity Council OR
 47 Rainbow Drive
 Hilo, Hawaii 96720

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/



**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.

