

## 2021 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 (\$50 max per participant)

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 they accept SFMNP coupons. Only use coupons on island of issuance.
2. Your SFMNP coupons are valid between **April 1, 2021 - October 31, 2021**.
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. **Coupons are only valid on Oahu.**
5. Sign your coupons when you are ready to make your purchases.
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 CONTACT:



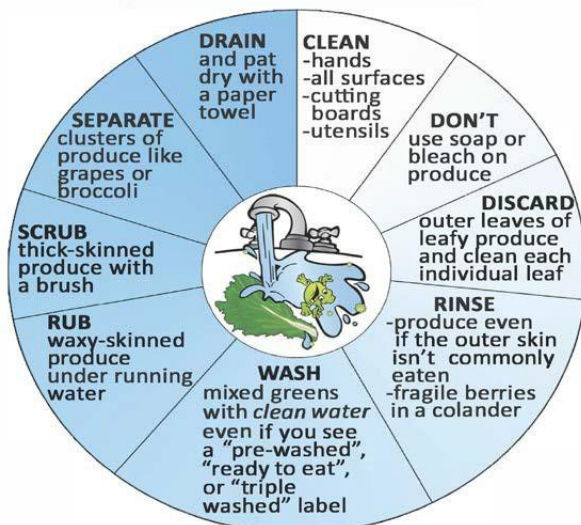
Hawaii Foodbank  
Hotline: (808) 836-0031  
Web: [www.hawaiifoodbank.org](http://www.hawaiifoodbank.org)  
Hawaii Foodbank,  
2611 Kilihau Street  
Honolulu, HI 96819

OR

Office of Community Services  
(808) 586-8675  
Email: [dllr.ocs@hawaii.gov](mailto:dllr.ocs@hawaii.gov)  
Web: [www.labor.hawaii.gov/ocs](http://www.labor.hawaii.gov/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/](http://www.ctahr.hawaii.edu/foodsafety-ces/)



COOPERATIVE EXTENSION  
UNIVERSITY OF HAWAII AT MANOA  
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES



Department of Agriculture  
STATE OF HAWAII



**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.



### 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.



### 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.

### 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.



United States  
Department of Agriculture  
Center for Nutrition  
Policy and Promotion

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

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September 2011  
USDA is an equal opportunity  
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## SFMNP Farmers' Market Schedule

