

USDA Fresh Fruit and Vegetable Program

Hawai‘i Local Produce Buying Guide

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THE KOHALA CENTER®

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Introduction

Farm to School

Farm to school encompasses a variety of efforts to connect communities and students to fresh, nutritious food in order to encourage healthy eating habits and strengthen local economies. Farm to school generally includes three core elements: (1) school gardens; (2) nutrition, agriculture, health, and food education; and (3) the procurement of local foods for school meals. The first and second elements aim to help students become "citizen eaters" who understand the connections between food, health, and agriculture. The third aims to create pathways to deliver local produce directly into school food programs, such as the USDA Fresh Fruit and Vegetable Program.

FFVP Program Overview

The USDA Fresh Fruit and Vegetable Program (FFVP) provides federal funds to low-income elementary schools to serve fresh fruits and vegetables as snacks between meals during the school day. The goal of the FFVP is to improve children's overall diet and promote healthy eating habits. Schools in Hawai'i can order any *fresh* fruit or vegetable for the FFVP. The FFVP encourages schools to serve a variety of produce in order to introduce students to fruits and vegetables that are generally not included in the school lunch menu. FFVP snacks are served *between meals* to the entire elementary student body at participating schools. Snacks are served to students either whole (such as grapes or a tangerine), or pre-cut (such as broccoli florets). Schools generally serve FFVP snacks raw, although schools can offer lightly cooked vegetables once a week. Some schools order whole produce and prepare the snacks on-site. Other schools buy their FFVP snacks pre-processed. Serving sizes vary from school to school.

Buying Local – Why it Matters

Farmers throughout Hawai'i are eager to supply local produce to local schools, either directly or through local food hubs and distributors. Buying fresh, local food can have a positive impact on the economy, public health, and education. Serving fresher, more nutritious food in school meals is associated with improved academic performance, reduced consumption of unhealthy foods, a stronger connection to the source of our food, and increased knowledge of agriculture. Connecting children to the source of their food can encourage healthier food choices that support learning and academic achievement. Farm to school can also benefit farmers by providing a new market for crops. It can increase the demand for local food and drive increases in local food production, thereby enhancing Hawai'i's food security and keeping more dollars circulating within the local economy. Ultimately, farm to school is about building strong local communities in the areas of health, education, and the local economy.

For Schools

How to Buy Local for the FFVP

1. **Get to know what's in season**. Although Hawai'i has a 12-month growing cycle, various crops have different peak seasons. Get to know what's in season by reviewing the *Hawai'i Seasonality Guide* for local fruits and vegetables on page 4 of this Guide. Local food hubs and distributors can also tell you what's in season.

2. **Request local**. Let your food vendors know that local food is important to your school by requesting local produce when you procure local food. If you plan your FFVP menu in advance, include local produce and take into account seasonality as you create your schedule.

3. **Meet your local farmers**. Build relationships with local farmers and engage students in local agriculture by organizing field trips to local farms, visiting local farmers markets, and inviting farmers to speak to students.

    a. **Buying directly from farmers**. Hawai'i charter schools can buy directly from farmers. We recommend that charter schools work with Hawai'i Child Nutrition Programs to ensure that their schools' procurement procedures comply with the law.

    b. **Buying from vendors**. If you buy fresh produce through a vendor, tell the farmers you meet which vendors you use, and tell your vendors about the farmers from whom you want to buy.

    For a list of **Hawai'i Produce Farms**, see page 6. For a list of **Hawai'i Produce Food Hubs and Distributors**, see page 23.

4. **Review the USDA's *Procuring Local Foods for Child Nutrition Programs* Guide**, available at http://www.fns.usda.gov/sites/default/files/f2s/F2S_Procuring_Local_Foods_Child_Nutrition_Prog_Guide.pdf.

Hawai‘i Seasonality Guide - Peak Availability of Local Crops during School Year

The following table provides a list of crops at peak availability during the months of the school year.

Hawai‘i Seasonality Guide - Peak Availability of Local Crops During School Year				
August	September	October	November	December
Banana	Banana	Atemoya	Atemoya	Atemoya
Cantaloupe	Honeydew	Banana	Avocado	Avocado
Honeydew	Lime	Lime	Lime	Lime
Lime	Longan	Longan	Mango	Orange
Longan	Lychee	Mango	Orange	Rambutan
Lychee	Mango	Orange	Papaya	Tangerine
Mango	Orange	Papaya	Rambutan	Burdock
Papaya	Papaya	Persimmon	Tangerine	Cabbage, Asian
Pineapple	Persimmon	Rambutan	Burdock	Corn, Sweet
Watermelon	Pineapple	Burdock	Cabbage, Chinese	Heart of Palm
Beans	Watermelon	Cabbage, Chinese	Cabbage, Asian	Lettuce, Baby Greens
Burdock	Burdock	Cabbage, Asian	Corn, Sweet	Mushrooms
Cabbage, Chinese	Cabbage, Chinese	Daikon	Heart of Palm	Pumpkin
Cabbage, Asian	Cabbage, Asian	Heart of Palm	Lettuce, Baby Greens	Sprouts
Celery	Daikon	Lettuce, Baby Greens	Mushrooms	Taro
Cucumber	Heart of Palm	Mushrooms	Pumpkin	Zucchini
Daikon	Lettuce, Baby Greens	Pumpkin	Sprouts	
Ginger Root	Lettuce, Romaine	Sprouts	Taro	
Heart of Palm	Mushrooms	Zucchini	Zucchini	
Lettuce, Baby Greens	Pumpkin			
Lettuce, Romaine	Sprouts			
Lū‘au (Taro) Leaf	Squash			
Mushrooms	Tomato			
Pepper, Green	Watercress			
Pumpkin	Zucchini			
Sprouts				
Squash				
Tomato				
Watercress				
Zucchini				

