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Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

Providing interactive learning experiences in Skagit County

IFHL NEWSLETTER

May / June

2017

Get outside for Skagit County's summer meals!

Summer Meals Remain an Important Part of Feeding Kids

The Summer Food Service Program (SFSP) ensures that low-income children continue to receive nutritious meals when school is not in session. This summer, USDA plans to serve more than 200 million free meals nationally to children 18 years and younger. The number of summer meals and snacks served in Skagit County has greatly expanded in recent years, rising from almost 24,000 served in 2010 to over 38,000 served in 2016. In 2015, even more —43,000—



were served. Over that same period, the number of kids coming to approved meal sites has swelled from 9,000 to over 11,000 during the summer months

But summer meals are so much more than just good food. Many of the sites offer educational opportunities and activities designed to not only draw kids to the meals, but to educate them about healthy eating habits and provide engaging, fun activities. Again this year, the Museum of Northwest Art (MoNA), in partnership with WSU Farmers Market Flash program, will offer youth art classes at select summer meal sites, with the final art works displayed at the local farmers market.

Summer meals and snacks make a difference for youth and families in our county!

[Help promote summer meals to kids in your neighborhood!](#)

There are summer meal sites all over Skagit County! They are often in schools, Boys & Girls Clubs, apartment complexes, and more. To see where yours is, visit this link: <https://www.fns.usda.gov/summerfoodrocks>



Summer Meal Youth Art
program with MoNA



Skagit Summer Activities

Fun, Active Opportunities to Be Healthy Abound in Skagit County

Most of us are ready for summer and sunshine following a cold and rainy spring. There will be bounty of fresh produce at local farm stands and farmers market and so many fun outdoor activities for you and your family to enjoy. Here's a list of just of few things you can do this summer!

1. Visit our great state parks, national parks, and national forests! Some of the best public lands in the entire US are within our county's boundaries. Get on the trail! June 3 is **National Trails Day**, and June 10 is **National Get Outdoors Day**. On these days, entry to state parks is free!
2. Go wild berry-picking! The Skagit Land Trust has various opportunities throughout the summer to **learn about the wild foods** that we have in Skagit County. Check out skagitlandtrust.org for more information.
3. Give back to your community and **help restore trails and public lands**! The Skagit Land Trust has events on the first Saturday and third Friday of each month to help gather people for these volunteer opportunities.
4. Participate in Skagit County's oldest festival by attending the festivities at **Burlington Berry Dairy Days**, a tradition celebrating its 80th anniversary this year! A parade, road run, fireworks, live music, and free outdoor showing of *Star Wars: Rogue One* are all part of the weekend-long experience, which runs June 16-18. <http://burlingtonwa.gov/index.aspx?NID=229>
5. Give life to your inner athlete and have fun competing with friends of all ages at **"all comers" track meets**, hosted at Burlington-Edison High School's "Kirkby Field." There's an event for everyone, and it's only \$5 per meet, which are start at 5 PM on May 31, and June 7, 14, 21, and 28th. <https://www.cob.org/services/recreation/activities/Pages/all-comer-track.aspx>
6. Get ready for **farmers' markets**! It's fun to simply walk around, but farmers markets also provide a great way to get more bang for your buck. If you use SNAP benefits, check out "Double Up Bucks" at <http://www.svmcoalition.org/double-up-bucks.html>.
7. Want to find **farm stands and CSA farm shares**? Check out the WSU Food Access map at Tinyurl.com/skagitmap for listings and directions to fabulous local produce direct from our Skagit farmers.





Shopping Smart through Supermarket Tours

Everyone shops for food and a guided grocery tour can be the perfect opportunity for shoppers to learn about best buys for healthy eating. Supermarkets and food manufacturers compete fiercely for your shopping dollars and the grocery store is engineered to encourage spending and influence consumer behavior. Store design and layout is a science, so learning more about it can help you identify strategies and tools to overcome the barriers preventing you from making healthier food purchases and getting the most from your food budget.

WSU SNAP-Ed offers supermarket tours to help shoppers identify a variety of healthful options, review nutrition facts labels and ingredients lists, and offer opportunities to sample new foods. Shoppers can save on healthful foods when compared to eating out—but the choices can be overwhelming and confusing. That's where Talea Price, one of WSU Skagit County Extension's SNAP educators, comes in. She leads tours as part of the *Plan, Shop, Save, & Cook* class series offered in partnership with various local agencies. She guides shoppers on how packaging techniques affect the price of fruits and vegetables, compares processed products to take the confusion out of label reading, and demonstrates how to use unit pricing to get the best deal.

The program is very helpful, and even the grocery stores laud its effectiveness. Dawn McLean, Burlington Haggen manager, was thrilled to support WSU Extension's programming by serving as a site for the tour. All Haggen grocery stores provide comprehensive unit price labeling, which served as a powerful teaching aid for class participants to learn how to shop wisely. This is just one of the many ways WSU Skagit County Extension is helping empower members of our community to make healthful, wise choices.



Talea Price, WSU SNAP educator, conducting grocery store tour with local community members

Are you interested in leading a WSU Supermarket Tour
or provide support for Harvest of the Month school events?

