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 a **BLUE** 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.

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**FOR MORE INFORMATION OR ASSISTANCE CONTACT:**

Hawaii Foodbank
Phone: (808) 954-7877
Web: [www.hawaiifoodbank.org](http://www.hawaiifoodbank.org)
Hawaii Foodbank,
2611 Kilihau Street
Honolulu, HI 96819

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

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**Safe Produce: KEEP IT CLEAN**

- **DRAIN and pat dry with a paper towel**
- **CLEAN - hands - all surfaces - cutting boards - utensils**
- **DON’T use soap or bleach on produce**
- **DISCARD outer leaves of leafy produce and clean each individual leaf**
- **SCRUB thick-skinned produce with a brush**
- **RUB waxy-skinned produce under running water**
- **WASH mixed greens with clean water even if you see a “pre-washed”, “ready to eat”, or “triple washed” label**

**10 tips for affordable vegetables and fruits**

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 out hard costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3. **stick to your list**
   - Plan out what you need 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, frozen, and canned forms of the same vegetable 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 them fresh without throwing away any.

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 when purchased in their basic forms.

9. **plant your own**
   - Start a garden—or a yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Home-grown 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**
    - Prepares and freezes vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Oatmeal is great for smoothies or baking.

---

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HAWAII FARMERS' MARKET
SMART FOOD CHOICES

**RED: FRUITS AND VEGETABLES**
Contains: Vitamin C, A, Potassium and Antioxidants

**BLUE/PURPLE: FRUITS AND VEGETABLES**
Boost Urinary tract health and promotes healthy aging

**GREEN: FRUITS AND VEGETABLES**
Contains: Vitamin K, A, C, Potassium, Folate, helps with blood clotting

**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) [Link](https://www.rush.edu/news/eat-colorful-diet)
2) [CultivatorKitchen.com](http://cultivatorkitchen.com/goya-champuru/)
3) [SamoaFood.com](http://www.samoafood.com/2010/10/faalifu-savoury-coconut-sauce.html)
## Farmers’ Market Locations

Locations are organized first by area on the island then by day of the week.

