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IFHL is supported by



**Skagit County**

WASHINGTON STATE UNIVERSITY  
EXTENSION

**Ideas for Healthy Living**

Providing interactive learning experiences in Skagit County

NEWSLETTER

May / June 2016

Seniors and families with children participating in the Supplemental Nutrition Assistance Program (SNAP) are often underrepresented at farmers markets in Skagit County. Skagit WSU Extension has received funding from a USDA Food and Nutrition Service Farmers Market SNAP

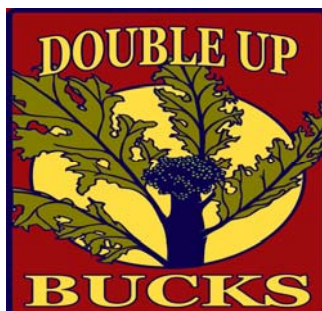
Support Grant (FMSSG) to design and carry out the Farmers Market Flash project. Farmers Market Flash is a 3-year pilot project intended to bring together community partners and local farmers markets to raise awareness of the health benefits and affordability of fresh and local food options offered at four farmers markets in Skagit County including Anacortes, Sedro-Woolley, Mount Vernon, and the Bow Little Market. In partnership with the Museum of Northwest Art, Community Action of Skagit County,



**Farmers Market Flash will be hosting 20-minute culinary classes all around the county. Find us at: Food Banks; Apartment Complexes; and Senior Activity Centers.**

Washington Farmers Market Association, Skagit Valley Farmers Market Coalition, and four Skagit Farmers Markets, Skagit WSU Extension will develop a marketing and outreach tool to educate SNAP users on the health benefits and affordability of farmers market products, and provide technical assistance to farmers market vendors, staff, and volunteers in welcoming SNAP at the farmers market. Additionally, "Flash" class cooking classes and demos, kid's art and family scavenger hunts, farmers market seasonal bingo, and coordinated field trips to the market will be available all summer long.

This project will be an opportunity to improve nutrition, increase community engagement, support local farmers, and strengthen the local economy. Shannon Bachtel, a recent addition to the WSU Extension team, will be coordinating this 3-year project. If you are interested in getting involved, or know someone who may be, please contact Shannon at 360.428.4270 ext. 239 or via email at [Shannon.Bachtel@wsu.edu](mailto:Shannon.Bachtel@wsu.edu).



**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.**



## What are the kids doing this summer?

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/index.aspx?NID=661> or call (360) 336-6215
- ◆ Burlington Parks and Rec offers a weekly day camp, prices ranging from \$130-\$150. <http://www.burlingtonwa.gov/index.aspx?NID=236> or call 360.755.9649
- ◆ Boys and Girls Club offers many very affordable options for camps and clubs with scholarships available. <http://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.





## Food Access Point Map

In consortium with Washington State University Extension, Skagit Food for Skagit People is proud to announce the successful establishment of an interactive, online and mobile-friendly **Skagit County Food Access Point Map**. Initiated as part of the USDA/NIFA Community Food Project planning grant, and developed through a consumer-identified need for access to alternative food sources, this map seeks to provide a platform for Skagit Valley residents to discover healthy, affordable food.



The map includes locations of Farmers markets, community gardens, summer meal sites, congregate meals, commercial kitchens and food banks, from Anacortes to East County. Further information and details of each site are available simply by clicking on the symbol that represents the site point on the interactive interface. An additional icon indicates farms that offer Community Supported Agriculture (CSA) shares and their particulars.

This map was created not only as a tool to facilitate access to more local, healthy food, but to minimize food insecurity in Skagit County. As defined by the USDA, food insecurity refers to circumstances where “consistent access to adequate food is limited by a lack of money and other resources at times during the year.” It is our hope that the Skagit County Food Access Point Map will help serve in the collaborative effort toward a just and equitable food system in the valley by identifying resources available to those in need of extra support putting healthy food on the table.

To provide input or learn more about Skagit Food for Skagit People, please visit our website at [ext100.wsu.edu/Skagit/farm/Skagit-food-for-skagit-people/](http://ext100.wsu.edu/Skagit/farm/Skagit-food-for-skagit-people/), or *like* us on Facebook to stay current with events.

### Mount Vernon Farmer’s Market

**Bus Route 206**

**Saturdays**  
9am– 2pm

Riverwalk Plaza, Mount Vernon

### Sedro-Woolley Farmer’s Market

**Bus Route 300**

**Wednesdays**  
3pm– 7pm

Hammer Heritage Square

### Bow Little Farmer’s Market

**Bus Route 195**

**Thursdays**  
1pm– 6pm

6200 N Green Road, Bow

### Anacortes Farmer’s Market

**Bus Route 410**

**Saturdays**  
9am– 2pm

611 R Avenue, Anacortes

**Food Access Point Map Link: [tinyurl.com/skagitmap](http://tinyurl.com/skagitmap)**



## Tuscan Potato Skillet —Papa Toscana a la Sartén

Lemon zest, garlic and rosemary add a delightful Tuscan twist to this green bean, potato and chicken skillet. The best part? Only having to use one pan to whip up this weeknight favorite, which also makes clean-up a breeze!

