This material was produced by University of Hawaii’s Cooperative Extension Service’s (UH-CES) Nutrition Education for Wellness Program (NEW) and its Supplemental Nutrition Assistance Program - Education (SNAP-Ed) with funds from United States Department of Agriculture’s Supplemental Nutrition Assistance Program (formerly known as Food Stamps Program).

SNAP was formerly known as Food Stamps Program.

The SNAP and EFNEP Programs provide nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the State of Hawaii, Department of Human Services, Benefit Employment Support Services Division (BESSD), SNAP at (808) 643-1643 or log onto the Web at: http://humanservices.hawaii.gov/bessd/snap

For Nutrition Education for Wellness nutrition education programs, contact the University of Hawaii Cooperative Extension Service at 1955 East-West Road, Agricultural Science Building 306, Honolulu, Hawaii 96822; (808) 956-4124 or go online at: http://www.ctahr.hawaii.edu/new

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<th>Date</th>
<th># of Circuits</th>
<th>Distance per Circuit</th>
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Department of Human Services
Haseko Building
Walk a Mile Map #1
Haseko Building—DHS
Walking Map 1: State Capitol/Channel St./Liliuokalani Bldg.

Start: Haseko Building

A) State Capitol Route
- Walk Left on Mililani St.
- Cross Queen St. & King St. towards I`olani Palace
- Walk on grounds around Palace on L past trees and Bandstand
- Exit through back gate to Capitol

One Way=0.35 Mile
Round Trip=0.7 Mile

B) Channel St. Route
- Walk towards Halekauwila St.
- Turn L towards Punchbowl St.
- Turn R/Makai on Punchbowl
- Cross Ala Moana Blvd to Channel St.

One Way=0.4 Mile
Round Trip=0.8 Mile

C) Liliuokalani Bldg. Route
- Walk L on Mililani to Queen St.
- Turn R/Mauka to Punchbowl St.
- Continue Mauka on Punchbowl, crossing King St. & Beretania St. to Liliuokalani Bldg-1390 Miller

One Way=.6 Mile
Round Trip=1.2 Mile

* Map not drawn to scale