

# 2024 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. 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 an orange-colored sign stating the acceptance of SFMNP coupons.**
2. Your SFMNP coupons are valid between **April 1, 2024 – October 31, 2024.**
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. **Make sure to sign in the Recipient Signature box on 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.**

## FOR MORE INFORMATION OR ASSISTANCE CONTACT:



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

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



## Safe Produce: KEEP IT CLEAN



**Rinse all produce thoroughly before eating!**

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



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

DG TipSheet No. 9  
September 2011  
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## 10 tips Nutrition Education Series

## smart shopping for veggies and fruits



### 10 tips for affordable vegetables and fruits

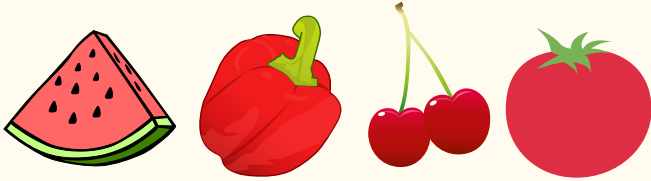
**It is possible to fit vegetables and fruits into any budget.** Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

- 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.

# HAWAII FARMERS' MARKET

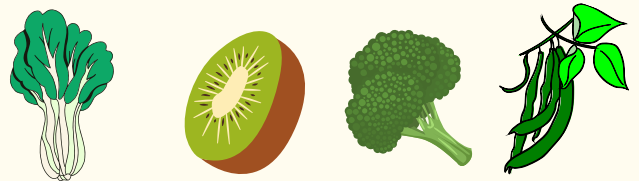
## SMART FOOD CHOICES

### RED: FRUITS AND VEGETABLES



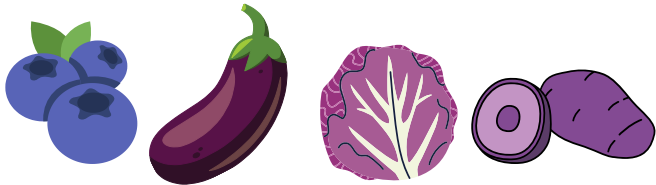
Contains: Vitamin C, A, Potassium and Antioxidants

### GREEN: FRUITS AND VEGETABLES



Contains: Vitamin K, A, C, Potassium, Folate, helps with blood clotting

### BLUE/PURPLE: FRUITS AND VEGETABLES



Boost Urinary tract health and promotes healthy aging

### YELLOW/ORANGE FRUITS AND VEGETABLES



Contains: Vitamin C, A, Potassium, can help boost immune system and enhance vision

### Celebrate a world of flavor with these Okinawan and Samoan inspired Recipes

#### Goya Champuru

An Okinawan dish that is full of flavor and may even lower blood sugar.

##### Ingredients:

- 1 bitter melon
- 1 block of tofu
- 1/4 onion sliced
- 1/2 red bell pepper (optional)
- 1 tbsp mirin
- 1 tbsp soy sauce
- 1 tbsp rice wine vinegar
- salt, pepper and garlic powder to taste

##### Instructions:

Slice, all vegetables into your desired sizes. Cook on medium high heat for 4-5 minutes. Add spices and liquids and cook for 5 minutes, mix ingredients occasionally. Then enjoy!

#### Fa'alifu

A savory Samoan sauce used to dress starchy root vegetables.

##### Ingredients:

- 1 medium onion
  - 1 can (400ml) coconut milk
  - salt to taste
- Any starchy root vegetable including, Taro, Yams, Ulu (breadfruit), Fa'i mata (Green Banana)

##### Instructions:

Slice onions to desired size, add coconut milk and salt to taste, cook to desired thickness. Add sauce to a fork tender root vegetable of your choosing.