*Ingredients:*

- 10 petite red potatoes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound chicken pieces
- 2 tablespoons extra virgin olive (divided)
- 1 teaspoon dried rosemary
- 4 cloves garlic (minced)
- 2 1/2 cups frozen green beans (thawed, 12 oz. bag)
- 1 lemon (zested and juiced)



*Directions:*

1. Cut each potato into 4 wedges. Place in a large microwave-safe bowl and season with salt and pepper. Microwave on HIGH for 4 minutes. Stir and microwave for 4 minutes more.
2. While potatoes are cooking, cut each chicken tenderloin into 4 equal pieces.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and cook for 5 minutes or until nicely browned, stirring frequently.
4. Add remaining oil and potatoes; cook and stir for 5 minutes more to brown potatoes and fully cook chicken.
5. Stir in rosemary, garlic, green beans, lemon zest and juice. Cook for a few minutes more to heat through. Season to taste with salt and pepper.

La ralladura de limón, ajo y romero añaden un delicioso giro Toscano a estas judías verdes, papas y pollo a la sartén. ¿La mejor parte? ¡Sólo tener que utilizar una sartén para improvisar este plato favorito para cualquier noche de la semana, y al mismo tiempo lo hace fácil de limpiar!

*Ingredientes:*

- |  |   |
|--|---|
| 10 papas rojas pequeñas                              | 1 cucharadita de romero seco  |
| 1/2 cucharadita sal                                  | 4 clavos ajo picado   |
| 1/4 cucharadita pimienta                             | 2 1/2 tazas bolsa de judías verdes congeladas (bolsa de 12 onzas descongeladas) |
| 1 libra pollo en trozos                              | 1 limón (ralladura y jugo)  |
| 2 cucharadas aceite de oliva extra virgen (dividido) |   |

*Dirección:*

1. Corte cada papa en 4 trozos. Colóquelas en un tazón grande apto para microondas y sazónelas con sal y pimienta. Cocínelas en el microondas a temperatura alta durante 4 minutos o más. Revuélvalas y siga cocinándolas en el microondas por 4 minutos más.
2. Mientras se cocinan las papas, corte cada filete de pollo en 4 trozos iguales.
3. Caliente 1 cucharadita de aceite en una sartén grande a fuego medio-alto. Agréguele el pollo y cocínelo durante 5 minutos o hasta que se dore bien, revolviéndolo con frecuencia.
4. Agregue el aceite restante y las papas; cocine y revuelva durante 5 minutos más hasta dorar las papas y cocine el pollo completamente.
5. Agréguele el romero, ajo, judías verdes, ralladura de limón y jugo. Cocínelo durante unos minutos más hasta cocinarlo completamente. Sazónelo al gusto con sal y pimienta.



## Diabetes Prevention Program

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. Over 95 participants 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.

But the best part is hearing stories from those who attend the class. Here is one recent comment—*“Just had to share with you that I*

*just finished my first ever mango and it was delicious. Also I have a variety of veggies in the cast iron pot I have roasting away. Smells so good. I may have overdone the garlic. Also included a parsnip which I have never tried before. I loved last night's lesson. Thank you for such a wonderful class.”*



A new class series is starting May 10<sup>th</sup>. Call today if you are interested in learning more about the program or to register. Laura DeFresse 360-428-4280 ext. 224

**Ideas for Healthy Living offers a wide range of classes and workshops. If you are an individual interested in attending, or an agency interested in hosting, please contact [j.bryan-goforth@wsu.edu](mailto:j.bryan-goforth@wsu.edu)**

- Plan, Shop, Cook, and Save—available as a 4-part series or solo workshops focused on learning skills to provide healthy meals on a budget.
- Healthy Living Bingo—designed for seniors, this series offers nutrition education in a fun setting.
- Eat Together Eat Better—series designed for families to build resiliency and improve nutrition through shared meals.
- Eat Smart Be Active—available as 8-part series or solo workshops focused on a wide range of strategies for healthy living and obesity prevention. Can include maternal and infant nutrition supplemental lessons.
- Grocery Store Tours—learn to shop effectively using money-saving strategies.
- Food Preservation—take an individual workshop or series to learn to preserve the harvest and make jams and jellies, salsas and canned tomatoes, sauerkraut and other fermented foods, canned meats and fish, and more.

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](mailto:vdekok@wsu.edu) at least two weeks prior a scheduled event.