

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. (\$50.00 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 Kauai.**
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, Inc. Kauai Branch.**



FOR MORE INFORMATION OR ASSISTANCE CONTACT:

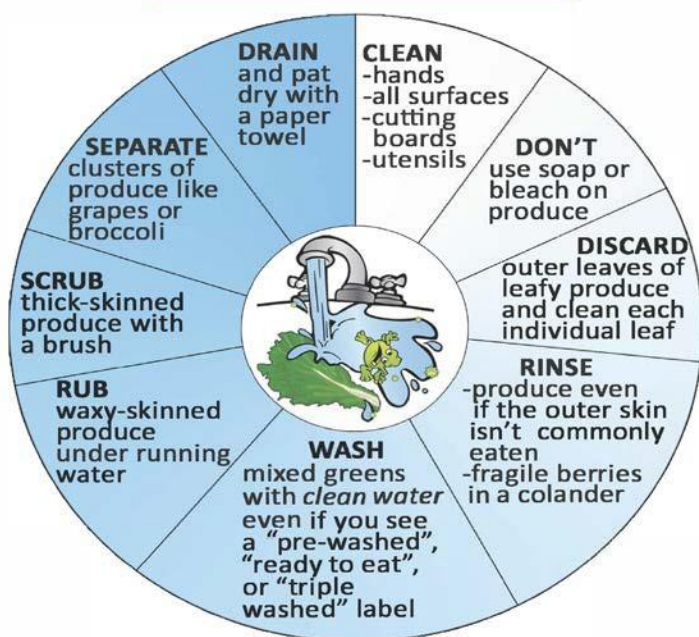
Hawaii Foodbank, Inc. Kauai Branch.
(808) 482-2087
Web: hawaiifoodbank.org/kauai
4241 Hanahao Place, Suite 101
Lihue, HI 96766

OR

Office of Community Services
(808) 586-8675
Email: dlir.ocs@hawaii.gov
Web: 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/



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.

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 Kaumualii 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 Kaumualii 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.

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