

Washington State University Extension engages people, organizations and communities to advance economic well-being and quality of life by connecting them to the knowledge base of the university and by fostering inquiry learning, and the application of research.

World Class. Face to Face.

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Way of Skagit County



Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

IFHL NEWSLETTER

July / August

2017



Farmers market season is upon us, and Farmers Market Flash is back at your local market! Farmers Market Flash offers something for everyone with FREE family friendly activities, children's art walks, cooking demonstrations, and much more.

Farmers Market Flash will be at your local farmers market:

Sedro-Woolley Farmers Market

Every other Wednesday
May — Oct.

Mount Vernon Farmers Market

Every other Saturday
May — Oct.

Bow Farmers Market

Every other Wednesday
June — Sept.

Anacortes Farmers Market

Every other Saturday
May — Oct.

Four of the Skagit County farmers markets welcome SNAP, formerly known as food stamps, and *doubles* the amount purchased with **Double Up Bucks**. When you arrive at the farmers market, visit the market info booth with the green flag to swipe your EBT card for the amount desired. You will receive an equal amount



of **Double Up Bucks** to use specifically for fresh fruits and vegetables! **Double Up Bucks** can be used all season at any of the Skagit County markets. At the farmers market, you get MORE fruits and vegetables when you shop with your EBT card.!



Farmers Market Flash is a USDA-funded program to encourage customers who use SNAP/EBT to shop at their local Farmers Market.

Plan a Farmers Market Field Trip!

Kids love a trip to their local farmers market! From free kids activities to live music, your family can create wonderful memories together— all summer long! For more information and to find the market nearest you, visit:

www.svfmcoalition.org





Stay Active for a Healthy Summer!

The sun is shining, the days are longer, and school is out—it sounds like the perfect recipe for an adventurous and active summer! Surprisingly, this isn't the case for most families. Studies show children actually gain weight faster during the summer months than during the school year. Lack of physical activity and structured meals, and more time inside snacking and playing digital games contributes to these quick increases. To keep the whole family healthy and active, try some activities from the list below!

Activities for Families with Kids:

- ⇒ Fix up those bikes and take them for a spin around the neighborhood, park, or trail
- ⇒ Have the kids help out in the garden
- ⇒ Pack a picnic and head outside to the beach, river, park, or lake. Bring balls, Frisbees, or just let the kids engage with the outdoors. For ideas about where to go, visit:
www.visitskagitvalley.com/things-to-do/outdoor-recreation/
- ⇒ Keep outdoor equipment on hand such as hula hoops, jump ropes, balls, chalk, etc. for on-the-spot fun!
- ⇒ Skagit Land Trust events **www.skagitlandtrust.org**
- ⇒ Visit Farmers Market Flash! **www.svfmcoalition.org**



Activities for Adults:

- ⇒ Plan gatherings with family and friends that involve activity such as walking to a picnic site, canoeing or paddle boarding, or taking a post-meal walk
- ⇒ Take a hike! Easier hikes can also be a great family activity
- ⇒ Visit your local farmers market. Take a stroll and enjoy the freshest fruits and vegetables!
- ⇒ Check out the food demonstrations at the Farmer's Market Flash tent for healthy cooking tips!
- ⇒ Plan the day or weekend trip you've been wanting to take! The summer months go by fast, so squeeze in the memories!



Summer Meal Program—Nutritious Meals All Summer

Youth up to age 18 are all welcome at Summer Meal sites—no identification or paperwork is necessary.

For **volunteer opportunities**, including helping to distribute summer meals to students, contact Jenny Goforth at j.bryan-goforth@wsu.edu. For more information about Summer Meals, visit:

<https://www.fns.usda.gov/summerfoodrocks>

Site Name and Address	Inclusive Dates	Meals/Times	Contact Phone Number
Tri-Parish Food Bank 935 Peterson Road Burlington, WA 98233	6/21-8/23 Wednesdays	4:00-6:00 PM	NA
Anacortes Boys & Girls Club 904 6th Street Anacortes, WA 98221	6/26 – 8/25	Lunch: 12:30 to 1:30 PM Snack: 3 to 3:45	Taylor Bannister (360) 588-9045
Mount Vernon Boys & Girls Club 1100 North LaVenture Mt Vernon, WA 98273	6/19 – 6/23 8/21 – 8/25	Lunch – 11 to 12 PM Snack: 2 to 2:45	Angela Freeberg (360) 428-6995
Mount Vernon Boys & Girls Club 1100 North LaVenture Mt Vernon, WA 98273	6/26 – 8/18	AM Snack: 9:45 to 10:30 PM Snack: 2 to 2:45	Angela Freeberg (360) 428-6995
Sedro-Woolley Boys & Girls Club 915 McGarigle St. Sedro-Woolley, WA 98284	6/19 – 6/23 8/28 – 9/1	Lunch – 12 to 1 PM Snack: 3 to 3:45	Shane Collins (360) 856-1830
Sedro-Woolley Boys & Girls Club 915 McGarigle St. Sedro-Woolley, WA 98284	6/26 – 8/25	PM Snack: 3 to 3:45 Supper: 5 to 6	Shane Collins (360) 856-1830
Burlington Boys & Girls Club 1011 Greenleaf Ave. Burlington, WA 98233	6/19 – 8/25	Lunch: 11:30 to 12:30 PM Snack: 3 to 3:45	Manny Smith (360) 419-3723x4
Learning & Lunches @ Whitney 1200 M Ave. Anacortes, WA 98221	6/26 – 8/11	Lunch: 11:30 to 12:30	Nicole Mortimer (858) 336-5714

