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Skagit County

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Ideas for Healthy Living

Providing interactive learning experiences in Skagit County

NEWSLETTER

May / June 2018



Farm to Family

It just got easier to afford locally-produced, fresh organic produce in Skagit. The Viva Farm to Family project will sell fresh-from-the-farm produce at a discount to SNAP shoppers. Funded by a grant from the USDA, customers who purchase a CSA box with their SNAP benefits get each box at half the price. SNAP shoppers can pay for two boxes and receive two boxes for free.

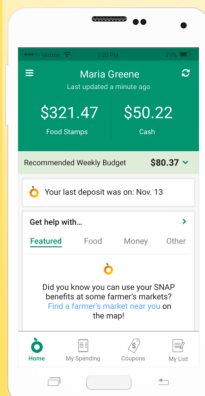
CSA stands for Community Supported Agriculture. It is a 14-week subscription to a weekly box of seasonal produce. The CSA model lets you, the consumer, enjoy direct access to locally-produced, fresh organic produce.

This model also gives the farmers a reliable market upon which to plan their planting for the season. Plenty of variety is offered through sourcing the produce from 18 of Viva farm businesses. The offerings will vary widely week to week, and will include many unique varieties grown specially for the CSA. Each week, customers also receive recipes, cooking tips and stories and news from the farm. Call or email Viva Farms to learn more about the Farm to Family or to order your SNAP CSA box at (360) 969-7191 x 3 or sales@vivafarms.org.



Want to check the balance on your EBT card? Available on iOS and Google Play Store

- ◆ Check your Food Stamps balance-Instantly view your food stamps and benefits balance by creating an account with your state EBT card.
- ◆ Find stores that accept EBT-Locate grocery stores, corner stores, and farmers markets near you that participate in the SNAP benefits program and accept food stamps.
- ◆ Keep track of your spending
- ◆ See an overview of where you spend your food stamps and view your history of EBT transactions, month by month.
- ◆ Save money with coupons
- ◆ Save on the items you already buy with coupons from 21 major grocery stores across the country.





Summer Kids Activities!

Summer is just around the corner—it's time to think about kids' activities. This can be a tough time of year for working parents, because day care and camps can be very expensive.

Although there are no federal or state laws regarding the age when children may stay home alone or baby sit, the minimum age to take a Safe

Sitter babysitting course is 11. The right time to allow your child to stay home alone depends on many factors including the skills and maturity of the child. It is best to begin leaving the child alone for short periods and slowly lengthen the time to increase confidence in skills and ability. If you are planning to let your child stay home alone for the first time this summer, you'll want to start with short stays now.

There are also many great summer programming options in Skagit County, many of them at an affordable rate. Many camps offer a free or reduced rate for low income families.

- ♦ YMCA offers extensive day camp programming for kids entering grades 1-8 and a Leadership in Training program for grades 9-10. Maximum weekly rate of \$185, scholarships available, and they accept DSHS subsidy payments. <http://www.skagitymca.org/ys-kids-summer-day-camp> or call 360 419 9058 ext 309 for more information.
- ♦ Mount Vernon Parks and Rec offers a three or four day per week camp, maximum rate of \$127. <http://www.mountvernonwa.gov/286/Youth-Programs> or call (360) 336-6215
- ♦ Burlington Parks and Rec offers a weekly day camp, prices ranging from \$130-\$150. <https://secure.rec1.com/WA/burlington-wa/catalog> or call 360.755.9649
- ♦ Boys and Girls Club offers many very affordable options for camps and clubs with scholarships available. <https://www.skagitraisesgreatkids.org/who-we-are/join-the-club/summer-program/> or call (360) 419-3723
- ♦ If transportation isn't an issue, there is an excellent 7-day Girls Rock Camp in Bellingham, low-cost with scholarships available <http://www.bgrc.org/>
- ♦ Many local schools offer free or low cost summer programs available through grants or partnerships. For instance, Concrete Elementary school offers a **free** 5-week Summer Learning Adventure program (call 360-853-8145 for info). For other opportunities, contact your local school or district office.
- ♦ Some school districts offer summer meals programs, with free meals and snacks for all children and teens. Contact your school district for current meal site information. For example, Allen Elementary School offers a free summer day program.