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

<b>Farmers' Market Name</b>	<b>Location</b>	<b>Day</b>	<b>Time</b>
*People's Open Market	Manoa Valley District Park 2721 Kaaipu Ave.	Mondays	6:45a.m. – 7:45a.m.
*People's Open Market	Makiki District Park 1527 Keeaumoku St.	Mondays	8:30a.m. – 9:30a.m.
*People's Open Market	Mother Waldron Park 525 Coral St.	Mondays	10:15a.m. – 11:00a.m.
*People's Open Market	City Hall Parking Lot Deck Alapai and Beretania St.	Mondays	11:45a.m. – 12:30p.m.
*People's Open Market	Waiiau District Park Komo Mai Dr.	Tuesdays	6:30a.m. – 7:30a.m.
*People's Open Market	Waipahu District Park 94-230 Paiwa St.	Tuesdays	8:15a.m. – 9:15a.m.
*People's Open Market	Wahiawa District Park N. Cane St. and California Ave.	Tuesdays	10:00a.m. – 11:00a.m.
*People's Open Market	Mililani District Park 94-1150 Lanikuhana Ave.	Tuesdays	11:45a.m. – 12:30p.m.
Hawaii Farm Bureau Farmers' Market	Kapiolani Community College 4303 Diamond Head Rd.	Tuesdays	4:00p.m. – 7:00p.m.
Fort Street Mall Farmers' Market	Fort Street Mall	Tuesdays and Fridays	7:00a.m. – 2:00p.m.
Manoa Farmers' Market	2753 Woodlawn Dr.	Tuesdays and Sundays	7:00a.m. – 11:00a.m.
*People's Open Market	Palolo Valley District Park 2007 Palolo Ave.	Wednesdays	6:30a.m. – 7:30a.m.
*People's Open Market	Old Stadium Park 2237 South King St.	Wednesdays	8:15a.m. – 9:15a.m.
*People's Open Market	Queen Kapiolani Park Monsarrat and Paki St.	Wednesdays	10:00a.m. – 11:00a.m.
Hawaii Farm Bureau Farmers' Market	Aloha Tower 1 Aloha Tower Dr.	Wednesdays	11:00a.m. – 1:30p.m.
Hawaii Farm Bureau Farmers' Market	Neal Blaisdell Concert Hall 777 Ward Ave.	Wednesdays	4:00p.m. – 7:00p.m.
Waiialua Peoples Market	67-106 Kealohanui St.	Wednesdays Saturdays	4:30p.m. – 7:00p.m. 8:30a.m. – 2:00p.m.
*People's Open Market	Waimanalo Beach Park 41-741 Kalaniana'ole Hwy.	Thursdays	7:15a.m. – 8:15a.m.
*People's Open Market	Kailua District Park 21 South Kainalu Dr.	Thursdays	9:00a.m. – 10:00a.m.
*People's Open Market	Kaneohe District Park 45-660 Kealahala Rd.	Thursdays	10:45a.m. – 11:45a.m.
Hawaii Farm Bureau Farmers' Market	609 Kailua Rd.	Thursdays	5:00p.m. – 7:30p.m.
Haleiwa Farmers' Market	59-864 Kamehameha Hwy.	Thursdays	3:00p.m. – 7:00p.m.
Makiki Farmers' Market	1515 Wilder Ave.	Thursdays	4:30p.m. – 7:30p.m.
*People's Open Market	Halawa District Park 99-795 Iwaiwa St., Aiea	Fridays	7:00a.m. – 8:00a.m.
*People's Open Market	Ewa Beach Community Park 91-955 North Rd.	Fridays	9:00a.m. – 10:00a.m.
*People's Open Market	Pokai Bay Beach Park 85-037 Pokai Bay Rd.	Fridays	11:00a.m. – 11:45a.m.
*People's Open Market	Kamehameha Community Park 1400 Kalihi St.	Saturdays	6:30a.m. – 7:30a.m.

*People's Open Market	Kaumualii Street 700 Kalihi St.	Saturdays	8:15a.m. – 9:30a.m.
*People's Open Market	Kalihi Valley District Park 1911 Kam IV Rd.	Saturdays	10:00a.m. – 10:45a.m.
*People's Open Market	Salt Lake Municipal Lot 5337 Likini St.	Saturdays	11:15a.m. – 12:00p.m.
*People's Open Market	Hawaii Kai Park-n-Ride 300 Keahole St.	Saturdays	1:00p.m. – 2:00p.m.
Hawaii Farm Bureau Farmers' Market	Kapiolani Community College 4303 Diamond Head Rd.	Saturdays	7:30a.m. – 11:00a.m.
Kakaako Farmers' Market	1050 Ala Moana Blvd.	Saturdays	8:00a.m. – 12:00p.m.
North Shore Country Market	Sunset Beach Elementary School	Saturdays	8:00a.m. – 2:00p.m.
Pearlridge Farmers' Market	Moanalua Rd & Kaonohi St Aiea	Saturdays	8:00a.m. – 12:00p.m.
*People's Open Market	Kapolei Community Park 91-1049 Kamaaha Lp.	Sundays	7:00a.m. – 8:30a.m.
*People's Open Market	Royal Kunia Park-n-Ride Kupuna Lp./Kupuohi St.	Sundays	9:30a.m. – 11:00a.m.
*People's Open Market	Waikale Community Park 94-870 Lumiaina St.	Sundays	11:30a.m. – 12:30p.m.
Hawaii Farm Bureau Farmers' Market	Mililani High School 95-1200 Meheula Pkwy.	Sundays	8:00a.m. – 11:00a.m.
Hawaii Farm Bureau Farmers' Market	Haleiwa Town (behind the North Shore Marketplace	Sundays	10:30a.m. – 2:00p.m.

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