#### References:

- [1\)https://www.rush.edu/news/eat-colorful-diet](https://www.rush.edu/news/eat-colorful-diet)
- [2\)http://cultivatorkitchen.com/goya-chanpuru/](http://cultivatorkitchen.com/goya-chanpuru/)
- [3\)http://www.samoafood.com/2010/10/faalifu-savoury-coconut-sauce.html](http://www.samoafood.com/2010/10/faalifu-savoury-coconut-sauce.html)

**2024 SFMNP Farmers' Market Schedule**

<b>Farmers' Market Name</b>	<b>Location</b>	<b>Day</b>	<b>Farmers</b>	<b>Time</b>
<b>North Shore</b>				
Anaina Hou Farmers Market	Kilauea Mini Golf 5-2723 Kuhio Hwy #101, Kilauea, HI 96754	Saturday	Kauai Kunana Dairy (258-5037)	9:00am-12:00pm
Princeville Night Market	Princeville Shopping Center Kuhio Hwy, Princeville, HI 96722	2nd Sunday	Lee's Bees (651-2239)	4:00pm-8:00pm
Bloom & Prosper Market	Princeville Community Center 4334 Emmalani Dr, Princeville, HI 96722	Saturday	Kauai Kunana Dairy (828-0095)	9:00am-12:00pm
<b>South Side</b>				
Kukui'ula Farmers Market (Koloa)	Kukui'ula Shopping Village 2829 Ala Kalanikaumaka St. Koloa, HI 96756	Wednesday	Lins Farm (779-9396) Elmer's Farm (652-4201) Sakda Farm (634-1398) Watchara Meephol (829-6456) Hole in the Mountain (635-0061) Kauai Nectar (742-7875) Wirat Yothachai Weeraphon Phokhee (892-9056) Lanipo Farm (635-6053)	3:30pm-6:00pm
<b>East Side</b>				
Lanipo Farm Stand	6056 Olohena Rd Kapaa, HI 96746	Daily	Lanipo Farm (635-6053)	10:00am-6:00pm
Pau Hana Market	Kukui Grove 2600 Kaumualii Hwy #3, Lihue, HI 96766	Monday	Elmer's Farm (652-4201) Lins Farm (779-9396) Sakda Farm (634-1398) Lee's Bees (651-2239) Leialoha Tropicals LLC (652-5348) Sebastian Farm (635-4409) Wirat Yothachai Weeraphon Phokhee (892-9056) Tokabango Farm (651-9131) Dang Fresh Farm (646-9229)	3:00pm-5:30pm
Kealia Farm Market	2345 Kealia Rd. Kapa'a, HI 96746 (Across from Kealia Beach)	Friday	Alohalani Farm (635-0615)	3:00pm-5:00pm

Coconut Market Place	Coconut Market Place 4-484 Kuhio Hwy. Kapa‘a, HI 96746	Tuesday & Thursday	Watchara Meechol (829-6456) Funing Farm (218-0116) Lee's Bees (651-2239)	8:00am-1:00pm
Sunshine Market	Kapaa Beach Park 4-1604 Kuhio Hwy. Kapa‘a, HI 96746	Wednesday	Alohalani Farm (635-0615) Funing Farm (218-0116)	3:00pm - 5:00pm
Grove Farm Market	Puhi Park Produce Puhi Rd., Lihue (across from KCC)	Saturday	Lins Farm (779-9396) Alohalani Farm (635-0615) Sakda Farm (634-1398) Kauai Glory Farm (258-5037) Lee's Bees (651-2239) Kauai Glory Farm (258-5037) Leialoha Tropicals LLC (652-5348) Elmer's Farm (652-4201) Kauai Nectar (742-7875) Hole in the Mountain (635-0061) Dang Fresh Farm (646-9229) Wirat Yothachai Weeraphon Phokhee (892-9056)	9:30am-12:00pm
<b>West Side</b>				
Hale Puna Farmers Market	9567 Huakai Rd, Waimea, HI 96796	Thursday	Sakda Farm (634-1398) Funing Farm (218-0116) Ueunten Farm LLC (651-8513)	3:30pm-5:00pm

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