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LaVenture Middle School 1200 N. LaVenture Road	6/26 – 8/25 M-F (Closed 7/4)	Lunch: 10:45-12:00	Mount Vernon School District
LaVenture Middle School 1200 N. LaVenture Road Mount Vernon, WA 98273	6/26 – 7/27 M-Th.	Breakfast: 8:00-8:25	Mount Vernon School District
Skagit Valley College 2405 E. College Way Mount Vernon, WA 98273	6/26 – 7/27 M-F Closed 7/3-7/4	Breakfast: 8:30-9:00 Lunch: 12:30-1	Mount Vernon School District
Northwest Career Technical Academy; 2205 West Campus Place Mount Vernon, WA 98273	6/23-7/14 M-F 7/25-8/11 M-F Closed 7/4	Breakfast: 7:30-7:50 Lunch: 11:25-12:30	Mount Vernon School District
Little Mountain Elementary School 1514 S. LaVenture Road Mount Vernon, WA 98273	7/10-7/27 M-Th.	Breakfast: 8:00-8:30	Mount Vernon School District
West View Elementary School 515 W. Victoria Ave. Burlington, WA 98233	7/5-8/17 M-F	Breakfast 8:30-9:00 Lunch: 11:30-12:15	Burlington-Edison School District
Allen School 17145 Cook Rd. Bow, WA 98232	7/5-7/28 M-F	Breakfast 8:30-9:00 Lunch: 11:30-12:15	Burlington-Edison School District
Lucille Umbarger Elementary School 820 S. Skagit St. Burlington, WA 98233	7/5-8/17 M-F	Breakfast 8:30-9:00 Lunch: 11:30-12:15	Burlington-Edison School District
Central Elementary School 601 Talcott St. Sedro-Woolley, WA 98284	6/26-8/25 (Closed 7/4)	Lunch: 12:00-1:00	Sedro-Woolley School District
Cascade Middle School 905 McGarigle Rd. Sedro-Woolley, WA 98284	6/26-8/25 (Closed 7/4)	Breakfast: 9:00-9:30 Lunch: 12:00-1:00	Sedro-Woolley School District
Concrete High School 7830 S. Superior Ave. Concrete, WA 98237	7/10-8/2	Breakfast: 9:00-9:30 Lunch: 12:30-1:00	Concrete School District



Harvest of the Month



STRAWBERRIES




FAMILY RESOURCE



DID YOU KNOW?

Strawberries contain more Vitamin C than oranges!
Vitamin C helps our bodies repair themselves and heal from wounds.

HERE ARE MORE EASY WAYS TO EAT STRAWBERRIES:

-  Add chopped strawberries and granola to vanilla yogurt to make a parfait.
-  Slice strawberries and add to your cereal in the morning.
-  Top waffles or pancakes with sliced strawberries and bananas as an alternative to syrup.

Gardening Tip

Strawberry plants are
perennials,
which means they grow
back every year.

Strawberry Spinach Salad

Yield: 6 Servings

Ingredients:

- * 1 bag baby spinach or 1 bunch of spinach
- * 1/3 cup feta cheese
- * 10-12 medium strawberries, sliced
- * 3 tbsp. canola oil
- * 3 tbsp. frozen orange juice concentrate
- * 1 tbsp. red wine vinegar
- * *Optional: Add pecans or almonds for an extra crunch*

Directions:

1. In a large bowl, combine spinach, feta cheese and strawberries.
2. Put all dressing ingredients into a clear jar or container with tight fitting lid. Put the lid on tightly and shake jar to mix.
3. Add dressing to spinach mixture, toss, and enjoy.



Local strawberries are
typically available in
Washington May-
September!