Hawai‘i Seasonality Guide - Peak Availability of Local Crops During School Year				
January	February	March	April	May
Avocado	Avocado	Lime	Mango	Lychee
Lime	Lime	Mango	Orange	Mango
Orange	Orange	Orange	Papaya	Papaya
Rambutan	Rambutan	Papaya	Pineapple	Pineapple
Strawberry	Strawberry	Rambutan	Rambutan	Beans
Tangerine	Bitter Melon	Strawberry	Strawberry	Bitter Melon
Cabbage, Chinese	Cabbage, Chinese	Bitter Melon	Beans	Cabbage, Chinese
Heart of Palm	Cabbage, Head	Cabbage, Chinese	Bitter Melon	Cabbage, Head
Mushrooms	Corn, Sweet	Cabbage, Head	Cabbage, Chinese	Celery
Sprouts	Heart of Palm	Corn, Sweet	Cabbage, Head	Corn, Sweet
	Mushrooms	Eggplant	Celery	Cucumber
	Sprouts	Heart of Palm	Corn, Sweet	Eggplant
	Sweet Potato	Lettuce, Leaf	Cucumber	Ginger Root
		Mushrooms	Eggplant	Heart of Palm
		Sprouts	Ginger Root	Lettuce, Leaf
		Sweet Potato	Heart of Palm	Mushrooms
		Taro	Lettuce, Leaf	Pepper, Green
			Mushrooms	Sprouts
			Pepper, Green	Sweet Potato
			Sprouts	Taro
			Sweet Potato	Tomato
			Taro	Watercress

Hawai‘i Produce Farms

Hawai‘i Island

Farm Name	Contact	Contact Info	Products
Adaptations, Inc.	Maureen Datta	PO Box 1070 Captain Cook, HI 96704 808-324-6600 adaptations-hi@earthlink.net www.adaptationsaloha.com	Assorted citrus, mango, star fruit, longan, liliko‘i, dragon fruit, avocado, green beans, breadfruit, cherry and grape tomatoes, cucumber, carrots
Aloha ‘Āina Tropicals	Nicole Tergeoglou	PO Box 35 Laupāhoehoe, HI 96764 808-962-6247 manowaiopae@gmail.com	Tangerine, orange, banana, papaya
‘Ano‘ano Farms	Max Bowman	PO Box 151 Pa‘auilo, HI 96776 808-937-6485 max.ck.bowman@gmail.com	Baby greens, eggplant, sweet potato, cabbage, broccoli, cilantro
Beach Bum Farm, LLC	Richard Watters	PO Box 668 Captain Cook, HI 96704 808-895-5711 rdwatters@live.com	Avocado, banana, macadamia nuts
Clear View Farm, Inc.	Donna Mitts	PO Box 344 Pa‘auilo, HI 96776 808-936-2117 ohanadonna@gmail.com	Asparagus and banana
Hāmākua Heritage Farm, Inc.	Janice Stanga	P.O. Box 205 Laupāhoehoe, HI 96764 808-962-0017 orders@hamakuamushrooms.com http://hamakuamushrooms.com/	Ali‘i mushrooms

Farm Name	Contact	Contact Info	Products
Kanekiki Farm/Moana Ula LLC	Barb Cuttance	14-266 Papaya Farms Rd Pāhoa, HI 96778 808-339-4344 barb@kanekik.com	Avocados, breadfruit. Would consider growing greenhouse crops to order with lead time.
Kaʻū Specialty LLC	Malian Lahey	PO Box 192 Pāhala, HI 96777 503-575-9098 malian@kauspecialtycoffee.com www.kauspecialtycoffee.com	Beans, kale, arugula, carrots, kalo (leaf and corm), tomatoes, eggplant, sweet potato
Kealaola Farm	Barry Levine	79-969 Kealaola St Kealakekua, HI 96750 808-322-9253 barrygoat@gmail.com info@kealaolafarm.com	Organic lettuce (head and baby), arugula, bok choy, winter squash, lime, citrus
Ka ʻOhi Nani Farm	Lark Wiley	PO Box 7111 Kamuela, HI 96743 Cell: 808-333-0126 Office: 808-885-1950 lwfarmergirl@gmail.com	Seasonal organic vegetables
Lewa Nuʻu Ohana Hydroponics Farm, LLC	Carmen Navarro-Nakamura	254 Lewa Nuʻu St Hilo, HI 96720 808-854-1224 cnlewanuu@gmail.com	Mānoa lettuce; heart- and star-shaped Japanese cucumbers; basil; red, yellow, orange and purple bell peppers
Mac's Kona Coffee Farm	Donna Meiners	85-4679 Hawaiʻi Belt Rd Captain Cook, HI 96704 907-575-3393 donnajmeiners@gmail.com	Apple banana, coffee
Mauna Ikena Farm	Linda Burnham Larish	17-4356 South Rd Kurtistown, HI 96760 808-966-6337 maunaikena@gmail.com	Avocado, lilikoʻi, atemoya, ginger, kalo, sweet potato, lima bean, guava, lemongrass, cassava, lychee, mountain apple, ice cream bean, soursop, kabocha
Mother Nature's Miracle	Elizabeth Mallion	PO Box 486 Paʻauilo, HI 96776 808-640-8363 https://www.facebook.com/Mother-Natures-Miracle-340438719457689/	Organic salad mix, micro mix, head lettuce, arugula, mizuna, green onion, beet, Chinese cabbage, eggplant, chard, purple mustard greens, fennel

