

## 2021 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. (\$50.00 max per participant)

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 they accept SFMNP coupons. Only use coupons on island of issuance.
2. Your SFMNP coupons are valid between **April 1, 2021 through 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 Hawaii Island.**
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 County Economic Opportunity Council**.



Hawaii County Economic Opportunity Council  
 (808) 961-2681  
 Web: [www.hceoc.net](http://www.hceoc.net)  
 47 Rainbow Drive  
 Hilo, Hawaii 96720

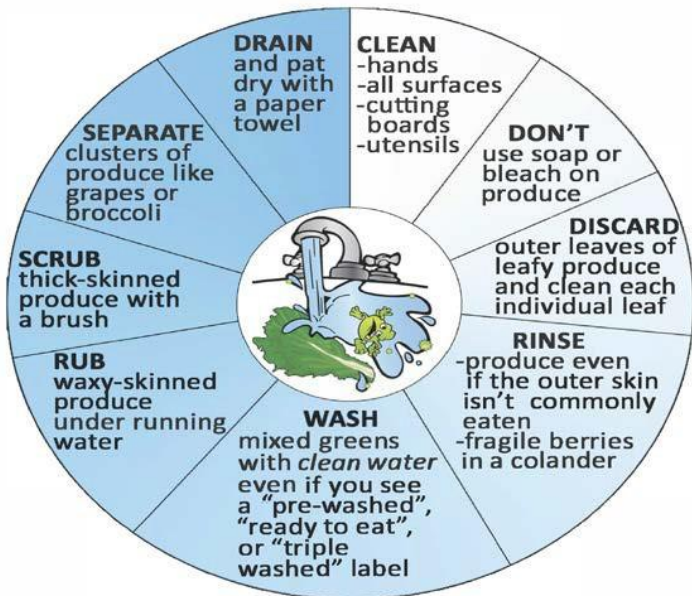
### FOR MORE INFORMATION OR ASSISTANCE CONTACT:

Office of Community Services  
 (808) 586-8675  
 Email: [dlir.ocs@hawaii.gov](mailto:dlir.ocs@hawaii.gov)  
 Web: [www.labor.hawaii.gov/ocs](http://www.labor.hawaii.gov/ocs)  
 830 Punchbowl Street, Room 420  
 Honolulu, HI 96813



OR

## Safe Produce: KEEP IT CLEAN



**Rinse all produce thoroughly before eating!**

[www.ctahr.hawaii.edu/foodsafety-ces/](http://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.



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

**SFMNP Farmers' Market Schedule**

<b>Farmers' Market Name</b>	<b>Location</b>	<b>Day</b>	<b>Time</b>
(Captain Cook) Pure Kona Green Market	82-6160 Mamalahoa Highway	Fridays and Sundays	9:00a.m. – 2:00p.m.
(Hamakua) Laupahoehoe Farmers' Market	36-2266 Mamalahoa Highway	Sundays	9:00a.m. – 1:00p.m.
(Hilo) Hilo Farmers' Market	Mamo Street & Kamehameha Avenue	Wednesdays and Saturdays	6:00a.m. – 4:00p.m.
(Hilo) Kinoole Farmers' Market	1990 Kinoole Street	Saturdays	7:00a.m. – 12:00p.m.
(Honokaa) Hamakua Harvest Farmers' Market	44-2600 Mamalahoa Highway	Sundays	9:00a.m. – 2:00p.m.
(Kailua-Kona) Keauhou Farmers' Market	78-6831 Alii Drive	Saturdays	8:00a.m. – 12:00p.m.
(Kailua-Kona) Kona Sunset Farmers' Market	74-5511 Luhia Street	Wednesdays	2:00p.m. – 6:00p.m.
(Kohala) Hawi Farmers' Market	55-503 Hawi Road	Saturdays	8:00a.m. – 2:00p.m.
(Mt. View) Dimple Cheek Farmers' Market	17-937 Volcano Road	Mondays to Saturdays	10:00a.m. – 6:00p.m.
(South of Paho) Nanawale Farmers' Market	14-855 Kehau Road	Sundays	7:00a.m. – 2:00p.m.
(Waimea) Kamuela Farmers' Market	67-139 Pukalani Road	Saturdays	7:30a.m. – 1:00p.m.
(Waimea) Kekela Farm	64-604 Mana Road	Tuesdays	2:00p.m. – 5:00p.m.
(Waimea) Waimea Homestead Farmers' Market	67-1229 Mamalahoa Highway	Saturdays	7:00a.m. – 12:00p.m.
(Waimea) Waimea Mid-Week Farmers' Market	Pukalani Stables	Wednesdays	9:00a.m. – 3:00p.m.
(Waimea) Waimea Town Market	65-1224 Lindsey Road	Saturdays	8:00a.m. – 12:00p.m.

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