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Did you Know?

SNAP, formerly known as food stamps, is welcome at many farmers markets in Skagit County. Get MORE fruits and vegetables when you shop with your EBT card. Just go to the market information booth and ask about Double Up Bucks. **Farmers Market Flash** is a USDA funded program to encourage community members who use SNAP/EBT to shop at their local farmers market.



Farmers Market Flash offers a variety of activities at the farmers market, including a scavenger hunt, cooking demos, and much more! Did we mention there will be FREE art activities with the Museum of Northwest Art (MoNA)?

Find Farmers Market Flash at your local farmers market!



Sedro-Woolley Farmers Market Every other Wednesday May — Sept.	Mount Vernon Farmers Market Every other Saturday May — Sept.
Bow Farmers Market Every other Wednesday June — Sept.	Anacortes Farmers Market Every other Saturday May — Sept.



Skagit Up River



Farmers Market



Storing Fruits and Vegetables

- Store whole, fresh fruit at room temperature until it becomes ripe. Once ripe, store it in the refrigerator.
- Store whole, fresh vegetables in the refrigerator. Tomatoes, garlic, onions, potatoes, and winter squashes should be stored in a cool, dark place.

For more tips on cooking and food storage, go to: www.savethefood.com



Children can use pastels to draw their favorite foods with the Museum of Northwest Art.

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! To find a market nearest you, visit:

www.svfmcoalition.org





This recipe can be altered to include whatever veggies you have on hand! Try it without the crust, or baked in muffin dishes for individual portions. This also freezes well!

Basic Quiche

Makes: 6 servings

Ingredients

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 egg (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

Directions

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving



Per serving: 133 cal, 7g fat, 9g carbs (nearly none when the pie crust is skipped) 8 g protein

Quiche Básico

Usted puede variar esta receta usando cualquier vegetal que tenga a la mano (fresco, congelado, o enlatado). Sirve: 6 porciones

Ingredientes

- 1 corteza de pastel (para pastel de 9 pulgadas)
- 1 taza vegetales (en trozos, brócoli, calabacita, o champiñones)
- 1/2 taza queso (rallado)
- 3 huevos (batidos)
- 1 taza leche (sin grasa)
- 1/2 cucharadita sal
- 1/2 cucharadita pimienta
- 1/2 cucharadita ajo en polvo

Preparación

1. Caliente el horno a 375°F.
2. Ralle el queso con rallador. Coloque en un plato y aparte por ahora.
3. Corte los vegetales hasta que obtenga 1 taza de vegetales.
4. Ponga a hervir los vegetales hasta que se hayan cocinado un poco, pero todavía estén crujientes.
5. Coloque los vegetales cocidos y el queso rallado dentro de la corteza de pastel.
6. Mezcle los huevos, leche, sal, pimienta, y ajo en polvo en un plato hondo.
7. Vierta la mezcla anterior sobre el queso y los vegetales.
8. Coloque en el horno durante 30-40 minutos o hasta que un cuchillo inserto en el centro salga limpio.
9. Deje el quiche enfriar durante 5 minutos antes de servir.