*People’s Open Markets are CLOSED on all City Holidays

Updated 4/11/2024

<table>
<thead>
<tr>
<th>Farmers’ Market Name</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Farmer(s) 2024</th>
<th>Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marketplace at City Square</td>
<td>1199 Dillingham Blvd Honolulu, HI 96817</td>
<td>Monday - Sunday</td>
<td>8:00a.m. - 4:00p.m.</td>
<td>Marissa Sotelo</td>
<td>Honolulu</td>
</tr>
<tr>
<td>*People’s Open Market - Manoa Valley District Park</td>
<td>2721 Kaaipu Ave Honolulu, HI 96822</td>
<td>Mondays</td>
<td>6:45a.m. – 7:45a.m.</td>
<td>Enomoto Farm, Sisou Farm</td>
<td>Honolulu</td>
</tr>
<tr>
<td>*People’s Open Market - Makiki District Park</td>
<td>1527 Ke’eaumoku St Honolulu, HI 96822</td>
<td>Mondays</td>
<td>8:30a.m. – 9:30a.m.</td>
<td>Enomoto Farm, Sisou Farm, Orathai Vixayvong</td>
<td>Honolulu</td>
</tr>
<tr>
<td>People's Open Market - Ala Moana (Magic Island)</td>
<td>1201 Ala Moana Blvd, Honolulu, HI 96814</td>
<td>Mondays</td>
<td>10:00a.m. - 11:00a.m.</td>
<td>Enomoto Farm, Sisou Farm</td>
<td>Honolulu</td>
</tr>
<tr>
<td>*People’s Open Market - Frank Fasi Municipal Bldg.</td>
<td>650 S King St Honolulu, HI 96813</td>
<td>Mondays</td>
<td>11:45a.m. – 12:30p.m.</td>
<td>Enomoto Farm, Sisou Farm</td>
<td>Honolulu</td>
</tr>
<tr>
<td>*People’s Open Market - Waipahu District Park</td>
<td>94-230 Paiwa St Waipahu, HI 96797</td>
<td>Tuesdays</td>
<td>8:15a.m. – 9:15a.m.</td>
<td>Enomoto Farm, Sisou Farm, Emma Lucas</td>
<td>Central</td>
</tr>
<tr>
<td>*People’s Open Market - Wahiawa District Park</td>
<td>1008 California Ave Wahiawa, HI 96786</td>
<td>Tuesdays</td>
<td>10:00a.m. – 11:00a.m.</td>
<td>Enomoto Farm, Gloria's Produce, Sisou Farm, Emma Lucas</td>
<td>Central</td>
</tr>
<tr>
<td>*People’s Open Market - Mililani District Park</td>
<td>94-1150 Lanikuhana Ave Mililani, HI 96789</td>
<td>Tuesdays</td>
<td>11:45a.m. – 12:30p.m.</td>
<td>Sam's Flower's and Imports, Enomoto Farm, Gloria's Produce, Sisou Farm, Emma Lucas</td>
<td>Central</td>
</tr>
<tr>
<td>*People’s Open Market - Waiau District Park (komo drive)</td>
<td>98-1650 Kaahumanu St Pearl City, HI 96782</td>
<td>Tuesdays</td>
<td>6:30a.m. – 7:30a.m.</td>
<td>Enomoto Farm, Gloria's Produce, Sisou Farm</td>
<td>Central</td>
</tr>
<tr>
<td>Kaiser High School Farmers Market</td>
<td>511 Lunalilo Home Rd Honolulu, HI 96825</td>
<td>Tuesdays</td>
<td>4:00p.m. – 6:00p.m.</td>
<td>Ho Farms</td>
<td>East Honolulu</td>
</tr>
<tr>
<td>Fort Street Mall Farmers’ Market - Fort Street Mall</td>
<td>1032 Fort Street Mall Honolulu, HI 96813</td>
<td>Tuesdays</td>
<td>7:00a.m. – 1:00p.m.</td>
<td>Creative Cookery, Marissa Sotelo</td>
<td>Honolulu</td>
</tr>
<tr>
<td>Manoa Honey - Wahiawa Honey House &amp; Meadery - HONEY ONLY No Produce</td>
<td>930 Palm Pl Wahiawa, HI 96786</td>
<td>Wed - Thur Fri - Sun</td>
<td>10:00a.m. - 4:00p.m., 11:00a.m. - 6:00p.m.</td>
<td>Ph:808-493-9081</td>
<td>Central</td>
</tr>
<tr>
<td>*People’s Open Market - Palolo Valley District Park</td>
<td>2007 Palolo Ave Honolulu, HI 96816</td>
<td>Wednesdays</td>
<td>6:30a.m. – 7:30a.m.</td>
<td>Enomoto Farm, Harada Farm, Sisou Farm</td>
<td>East Honolulu</td>
</tr>
<tr>
<td>Market Name</td>
<td>Address</td>
<td>Days</td>
<td>Time</td>
<td>Vendors</td>
<td>Location</td>
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<tr>
<td>*People's Open Market - Queen Kapiolani Park</td>