Farm Name	Contact	Contact Info	Products
OK Farms	Troy Keolanui	1570 Maikalani Dr Hilo, HI 96720 808-934-9200 troy@okfarmshawaii.com www.okfarmshawaii.com	Heart of palm, lychee, longan, rambutan, orange, tangelo, tangerine
Paraiso Orchards	Saturnino Doctor	28-438 Sugar Mill Rd Pepeʻekeo, HI 96783 808-365-3622 Sdoctor@hawaii.edu	Banana, eggplant, rambutan, longan, lychee, pineapple, avocado, mango
Pohoiki Organic Farm	Ed Frazer	PO Box 2057 Pāhoa, HI 96778 808-640-8642 ecosurfer.ef@gmail.com http://www.pahoahostel.com/	Lilikoʻi, soursop, ʻulu
Tai Shan Farms, Inc.	Don & Malia McNabb	92-1329 Prince Kūhiō Blvd, #4-178 Captain Cook, HI 96704 808-929-9613 www.taishanfarms.com	Dragon fruit
Makuʻu Pastures	Ann Coldwell	Old Government Rd Pāhoa, HI 96778 808-982-6715 annocaldwell@gmail.com	Citrus (orange, lime, tangor, grapefruit, tangelo) and avocado

Kauaʻi

Farm Name	Contact	Contact Info	Products
Aloha ʻĀina Poi Company	Kaina Makua or Davis Price	9944 Waimea Rd Waimea, HI 96796 808-954-5569 alohaainapoico@gmail.com	Kalo, lūʻau leaf
Anuenue Plantation	Fred Wells	PO Box 226 Kapaʻa, HI 96746 808-823-8335 fred@anuenue.com http://anuenue.com/	Longan, lychee
Hole in the Mountain Farm	Jude Huber	PO Box 533 Kīlauea, HI 96754 808-635-0061	Rambutan, longan, Kauaʻi sugarloaf pineapple
Kalamania Farms and Woods	Elizabeth Ito	PO Box 603 Anahola, HI 96703 808-651-3011 lizuiito@gmail.com	Assorted citrus, ʻulu, lychee, longan, avocado
Kauai Fresh Farms	Pattie Swanson	5545 Kahiliholo Rd Kīlauea, HI 96754 808-826-0077 info@kauaifreshfarms.com www.kauaifreshfarms.com	Lettuce, kale, tomato
Moloaʻa Organicaʻa	Marta Whitlock	PO Box 689 Kīlauea HI 96754 808-823-6807 moloaaorganicaa@gmail.com	Mango, avocado, lychee, longan, seasonal salad, braising mix, lettuce, eggplant

Maui

Farm Name	Contact	Contact Info	Products
Aloha Aina Organic Farm, LLC	Crystal Schmitt	100 Waipuhia Pl Haʻikū, HI 96708 808-575-7321 crystal@dragonfruitfarm.com	Organic spring lettuce mix
Hana Herbs & Flowers	Eileen Comeaux	PO Box 323 Hāna, HI 96713 808-248-7407 hanaherb@maui.net	Pohole (Maui fern shoots)
Hāna Ranch Agriculture, LLC	Brian McGinness	PO Box 507 Hāna, HI 96713 808-248-7238 bmcginness@hanaranch.com www.hanaranch.com	Papaya, banana, salad mix, turmeric, ginger, sweet potato, carrots, herbs, other seasonal vegetables (certified organic)
Lokelani ʻOhana Waiheʻe Farm	Christina Chang	2315 Kahekili Hwy Wailuku, HI 96793 808-249-0254 christina@lokelaniohana.org http://lokelaniohana.org/	ʻUlu, carrots, potato, spinach, Asian greens, lettuce, loquat, avocado, orange, lychee, banana
Maui Dragon Fruit Farm	Crystal Schmitt	833 Punakea Lp Lāhainā, HI 96761 808-264-6127 info@mauidragonfruit.com www.mauidragonfruit.com	Dragon fruit
ONO Organic Farms	Chuck Boerner	149 Hāna Hwy Hāna, HI 96713 808-248-7779 info@onofarms.com www.onofarms.com	ʻUlu, coconut, tangerine, spinach, banana, papaya, seasonal greens
Maui Nui Farm	Kit Mizel	151 Pulehunui Rd Kula, HI 96790 808-280-6166 www.mauinuifarm.com	Lettuce, cabbage, broccoli, cauliflower, kale, beans, papaya, banana, tangerine, corn, and other seasonal fruits and vegetables