JUICY * BRIGHT RED * DELICIOUS * SWEET * YUMMY * PERENNIAL * AROMATIC



Healthy Eating on Vacation

Summer vacations are a time to let loose, enjoy the sights, and experience the sounds and tastes of new places. When it comes to maintaining a healthful eating plan on vacation, you can still enjoy new, fun and exciting foods during your travels. Additionally, maintain consistency for children by ensuring structured, healthy meals when out of school. Here are a few healthy eating tips while on your summer vacation:



- Taste small amounts of high-calorie food. You don't have to avoid it entirely. Just reduce the amount you eat to a few bites.
- Share large portions. Many restaurants serve very large portions, so don't hesitate to split orders (and save money!)
- Eat meals and snacks at your regular meal times. It's easy to "graze" on vacation or over-eat after an activity-filled day.
- Choose vacation activities that include walking, biking, or other physical activities. See new sights up close, and keep your body healthy at the same time.

For day trips or vacations where a grocery store is accessible, packing meals and snacks is often healthier and more cost-effective! Consider these tips for keeping food safe on the road:

- Pack easy-to-transport, shelf-stable foods. Some ideas include trail mix, popcorn, single-serve applesauce, peanut butter sandwiches, fresh fruit, carrots or celery, and plenty of water!
- Don't let perishable food sit unrefrigerated for more than two hours, and make sure coolers remain at or below 40 degrees Fahrenheit.
- In hot weather, place coolers and lunch bags in the back seat instead of the trunk. It tends to be cooler in the car, especially when the air conditioning is on.
- Pack moist towelettes or hand sanitizer in case there's nowhere to wash hands before eating.



Jefferson Elementary Field Trip to Viva Farms!



On June 6th, 2nd and 3rd grade students from Jefferson Elementary visited Viva Farms, WSU Extension, and The Bread Lab. They identified vegetables and seeds, engaged with baby animals, learned how bread is made, and were inspired by the many possibilities in Skagit County. Students, teachers, and parent helpers were impressed with the content and positivity of the day and the engaging stations. It was the most successful Viva Farms field trip to date, and WSU Extension is looking forward to many more!



Farm Fresh Food Box (FFFB) is a new, innovative program connecting farmers, retailers, and consumers to make fresh and healthy food available in food deserts. Similar to a CSA farm share, this alternative purchase strategy offers customers the option to order a weekly food box without the commitment to a full season subscription and less up-front costs. Different size boxes will be offered to best meet the customer needs. Each week a list of fruits, vegetables and herbs available in the food box will be listed at the local store for customers to pre-order. The box is ready for pick up a few days later, after the farmer harvests and delivers the farm fresh box to the retailer location.



Where you can find your Farm Fresh Food Boxes:

Farm

Well Fed Farms

Waxwing Farm

Blue Heron Farms

Retailer Partner

WD Foods on Chuckanut Drive and
Fairhaven Market, Burlington

Conway Chevron

Choms Chevron in Marblemount.



The weekly deliveries of Farm Fresh Food Box will continue throughout the summer. For more information contact Diane Smith at WSU Skagit Extension diane.smith@wsu.edu (360) 428-4270 ext. 235.



Food Preservation in Skagit County

The summer season in Skagit County brings a bounty of fruits, vegetables and herbs. Through sources including Farmers Markets, Community Supported Agriculture (CSA) farm shares, Farm Fresh Food Boxes, and home or community gardens make for easy access to fresh foods. One way of extending the season is through preserving the food for later use. WSU Skagit Extension offers a variety of classes to help you understand the process of food preservation and shares tested-recipes for safe food storage.

For the most up-to-date guide to Home Canning, go to http://nchfp.uga.edu/publications/publications_usda.html

Have a food safety or food preservation question?
Call the WSU Food Safety Advice line 360-428-4270 ext. 238

Upcoming classes

Food Preservation Series at WSU
Take classes individually or sign up for the series!

August 1, 8, 15, 22 at 6pm

Visit the link below for more information
and to sign up!



www.skagitfoodpreservation.bpt.me

We also have a few free food preservation classes (individual, not the series) scheduled this summer- please contact Jennie Goforth for more information! j.bryan-goforth@wsu.edu

WSU extension programs and employment are available to all without discrimination. Evidence of noncompliance may be re-reported through your local WSU Extension Office. This material was funded in part by USDA's Supplemental Nutrition Assistance Program. S.N.A.P. provides nutrition assistance to people with low income; it can help you buy nutritious food for a better diet. To find out more, contact <http://foodhelp.wa.gov> or Basic Food Program at 1-877-501-2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Valerie DeKok at 360-428-4270 or vdekok@wsu.edu at least two weeks prior to the event.