<td>3840 Paki Ave, Honolulu, HI 96815</td>
<td>Wednesdays</td>
<td>10:00a.m. – 11:00a.m.</td>
<td>Enomoto Farm, Harada Farm, Sisou Farm</td>
<td>East Honolulu</td>
</tr>
<tr>
<td>(Monsarrat and Paki St.)</td>
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</tr>
<tr>
<td>*People's Open Market - Old Stadium Park</td>
<td>2237 S King St, Honolulu, HI 96826</td>
<td>Wednesdays</td>
<td>8:15a.m. – 9:15a.m.</td>
<td>Enomoto Farm, Harada Farm, Sisou Farm</td>
<td>Honolulu</td>
</tr>
<tr>
<td>Hawaii Farm Bureau Farmers’ Market - Neal Blaisdell Concert Hall</td>
<td>777 Ward Ave, Honolulu, HI 96814</td>
<td>Wednesdays</td>
<td>4:00p.m. – 7:00p.m.</td>
<td>King’s Farm, Ho Farms</td>
<td>Honolulu</td>
</tr>
<tr>
<td>Ka Makana Alii Farmers Market</td>
<td>91-5431 Kapolei Pkwy, Kapolei, HI 96707</td>
<td>Wednesdays</td>
<td>3:00p.m. – 7:00p.m.</td>
<td>Holomua Produce</td>
<td>Leeward</td>
</tr>
<tr>
<td>Windward Mall Farmers’ Market</td>
<td>46-056 Kamehameha Hwy, Kaneohe, HI 96744</td>
<td>Wednesdays</td>
<td>2:00p.m. – 6:00 p.m.</td>
<td>Waihole Valley Farm, Touan Farm, Orathai Vixayvong</td>
<td>Windward</td>
</tr>
<tr>
<td>Waimānalo Farmers Market - Waimānalo Health Center</td>
<td>41-1347 Kalanianaʻole Hwy, Waimānalo, HI 96795</td>
<td>Wednesdays</td>
<td>2:00p.m. – 5:00 p.m.</td>
<td>TBD</td>
<td>Windward</td>
</tr>
<tr>
<td>Ono Grindz &amp; Makeke Farmers Market - Wai Kai</td>
<td>91-1621 Keoneula Blvd Suite 5110, Ewa Beach, HI 96706</td>
<td>Thursdays</td>
<td>4:00p.m. – 8:00p.m.</td>
<td>Kahumana Organic Farms, Sam’s Flower’s and Imports</td>
<td>Leeward</td>
</tr>
<tr>
<td>*People’s Open Market - Waimanalo Beach Park</td>
<td>41-741 Kalanianaʻole Hwy, Waimanalo, HI 96795</td>
<td>Thursdays</td>
<td>7:15a.m. – 8:15a.m.</td>
<td>Enomoto Farm, Sisou Farm</td>
<td>Windward</td>
</tr>
<tr>
<td>*People’s Open Market - Kailua District Park</td>
<td>21 S Kainalu Dr, Kailua, HI 96734</td>
<td>Thursdays</td>
<td>9:00a.m. – 10:00a.m.</td>
<td>Enomoto Farm, Rye Huang, Harada Farm, Sisou Farm, Waiahole Valley Farm</td>
<td>Windward</td>
</tr>
<tr>
<td>*People’s Open Market - Kaneohe District Park</td>
<td>45-660 Keaahala Rd, Kaneohe, HI 96744</td>
<td>Thursdays</td>
<td>10:45a.m. – 11:45a.m.</td>
<td>Enomoto Farm, Rye Huang, Harada Farm</td>
<td>Windward</td>
</tr>
<tr>
<td>Hawaii Farm Bureau Farmers’ Market - Kailua Town Center</td>
<td>609 Kailua Rd, Kailua, HI 96734</td>
<td>Thursdays</td>
<td>5:00p.m. – 7:30p.m.</td>
<td>King’s Farm</td>
<td>Windward</td>
</tr>
<tr>
<td>Manoa Farmers’ Market</td>
<td>2753 Woodlawn Dr, Honolulu, HI 96822</td>
<td>Thursdays</td>
<td>7:00a.m. – 2:00p.m.</td>
<td>Creative Cookery</td>
<td>Honolulu</td>
</tr>
<tr>
<td>*People’s Open Market - Halawa District Park</td>
<td>99-795 Iwaiwa St, Aiea, HI 96701</td>
<td>Fridays</td>
<td>7:00a.m. – 8:00a.m.</td>
<td>Gloria’s Produce</td>
<td>Central</td>
</tr>
<tr>
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<td>1032 Fort Street Mall, Honolulu, HI 96813</td>
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<td>7:00a.m. – 1:00p.m.</td>
<td>Creative Cookery, Marissa Sotelo</td>
<td>Honolulu</td>
</tr>
<tr>
<td>*People’s Open Market - Ewa Beach Community Park</td>
<td>91-955 N Rd, Ewa Beach, HI 96706</td>
<td>Fridays</td>
<td>9:00a.m. – 10:00a.m.</td>
<td>Gloria’s Produce, Emma Lucas</td>
<td>Leeward</td>
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</tbody>
</table>