Farm Name	Contact	Contact Info	Products
Simpli-Fresh Farm	James Simpliciano	PO Box 12789 Lāhainā, HI 96761 808-269-2626 www.simpli-fresh.com	Apple banana, liliko'i, citrus, broccoli, carrots, baby carrots, corn, radish, beets
Wailele Farm / Twin Falls Maui	Ramana Sawyer	6300 Hāna Hwy Ha'ikū, HI 96708 808-463-1275 twinfallsmaui@gmail.com www.twinfallsmaui.net/wailele-farm.php	Coconut, bananas, liliko'i, sugar cane, avocado, citrus, and other seasonal fruit

Molokaʻi

Farm Name	Contact	Contact Info	Products
Pualani O Molokaʻi Manaʻe Grown Farm	Patty McCartney	PO Box 1688 Kaunakakai, HI 96748 Office: 808-558-8383 Cell: 808-646-9063 pmccartney_808@yahoo.com	Avocado, star fruit, Surinam cherry, mango, soursop, banana
Puʻu O Hoku Ranch	Jann Roney General Manager	PO Box 1889 Kaunakakai, HI 96748 Office: 808-646-1934 Cell: 530-321-1080 http://www.puuohoku.com	Lettuce, chard, kale, eggplant, bok choy, tatsoi, mizuna, cherry tomato, broccoli, green beans, corn, dry land taro, beets, carrots, sweet potato, fennel, chayote, radish, arugula, sunrise papaya, apple banana, avocado, lychee, longan, star apple, chico (sapodilla)
Sustʻāinable Molokai Food Hub	Harmonee Williams, Manager	PO Box 250 Kaunakakai, HI 96748 Office: 808-560-5410 Cell: 808-646-1314 harmonee@sustainablemolokai.org http://sustainablemolokai.org/foodhub	Taro, Molokaʻi purple sweet potato, papaya, watermelon
Permaculture Farm	Joe Kennedy	PO Box 113 Kualapuʻu, HI 96757 808-336-1566 naturefarming@outlook.com	ʻUlu, pomegranate, avocado, mangos, tangelo, fig, lime, perennial Asian vegetables (Okinawan spinach, leafy vegetables)

Oʻahu

Farm Name	Contact	Contact Info	Products
Dole Food Company Hawaii	Bryce Zane, Manager, Sourcing, Marketing & Sales	802 Māpunapuna St Honolulu, HI 96819 808-861-8015	Pineapple
Just Add Water	Kimberly Clark	183 Alalā Rd Kailua, HI 96734 808-259-5635 jawpeople@gmail.com http://www.just-add-water.biz/	Avocado, bananas, citrus, exotic tropical fruit, papaya, pineapple, assorted leafy greens, assorted vegetables, and root crops.
Kahumana Organic Farm	Christian Zuckerman	86-660 Lualualei Homestead Rd Waiʻanae, HI 96792 Office: 808-696-2655 Cell: 808-542-9565 www.kahumana.org	Baby salad greens, kale, carrots, beets, kalo, watermelon radish, seasonal fruits
Kunia Country Farms	Jason Brand	92-1770 Kunia Rd Kunia Camp, HI 96759 917-319-0817 jason@kuniacountryfarms.com www.kuniacountryfarms.com	Head lettuce and salad mixes
Mohala Farms	Mark Hamamoto	PO Box 204 Waialua, HI 96791 808-478-8469 mohalafarms@gmail.com www.mohalafarms.org	Lettuce, arugula, collard greens, ʻulu, lilikoʻi, cassava, eggplant
MAʻO Organic Farms	Gary Maunakea-Forth	86-148 Pūhāwai Rd Waiʻanae, HI 96792 808-696-5569 gary@maoorganicfarms.org http://maoorganicfarms.org/	Arugula, beets, cauliflower, turnip, fennel, endive, salad greens, eggplant, daikon, kale, corn, collard greens, carrots, broccoli, radish, banana, clementine tangerines, mango, cassava
Mari's Garden	Ryan Tsutsui	94-415 Makapipipi St Mililani, HI 96789 808-625-2800 ryan@marisgarden.com www.marisgardens.com	Lettuce, spring mix, romaine, Japanese cucumber, grape tomatoes, longan, lychee, mango, kale