Sign up to Volunteer!

Contact Ideas for Healthy Living to help with our program j.bryan-goforth@wsu.edu
or visit the Skagit Volunteer Website <http://www.skagitvolunteercenter.org/>



Kale is the featured harvest of the Month. Kale, a leafy green that is packed with over 900% your daily allotment of vitamin K, 659% of vitamin A, and 14% of calcium. Kale has become so enormously popular that farming of it grew 57% between 2007 and 2012. A British company crossbred Brussels sprouts and kale into a dainty green vegetable called “kalettes,” which resemble tiny cabbages but taste like nuts. Most Kale in the U.S. is grown in California.

Here are some easy ways to add kale in your menu planning:



Bake, grill, boil, steam, microwave, or stir-fry.



Dip raw or lightly cooked Kale in low fat dressing.



Add Kale to your daily salad for a different texture and taste. Kale can also be added to smoothies for a shot of vitamins and minerals!



FAMILY RESOURCE

KALE



NUTRITIONAL BENEFITS OF Kale

Kale got its title of “Super Food” by being very nutrient dense. 1 cup of raw kale has just 33 calories yet contains 684% of vitamin K, 134% of vitamin C, 206% of vitamin A. It also contains iron, folate, omega-3s, magnesium, calcium, iron, fiber, and 2 grams of protein.

Try this fun activity at home

While it might seem a bit odd to massage your food, you’d be amazed at what a quick five-minute rubdown can do to transform this green from being bitter and tough to turning silky and sweet. Massaging kale is easy to do. Take bunches of kale in both hands — with the fibrous ribs removed — rub them together and repeat. You’ll notice a visible change as you do this; the leaves will darken, shrink in size and become silky in texture.

In The Schools

Be sure to check out the Harvest of the Month in the school cafeteria.

Check your local school district menu for the specific date.



Kale Chips!

Kale chips are easy to make and an amazing way to introduce kale to your kids.

Ingredients:

4 cups raw Kale

1 1/2 tablespoons Olive Oil

Directions:

- Spray a cookie sheet with non-stick spray or use parchment paper
- Wash and dry kale, carefully remove stems from leaves and tear into bite size pieces
- Place Kale pieces onto cookie sheet, drizzle olive oil onto kale and then sprinkle seasonings of your choice
- Bake in a 400° oven for 10 minutes or until Kale is crisp



CRUNCHY * CRISP * DELICIOUS * GREEN * FRESH * CHEWY * HEALTHY * YUMMY

Kale and carrots add lots of Vitamin A to this hearty soup. It is a great recipe for using the beautiful kale from the farmers market.

Ingredients

2 teaspoons vegetable oil

1/2 cup carrot (chopped)

2 garlic clove (minced)

3/4 cup tomatoes (diced)

1/2 cup brown rice, cooked (or white rice)

about one large leaf)

1/2 cup onion (chopped)

1 teaspoon thyme (ground)

2 cups water (or chicken broth)

1 cup chicken, cooked, skinned and cubed

1 cup kale (chopped,

Directions

Heat oil in a medium sauce pan. Add onion and carrot.

Saute until vegetables are tender, about 5-8 minutes.

Add thyme and garlic. Saute for one more minute.

Add water or broth, tomatoes, cooked rice, chicken and kale.

Simmer for 5-10 minutes.

Enjoy.





Congratulations to Vivian Smallwood for 35 years of service with WSU Skagit County Extension

Time flies when you're having a good time, and for Vivian Smallwood, her 35 years as WSU Skagit County Food Safety and Preservation Advisor has been fun for all. Vivian joined the Master Food Preserver team back in 1982 as a volunteer, then a few years later became a WSU staff member.

She's been teaching ever since, offering classes and workshops in canning, freezing and fermentation. Her kraut-making skills and salsa recipes are legendary. She answers questions during her food demonstrations and returns calls that come in on the WSU Food Safety advice line.

Vivian is a treasure and a talent! Her classes fill quickly and attendees are inspired, entertained and trained in best practice in safe food handling and successful food preservation techniques. She has a wealth of knowledge that she gladly shares and is an engaging presenter—a joy for those who attend her classes. One attendee stated “learning from Vivian reminds me of being with my grandma in the kitchen—warm and inviting...I learned so much in such a short time.”

You are invited to join in on the celebration to honor Vivian's contribution to the community on

Tuesday, May 23rd, 12 noon – 1 pm

WSU Skagit County Extension Office

11768 Westar Lane, Suite A, Burlington

Please R.S.V.P. at <http://www.brownpapertickets.com/event/2933005>

or call 360-428-4270 for a buffet luncheon and celebration



Vivian Smallwood teaching a Queso Fresco
(fresh cheese) class

Upcoming Food Preservation Classes. Vivian will be teaching food preservation classes this summer at the Country Store in Burlington, so be sure to sign up early at 360-757-4055 for these informative classes.



Waterbath Canning - Jams & Jellies - May 27th 1-2:30pm

Pressure Canning - Vegetables, Meat, Seafood & Poultry - June 3rd 1-2:30pm

Waterbath Canning - Jams & Jellies - July 15th 1-2:30pm

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.