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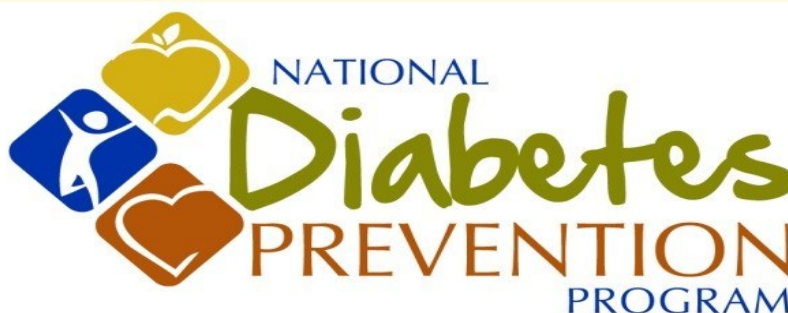
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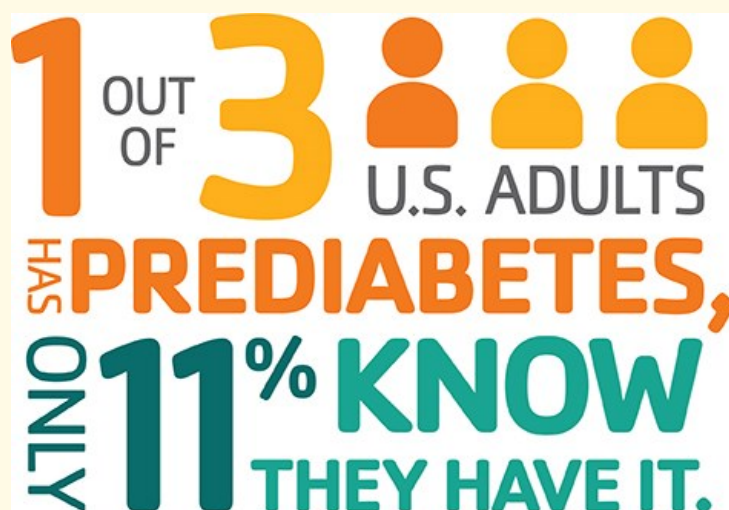
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Changing habits and patterns can be a challenge, especially when it comes to food selection, diet and physical activity. However, it is worth the effort since research shows that by losing 7% of body weight an individual can reduce their risk of developing diabetes.

For three years, Laura DeFresse, DPP Lifestyle coach, has successfully guided participants through lifestyle changes—including diet and physical activity—with impressive results. Hundreds have completed the year-long program and realized 3-12% weight loss, reducing the risk of developing diabetes or delaying the onset of the disease.

The course fee is typically around \$400, but most people now **qualify for a free course** if they have been diagnosed with pre-diabetes. Call today if you are interested in learning more about the program or to register. Laura DeFresse 360-428-4280 ext. 224



WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension Office. 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 a scheduled event.

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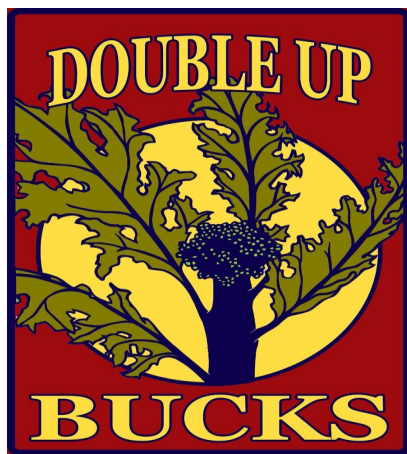
Eight Ways to Get Active for National Physical Fitness & Sports Month

The weather is *finally* warming up, making May a great time to get active with your family or students. It's also National Physical Fitness and Sports Month, and we've got eight ways to celebrate:



- ◆ **Keep the Every Kid Healthy Week momentum going** into May by planning a [family fitness night](#). Yoga, ZUMBA, field games, basketball, and other activities are popular ways for families to enjoy a night of exercise together.
- ◆ **Participate in [Screen-free Week](#)** by unplugging and getting out of the house. Take a class at a community center, go bowling or mini-golfing, hike a nature preserve or park.
- ◆ **[Register to do a virtual 5K](#)** (as in, you can walk or run *anywhere*) on Saturday, May 5, 2018. All the proceeds go to Action for Healthy Kids! You can also register to [run the NYC Marathon for Team Healthy Kids](#), which still has spots left.
- ◆ **Participate in [National Walk and Bike to School Day](#)** on May 9, 2018. Join an existing event, start your own, or simply walk or bike to school with your children. You can also get other [resources on creating safe, active routes to school here](#).
- ◆ **Incorporate more activity minutes into the day** by adding small chunks of exercise, five to ten minutes at a time, to your family's or students' routine. Try [brain breaks at school](#) and [family activity points at home](#).

Check out even more [National Physical Fitness and Sports Month ideas](#) ! Ready to get moving?



Did You Know?

Individuals receiving assistance through the Supplemental Nutrition Assistance Program (SNAP) can get MORE FRUITS AND VEGETABLES for LESS \$\$ at their local farmers market this season. Skagit Valley Farmers Markets will match up to \$50 spent with an EBT card.