Farm Name	Contact	Contact Info	Products
Waihuena Farm	Meleana Judd-Cox	59-414 Kamehameha Hwy Haleʻiwa, HI 96712 Office: 808-638-0570 Cell: 808-551-8132 info@waihuenafarm.com waihuenafarm.com	Radishes, chard, eggplant, wing beans, kalo, lilikoʻi, bananas, organic papaya
So Ono Foods	Curtis Wheeler	3219 Ualena St Honolulu, HI 96819 808-422-4362 c.wheeler@so-onofoodproducts.com www.so-onofoodproducts.com	Pre-cut fresh fruits and vegetables
Twin Bridge Farms	Milton Agader	PO Box 31 Waialua, HI 96791 808-864-6477 twinbridgefarms@aol.com	Tomatoes, sweet potato, Irish potato, leafy vegetables, melon, avocado, mango, asparagus
Waiahole Nursery & Garden Center	Katie Hurd, Manager	48-190 Kamehameha Hwy Kāneʻohe, HI 96744 Office: 808-239-6311 Cell: 808-222-6316 wnagc@yahoo.com www.waiaholenursery.com	Aquaponic lettuce, leafy greens, basil, chives, green onions
Kawailoa Farm	Ted Nakamura	PO Box 1032 Haleʻiwa, HI 96712 808-220-7024	Certified organic papaya, asparagus, long bean, winged bean, eggplant, mango, okra

For Farmers

How to Sell to Schools in Hawai'i

There are three avenues for selling to schools in Hawai'i: (1) Selling directly to the Hawai'i Department of Education; (2) Selling directly to charter schools and independent schools; and (3) Selling to distributors that work with schools.

1. Selling Directly to the Hawai'i Department of Education

Hawai'i has only one school district, which includes all public schools under the Hawai'i Department of Education (HIDOE). HIDOE public schools purchase a variety of fresh produce for schools, including apples, baby carrots, bananas, broccoli, cabbage, celery, cucumber, green leaf lettuce, oranges, papaya, red cabbage, romaine lettuce, spinach, tomatoes, and won bok.

In order to sell directly to HIDOE public schools, farmers must both meet HIDOE's vendor qualifications and successfully respond to either an informal or a formal competitive solicitation by HIDOE. In an informal solicitation, HIDOE will seek bids from three vendors and, generally speaking, the lowest priced bid will prevail. In a formal solicitation, HIDOE publicly advertises the district's needs in the form of an invitation for bids or a request for proposals. Selling directly to a HIDOE school may be challenging for local farmers, as HIDOE's vendor qualifications for farmers include certification of Good Agricultural Practices, a $1 million liability insurance policy, and tax clearance from Hawai'i Compliance Express (https://vendors.ehawaii.gov).

2. Selling Directly to Charter Schools and Independent Schools

Selling directly to charter schools and independent schools may be more feasible for local farmers because the food procurement systems at these schools are generally less complex. Selling directly to a charter school or an independent school requires building a relationship with the school food manager, learning about the school's menu cycle, and understanding the school's buying procedures and requirements. These schools may be interested in formally or informally contracting with local growers. For a list of charter schools in Hawai'i, see the State Public Charter School Commission's School Directory, available at http://www.chartercommission.hawaii.gov/charter-school-directory.

3. Selling to Produce Distributors

The least complex route for a farmer to feed local school children is by working with a produce distributor. Distributors provide schools with fresh produce for a number of programs that fund school food purchases, including the USDA National School Lunch Program, the USDA Fresh Fruit and Vegetable Program, and the Department of Defense (DoD) Fresh Fruit and Vegetable Program. Both charter schools and public schools in Hawai'i purchase fresh produce through distributors. Schools purchase from distributors for convenience and also because schools may lack kitchen facilities or staff to process/prepare food. Distributors also may be interested in formally or informally contracting with local growers. See page 23 for a list of Hawai'i Produce Distributors.

Supplying for the USDA Fresh Fruit and Vegetable (Snack) Program

The FFVP is a good starting place for local farmers that are interested in selling to schools for several reasons: (1) the quantity requirements for the FFVP are lower than other school food programs and more attainable for local farms; (2) the FFVP has a more generous budget than other school food programs; and (3) the FFVP encourages schools to expose students to a variety of produce. Most FFVP schools (public and charter) place their FFVP orders through distributors. A number of local schools are interested in purchasing local fruits and vegetables for the FFVP. In general, regular public schools in Hawai'i place FFVP orders through produce distributors that are approved Hawai'i Department of Education vendors. Charter schools and independent schools can buy directly from farmers, but often purchase from distributors for convenience and also because schools may lack kitchen facilities or staff to process/prepare food.

Hawai'i FFVP Schools

Each year schools in Hawai'i must apply to be a part of the FFVP. The number of schools participating from year to year can vary. The following schools signed up for the FFVP for the 2016-2017 school year. For the most recent list of schools, contact Hawai'i Child Nutrition Programs at 808-587-3600 or visit http://hcnp.hawaii.gov/.