Form OCS-SFMNP-3 (2024 Coupon Handout)
<table>
<thead>
<tr>
<th>Event Name</th>
<th>Address</th>
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<th>Vendors</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Aloha Stadium Swap Meet &amp; Market Place (Admission $1.00 per person)</td>
<td>99-500 Salt Lake Blvd Honolulu, HI 96818</td>
<td>Saturdays</td>
<td>6:30a.m. - 11:00a.m.</td>
<td>Oasis Aloha Farm</td>
<td>Central</td>
</tr>
<tr>
<td>Farmlovers Market - Pearlridge Wai Makai</td>
<td>98-180 Kamehameha Hwy Aiea, HI 96701</td>
<td>Saturdays</td>
<td>8:00a.m.- 12:00p.m.</td>
<td>Ma’o Organic Farms, Son Farm</td>
<td>Central</td>
</tr>
<tr>
<td>*People’s Open Market - Salt Lake Municipal Lot</td>
<td>5337 Likini St Honolulu, HI 96818</td>
<td>Saturdays</td>
<td>11:15a.m. – 12:00p.m.</td>
<td>Enomoto Farm, Sisou Farm, Marissa Sotelo</td>
<td>Central</td>
</tr>
<tr>
<td>*People’s Open Market - Hawaii Kai Park-n-Ride</td>
<td>300 Keahole St Honolulu, HI 96825</td>
<td>Saturdays</td>
<td>1:00p.m. – 2:00p.m.</td>
<td>Enomoto Farm, Sisou Farm, Marissa Sotelo</td>
<td>East Honolulu</td>
</tr>
<tr>
<td>*People’s Open Market - Kaumualii Street</td>
<td>700 Kalihi St Honolulu, HI 96819</td>
<td>Saturdays</td>
<td>6:30a.m. – 9:30a.m.</td>
<td>Enomoto Farm, Gloria's Produce, Sisou Farm, Marissa Sotelo, Waiahole Valley Farm, Charlie Reppun</td>
<td>Honolulu</td>
</tr>
<tr>
<td>Hawaii Farm Bureau Farmers’ Market - Kapiolani Community College</td>
<td>4303 Diamond Head Rd Honolulu, HI 96816</td>
<td>Saturdays</td>
<td>7:30a.m. – 11:00a.m.</td>
<td>King's Farm, PIT Farm, Manoa Honey (1st &amp; 3rd Sat Only), Ho Farms, King's Farm, Thai Farmers Association, Hawaiian Cane Juice, Ko Farms, Meli LLC (2nd, 4th and 5th Sat Only)</td>
<td>Honolulu</td>
</tr>
<tr>
<td>Farmlovers Market - Kakaako</td>
<td>1050 Ala Moana Blvd Honolulu, HI 96814</td>
<td>Saturdays</td>
<td>8:00a.m. – 12:00p.m.</td>
<td>Enomoto Farm, Sisou Farm, Marissa Sotelo</td>
<td>Honolulu</td>
</tr>
<tr>
<td>*People’s Open Market - Kalihi Valley District Park</td>
<td>1911 Kam IV Rd Honolulu, HI 96819</td>
<td>Saturdays</td>
<td>10:00a.m. – 10:45a.m.</td>
<td>Sam's Flower's and Imports, Lao Sticky Rice, Ma’o Organic Farms, Hubert Hermann, Touan Farm, Kahumana Organic Farms</td>
<td>Honolulu</td>
</tr>
<tr>
<td>Makeke Mahi'Ai - Waianae Mall</td>
<td>86-120 Farrington Hwy Waianae, HI 96792</td>
<td>Saturdays</td>
<td>8:00a.m. – 12:00p.m.</td>
<td>Sisou Farm, Oasis Aloha Farm</td>
<td>Leeward</td>
</tr>
<tr>
<td>Aloha Stadium Swap Meet &amp; Market Place (Admission $1.00 per person)</td>
<td>99-500 Salt Lake Blvd Honolulu, HI 96818</td>
<td>Sundays</td>
<td>6:00a.m. - 11:30a.m.</td>
<td>Sisou Farm, Oasis Aloha Farm</td>
<td>Central</td>
</tr>
<tr>
<td>Hawaii Farm Bureau Farmers’ Market - Mililani High School</td>
<td>95-1200 Meheula Pkwy</td>
<td>Mililani, HI 96789</td>
<td>Sundays</td>
<td>8:00a.m. – 11:00a.m.</td>
<td>King’s Farm, Ed's Little Farm, PIT Farm, Son Farm, Ho Farms, Thai Farmers Association</td>
</tr>
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</tr>
<tr>
<td>Aloha Market at Waikiki - Jefferson Elementary School</td>
<td>324 Kapahulu Ave</td>
<td>Honolulu, HI 96815</td>
<td>Sundays</td>
<td>8:00a.m.-1:00p.m.</td>
<td>Creative Cookery</td>
</tr>
<tr>
<td>*People's Open Market - Royal Kunia Park-n-Ride (Kupuna Lp./Kupuohi St.)</td>
<td>94-640 Kupuohi St</td>
<td>Waipahu, HI 96797</td>
<td>Sundays</td>
<td>9:30a.m. – 11:00a.m.</td>
<td>Gloria’s Produce, Harada Farm, Emma Lucas</td>
</tr>
<tr>
<td>*People's Open Market - Kapolei Community Park</td>
<td>91-1049 Kamaaha Loop</td>
<td>Kapolei, HI 96707</td>
<td>Sundays</td>
<td>7:00a.m. – 8:30a.m.</td>
<td>Gloria’s Produce, Harada Farm, Emma Lucas, Hubert Hermann</td>
</tr>
<tr>
<td>Ka Makana Alii Farmers Market</td>
<td>91-5431 Kapolei Pkwy</td>
<td>Kapolei, HI 96707</td>
<td>Sundays</td>
<td>11:00a.m. - 3:00p.m.</td>
<td>Holomua Produce</td>
</tr>
<tr>
<td>*People's Open Market - Waieke Community Park</td>
<td>94-870 Lumaiaina St</td>
<td>Waipahu, HI 96797</td>
<td>Sundays</td>
<td>11:30a.m. – 12:30p.m.</td>
<td>Gloria’s Produce, Harada Farm, Emma Lucas</td>
</tr>
<tr>
<td>Farmlovers Market - Castle Medical Center</td>
<td>640 Ulukahiki St</td>
<td>Kailua, HI 96734</td>
<td>Sundays</td>
<td>8:00a.m. - 12:00p.m.</td>
<td>Touan Farm</td>
</tr>
<tr>
<td>Windward Mall Farmers’ Market</td>
<td>46-056 Kamehameha Hwy</td>
<td>Kaneohe, HI 96744</td>
<td>Sundays</td>
<td>10:00a.m. – 2:00p.m.</td>
<td>Waihole Valley Farm, Touan Farm, Orathai Vixayvong</td>
</tr>
</tbody>
</table>

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