Hawai‘i Island

Name of School	# of Elementary Students
Chiefess Kapi‘olani Elementary	363
Ha‘aheo Elementary	184
Hawai‘i Academy of Arts & Science PCS	249
Hilo Union Elementary	436
Hōnaunau Elementary	171
Honoka‘a Elementary	382
Ka‘ū High & Pāhala (Elementary only)	133
Ka ‘Umeke Kā‘eo PCS (Elementary only)	200
Kaūmana Elementary	264
Kalaniana‘ole (Elementary only)	300
Ke Kula ‘o ‘Ehunuikaimalino	134
Ke Kula ‘o Nāwahīokalani‘ōpu‘u Lab PCS	306
Kea‘au Elementary	836
Keaukaha Elementary	411
Keonepoko Elementary	599
Kohala Elementary	347
Kona Pacific PCS	158
Konawaena Elementary	571
Kua O Ka Lā PCS (Elementary only)	77
Laupāhoehoe Community PCS (Elementary only)	186
Mountain View Elementary	540
Nā‘ālehu Elementary	406
Pa‘auilo Elementary & Intermediate (Elementary only)	203
Volcano School of Arts & Science PCS (Elementary only)	123
Waiākeawaena Elementary	720
Waimea Elementary	564
Waimea Middle PCCS (6th grade only)	76

Hawai‘i Island – Total Number of Schools: 27

Hawai‘i Island – Total Number of Elementary Students: 8,939

Oʻahu

Name of School	# of Elementary Students
ʻAiea Elementary	376
Ala Wai Elementary	424
August Ahrens Elementary	1,312
Benjamin Parker Elementary	341
Blanche Pope Elementary	236
Hauʻula Elementary School	336
Honowai Elementary	733
Kaʻaʻawa Elementary	125
Kaʻala Elementary	422
Kahaluʻu Elementary	289
Kahuku Elementary	422
Kailua Elementary	355
Kalihi Uka Elementary	270
Kamaile Academy PCS (Elementary only)	701
Kapālama Elementary	579
Kauluwela Elementary	380
Lāʻie Elementary	673
Leihoku Elementary	961
Linapuni Elementary	170
Lincoln Elementary School	336
Nānāikapono Elementary	848
Nānākuli Elementary	469
Palolo Elementary	294
Pearl City Elementary	448
Pearl Harbor Elementary	626
Pohakea Elementary	577
Puohala Elementary	296
Puʻuhale Elementary	243
Samuel K. Solomon Elementary	951
Waiāhole Elementary	99
Waialua Elementary	585
Waiʻanae Elementary	609

Oʻahu – Total Number of Schools: 32

Oʻahu – Total Number of Elementary Students: 15,486

Maui

Name of School	# of Elementary Students
Haiku Elementary	492
Kahului Elementary	973
Lihikai Elementary	918
Makawao Elementary	547
Pā‘ia Elementary	369
Princess Nāhi‘ena‘ena Elementary	745
Pukalani Elementary	410
Wailuku Elementary	720

Maui – Total Number of Schools: 8

Maui – Total Number of Elementary Students: 5,174

Kaua‘i

Name of School	# of Elementary Students
‘Ele‘ele Elementary	471
Kapa‘a Elementary	914
Kekaha Elementary	369
King Kaumuali‘i Elementary	589
Kōloa Elementary	392

Kaua‘i – Total Number of Schools: 5

Kaua‘i – Total Number of Elementary Students: 2,735

Moloka‘i

Name of School	# of Elementary Students
Kualapu‘u Elementary New Century PCCS	333
Maunaloa Elementary	57

Moloka‘i – Total Number of Schools: 2

Moloka‘i – Total Number of Elementary Students: 390

Fresh Produce Ordered for USDA Fresh Fruit & Vegetable Program (2014-2015)

During the 2014-2015 school year, FFVP schools in Hawai'i ordered the following produce, among other items.

Fresh Produce List			
Apples	Clementines	Papaya	Sweet Potatoes
Asparagus	Kale	Peach	Tangelos
Avocado	Kiwi	Pears	Tangerines
Banana	Kumquat	Pineapple	Taro
Bell Peppers	Lettuce	Plum	Tomato
Blackberries	Liliko'i	Pumpkin	'Ulu
Blueberries	Longan	Rambutan	Watercress
Broccoli	Mango	Raspberries	Watermelon
Cantaloupe	Mushrooms	Spinach	Zucchini
Carrots	Nectarines	Starfruit	
Cauliflower	Okra	Strawberries	
Celery	Oranges	String Beans	

USDA Food Buying Guide for Child Nutrition Programs

The USDA Food Buying Guide for Child Nutrition Programs is a manual to help schools order the right amount of food. To assist farmers with estimating amounts required to supply FFVP schools, the table below includes the USDA Food Buying Guide for Produce and the estimated number of pounds required to supply the FFVP statewide and by island. The estimates assume that FFVP snacks are ¼ cup or one whole small fruit (such as a tangerine) and that each school offers the same fruit/vegetable a maximum of three times during the school year. **Please note that FFVP schools may choose to order more than a ¼ cup per serving and may offer the same fruit/vegetable more than three times during the school year. To figure out the demand for a particular crop, it is best to call the specific schools you are interested in supplying or call a produce wholesaler that supplies schools.**

The USDA Food Buying Guide for Produce is available at
http://www.fns.usda.gov/sites/default/files/FBG_Section_2-VegFruits_2.pdf

Fresh Fruit/Vegetable	USDA Food Buying Guide for Produce			Estimated Annual Pounds for FFVP					
	Serving Size	Servings per Pound	Pounds for 100 Servings	Statewide	Hawai'i Island	Kaua'i	Maui	Moloka'i	O'ahu
Avocado	¼ cup raw	8.2	12.2	11,746	3,351	855	1,881	236	5,423
Bananas (petite)	¼ cup raw	6.5	15.4	14,827	4,230	1,080	2,374	298	6,845
Bananas (regular)	¼ cup raw	7.1	14.2	13,671	3,900	996	2,189	274	6,312
Blackberries	¼ cup raw	11.9	8.5	8,183	2,335	596	1,310	164	3,778
Blueberries	¼ cup raw	11.9	8.5	8,183	2,335	596	1,310	164	3,778
Broccoli (untrimmed)	¼ cup raw	9.8	10.3	9,916	2,829	722	1,588	199	4,578
Cabbage (Chinese; untrimmed)	¼ cup raw	20.4	5.0	4,814	1,373	351	771	97	2,223
Cabbage (Green; untrimmed)	¼ cup raw	17.7	5.7	5,488	1,566	400	879	110	2,534
Cabbage (Red; untrimmed)	¼ cup raw	13.0	7.7	7,413	2,115	540	1,187	149	3,423
Cantaloupe	¼ cup raw	5.73	17.5	16,848	4,806	1,227	2,698	338	7,779
Carrots	¼ cup raw	10.3	9.8	9,435	2,692	687	1,511	189	4,356
Cauliflower (trimmed)	¼ cup raw	12.5	8.0	7,702	2,197	561	1,233	155	3,556
Celery (trimmed)	¼ cup raw	12.2	8.2	7,895	2,252	575	1,264	158	3,645
Clementines	whole	3.7	27.2	26,187	7,470	1,907	4,193	526	12,091
Corn (with husks)	¼ cup cooked	3.4	29.9	28,787	8,212	2,096	4,610	578	13,291
Cucumber	¼ cup raw	11.1	9.1	8,761	2,499	638	1,403	176	4,045
Figs	¼ cup raw	8.0	12.5	12,035	3,433	876	1,927	242	5,556
Grapefruit	¼ cup raw	6.5	15.5	14,923	4,257	1,087	2,390	299	6,890
Honeydew	¼ cup raw	4.9	20.5	19,737	5,630	1,437	3,160	396	9,112
Kale (trimmed with stem)	¼ cup raw	35.7	2.9	2,792	796	203	447	56	1,289
Lettuce (Romaine; untrimmed)	¼ cup raw	31.3	3.2	3,081	879	224	493	62	1,422
Liliko'i	¼ cup raw	3.5	29.0	27,920	7,965	2,033	4,471	560	12,891
Mango	¼ cup raw	7.6	13.2	12,708	3,625	925	2,035	255	5,868
Mushrooms	¼ cup raw	18.7	5.4	5,199	1,483	379	833	104	2,400
Oranges	whole	3.4	29.5	28,401	8,102	2,068	4,548	570	13,113
Papaya	¼ cup raw	8.6	11.7	11,264	3,213	820	1,804	226	5,201
Peppers, Bell	¼ cup raw	9.7	10.4	10,013	2,856	729	1,603	201	4,623
Persimmons	¼ cup raw	11.7	8.6	8,280	2,362	603	1,326	166	3,823
Pineapple	¼ cup raw	6.4	15.7	15,115	4,312	1,101	2,420	303	6,979

Fresh Fruit/Vegetable	USDA Food Buying Guide for Produce			Estimated Annual Pounds for FFVP					
	Serving Size	Servings per Pound	Pounds for 100 Servings	Statewide	Hawai'i Island	Kaua'i	Maui	Moloka'i	O'ahu
Pumpkin	¼ cup cooked	4.7	21.3	20,507	5,850	1,493	3,284	412	9,468
Radish	¼ cup raw	12.8	7.9	7,606	2,170	554	1,218	153	3,512
Raspberries	¼ cup raw	12.1	8.3	7,991	2,280	582	1,280	160	3,689
Spinach (partly trimmed)	¼ cup raw	30.7	3.3	3,177	906	231	509	64	1,467
Squash (Summer; Yellow)	¼ cup raw	15.5	6.5	6,258	1,785	456	1,002	126	2,889
Taro	¼ cup cooked	8.0	12.6	12,131	3,461	883	1,943	243	5,601
Starfruit	¼ cup raw	13.5	7.5	7,221	2,060	526	1,156	145	3,334
Strawberries	¼ cup raw	10.5	9.6	9,242	2,637	673	1,480	185	4,267
Sweet Potatoes	¼ cup cooked	6.6	15.2	14,634	4,175	1,066	2,343	294	6,757
Swiss Chard (trimmed)	¼ cup raw	21.1	4.8	4,621	1,318	337	740	93	2,134
Tangerines	whole	4.0	25.0	24,069	6,866	1,753	3,854	483	11,113
Tomatoes (Cherry)	whole	12.1	8.3	7,991	2,280	582	1,280	160	3,689
Tomatoes	¼ cup raw	10.4	9.7	9,339	2,664	680	1,495	187	4,312
'Ulu	¼ cup cooked	5.7	17.6	16,945	4,834	1,234	2,713	340	7,823
Watercress	¼ cup raw	50.5	2.0	1,926	549	140	308	39	889
Watermelon	¼ cup raw	6.1	16.4	15,789	4,504	1,150	2,528	317	7,290
Zucchini	¼ cup raw	11.9	8.5	8,183	2,335	596	1,310	164	3,778

Hawai‘i Produce Food Hubs & Distributors

The following list provides contact information for produce food hubs and distributors throughout the Hawaiian Islands.

Key

HIDOE	Distributor that vends to Hawai‘i Department of Education public schools
FFVP	Distributor that vends to schools participating in the USDA Fresh Fruit & Vegetable Program
DoD Fresh	Distributor that participates in the Department of Defense Fresh Fruit & Vegetable Program (DoD Fresh)

Hawai‘i Island

Distributors
Adaptations (FFVP) 79-7500 Māmalahoa Hwy, Kealakekua 808-324-6600 www.adaptationsaloha.com adaptations-hi@earthlink.net
Armstrong Produce (HIDOE, FFVP) 73-5581B Olowalu St, Kailua-Kona 808-331-2601 www.armstrongproduce.com
Cal-Kona (HIDOE, FFVP) 79-7365 Lehuula Way, Kealakekua 808-322-6033 www.calkonaproduce.com calkonaproduce@gmail.com
Crown Pacific International 355 Luakaha St, Hilo 808-935-1550 www.crownpacifichawaii.com crownpacificintl@gmail.com

Hawai‘i Island (continued)

Distributors
Hawai‘i Food Basket 40 Holomua St, Hilo 808-933-6030 79-1016A East Honalō Rd, Kailua-Kona 808-322-1418 www.hawaiifoodbasket.org info@hawaiifoodbasket.org
HFM Foodservice Corporation Hawai‘i Island Distribution Center 215 D Railroad Ave, Hilo 808-880-9050 www.hfmfoodservice.com purchasingadmin@hfmfoodservice.com
Hilo Products (HIDOE, FFVP, DoD Fresh) 41 Maka‘ala Street, Hilo 808-935-1379
Honaunau Market 73-5569 Olowalu St, Kailua-Kona 808-329-1365 hmkpro@gmail.com
Suisan 333 Kīlauea Ave, Hilo 808-935-8511 73-4836 Kanalani St, Kailua-Kona 808-329-3746 www.suisan.com
Y. Hata 300 Kanoelehua Ave, Hilo 808-935-3321 www.yhata.com

Moloka‘i

Distributors
Moloka‘i Food Hub (HIDOE, FFVP) 808-560-5410 http://sustainablemolokai.org/foodhub/ harmonee@sustainablemolokai.org
Armstrong Produce 217 Ho‘ohana St, Kahului 808-871-6232 www.armstrongproduce.com

Kauaʻi

Distributors
Esaki's Produce (HIDOE, FFVP, DoD Fresh) 4780 Kahau Rd, Kapaʻa 808-822-7722
Kauaʻi Growers Exchange (HIDOE, FFVP) 3094 Peleke St, Līhuʻe 808-246-0541 kauaigrowers@hotmail.com
HFM Foodservice Corporation Kauaʻi Satellite Center 3971 Halau St, Līhuʻe 808-246-0296 www.hfmfoodservice.com purchasingadmin@hfmfoodservice.com

Maui

Distributors
Kula Produce Co. Ltd./Armstrong Produce (HIDOE, FFVP) 217 Hoʻohana St, Kahului 808-871-6232 www.armstrongproduce.com panchoc@kulaproduce.com
Watanabe Vegetable Processing LLC (HIDOE, FFVP, DoD Fresh) 237 Naʻalae Rd, Kula 808-878-6747
HFM Foodservice Corporation Maui Distribution Center 920 Eha St, Wailuku 808-877-2017 www.hfmfoodservice.com purchasingadmin@hfmfoodservice.com
VIP Foodservice 74 Hobron Ave 808-877-5055 www.vipfoodservice.com contact@vipfoodservice.com

Oʻahu

Distributors
Armstrong Produce (HIDOE) 802 Māpunapuna St, Honolulu 808-203-6262 www.armstrongproduce.com
D. Otani Produce 1321 Hart St, Honolulu 808-832-9600 www.dotaniproduce.com matt@dotaniproduce.com
Finest Food Co. (HIDOE, FFVP) 743 Waiakamilo Rd #J, Honolulu 808-848-0365 finestfoodhi@aol.com
Ham Produce and Seafood, Inc. (HIDOE, FFVP, DoD Fresh) 918 Bannister St, Honolulu 808-842-7171 www.farmersmarkethonolulu.com info@hamproduceandseafood.com
HFM Foodservice Corporation Oʻahu Distribution Center 716 Umi St, Honolulu 808-843-3200 www.hfmfoodservice.com purchasingadmin@hfmfoodservice.com
Joe Kim Chee Inc. (HIDOE, FFVP) 819 Moʻowaʻa St #112, Honolulu 808-845-8432
So Ono Food Products, LLC (HIDOE, FFVP) 3219 Ualena St #2, Honolulu 808-833-3664 nokinaka@so-ono.net
Y. Hata & Co., Limited (HIDOE) 285 Sand Island Access Rd, Honolulu 808-447-4321 www.yhata.com



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